



Gluten-Free Guide



> **Sysco** SHAPE *presents...*

a Collection of **Gluten-Free** Recipes,
Resources and Tips for the Foodservice Operator





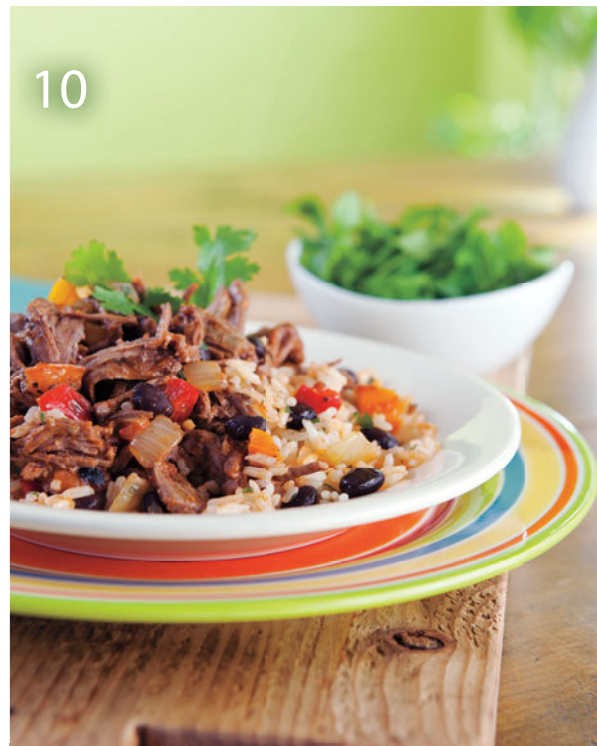
Sysco Healthy And Positive Eating

The SHAPE Mission:

To provide education, tools and resources for our customers and their patrons in support of a balanced approach to enjoying food. We want to empower them to make informed dining decisions for themselves and their families.

The Focus: Gluten-Free

Recent studies show that the American gluten-free marketplace is comprised of an estimated 18 million people who suffer from gluten-related disorders. This growing population demands that safe gluten-free foodservice options be available.



IMPORTANT DISCLAIMER – Although Sysco's gluten-free products are prepared without use of gluten-containing ingredients, they may be prepared in facilities that handle many other wheat products. Additionally, Sysco and its affiliates deliver their products to restaurant customers who may prepare Sysco's gluten-free products in such a manner that places the products in contact with wheat glutes and proteins. Even when utilizing proper care in the preparation of gluten-free items, normal kitchen operations present a risk of gluten-free products coming into contact with wheat glutes and proteins. Therefore, Sysco and its affiliates do not guarantee that any product is completely gluten-free and assumes no responsibility for cross-contamination that occurs as a result of the food preparation practices or kitchen environments of its restaurant customers. Consumers with gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.

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welcome.



gluten free

in the *Kitchen*

An estimated one in 133 Americans has celiac disease, and the only existing treatment is a 100% gluten-free diet. This may be why the gluten-free market is now a \$4.2 billion dollar industry... and growing. Since it can be tough to find establishments with acceptable gluten-free variety, customers often become loyal to those that can best meet their dietary requirements. In this catalog, the health experts behind Sysco SHAPE will teach you how to successfully add gluten-free options to your menu. You'll find out how easy it is to capitalize on this growing market and effectively implement gluten-free within your business.

A Glimpse at FDA Gluten-Free Regulations

The FDA recently issued its definition of “gluten-free” to be used on food labeling. This will help consumers, especially those living with celiac disease, be confident that what they’re eating is gluten-free. Celiac disease is an inherited chronic inflammatory auto-immune disorder; consumption of gluten for people with celiac disease results in the destruction of the lining of the

small intestine and the risk of other serious health conditions. The gluten-free definition also benefits the food industry by establishing a level playing field among manufacturers of products using gluten-free labels. This rule will apply to all foods labeled “gluten-free,” “without gluten,” “free of gluten,” and “no gluten.” The new regulations state the following:

A packaged food product regulated by the FDA that is labeled gluten-free must contain less than 20 parts per million (ppm) gluten – but it must also comply with additional criteria beyond this specific threshold. Any food bearing this claim CANNOT contain:

- **An ingredient** that is any type of wheat, rye, barley, or crossbreeds of these grains;
- **An ingredient** derived from these grains that has not been processed to remove gluten, or
- **An ingredient** derived from these grains that has been processed to remove gluten, if it results in the food containing 20 or more parts per million (ppm) gluten.

The FDA’s gluten-free labeling rule is voluntary – manufacturers are not required to call out gluten in food products. Because the use of a gluten-free label is optional, remember that non-labeled products may still be gluten-free. Foods such as bottled spring water, fruits and vegetables, and eggs can be labeled gluten-free as they inherently don’t contain gluten.

The “gluten-free” rule became effective on September 4, 2013 and compliance with the rule begins August 5, 2014. The FDA has stated that between now and August 5, 2014 manufacturers may use stickers to modify their labels provided the stickered products are in compliance.

Any food labeled as gluten-free that fails to meet the requirements of these rules will be subject to regulatory action by the FDA.



For additional information on the FDA’s gluten-free standards, please scan the code on the left with your mobile device, or visit www.fda.gov

Good Things Demand High Standards: Sysco Packaging & Labeling



One of the easiest ways to determine if a product contains gluten is by simply reading the label. Messaging on Sysco labels conveys valuable information at a glance. Some items that may be included on our new packing labels are:

Nutrition information panel

Ingredient statement

Allergen information

Code dating

Handling, storage and distribution information

Product description

Recently, we introduced new packaging and label designs for all Sysco Traditional Brand products (Supreme, Imperial, Classic, Reliance). The redesign will continue to roll-out through our other brands and provide additional information in a cleaner format. The improvements include:

Enhanced display of nutritional facts: Nutrition fact panels are formatted to improve visibility and readability by using the largest practical format.

Standardized placement of claims and nutritional information: All claims, such as zero trans fat or low sodium, are formatted and positioned consistently across products.

Bilingual labels: All components of the package labeling are presented in both English and Spanish.

Digital workflow process: We require suppliers to use the same central source for packaging and labeling artwork to provide greater consistency in data, formatting and appearance, and improved speed to market.





Gluten-Free Ingredient Substitutions

The biggest rule of thumb when cooking gluten-free is that you need to base meals around whole foods that are naturally gluten-free, such as meat, chicken or fish, eggs, potatoes or rice, and plenty of fresh vegetables, salad and fruit. However, you always need to be aware of hidden gluten in your ingredients. Below is a quick reference of substitutions for the ingredient containing gluten in your recipe.

Bread



Brown Rice Tortillas



THIS (Foods Containing Gluten)	=	THAT (Gluten-Free Substitutions)
Bread		Gluten-free brown rice tortillas, corn tortillas, gluten-free bread
Breadcrumbs		Gluten-free oats, crushed flax or gluten-free fiber cereal
Soy Sauce		Wheat-free tamari, liquid aminos
Pie Crust		Crushed gluten-free cookies
Pancakes		Cornmeal pancakes
Croutons		Gluten-free oats, crushed flax or gluten-free fiber cereal
Binders (<i>i.e., flour</i>)		Gelatin, xanthan gum, guar gum
Oatmeal		Grits, cream of rice
Granola		Chopped nuts
Crackers		Rice cakes
Roux		Cornstarch & water, potatoes



Gluten-Free Flour Alternatives

Depending on the recipe, flour can usually be replaced by gluten-free ingredients or starches that will act similar to flour. These are items such as grains, legumes, seeds, tubers and nuts. Some examples are below:

- > **Grain Flours/Starches:** Rice, corn, sorghum
- > **Legume Flours:** Soy, chickpeas, fava beans, peanuts
- > **Seed Flours:** Flaxseed, millet, buckwheat, amaranth, quinoa
- > **Tuber Flours/Starches:** Potato, tapioca, arrowroot, sweet potato
- > **Nut Flours:** Chestnut, almond, walnut, filbert

You can also create your own gluten-free flour blends. A blend is ideal because gluten-free flours cannot be swapped cup-for-cup with traditional all-purpose flour.



< Scan the QR code below
for a bonus **Gluten-Free
Strawberry Crêpes** recipe



- > Ask your Sysco Marketing Associate for gluten-free flour options that are offered in your region.



Gluten-Free in the Marketplace: Consumer Trends

With the number of American consumers on therapeutic diets on the rise, foodservice operators are now altering their preparation methods and menu offerings to serve this dining niche. While reduced calorie and lower fat options have become menu mainstays, the gluten-free diet has come to the forefront in recent years. An estimated 18 million Americans have been diagnosed with gluten-related disorders such as celiac disease or non-celiac gluten sensitivity, along with a growing number of health-conscious consumers who avoid gluten for various dietary reasons or as a personal preference.

Foodservice operations are addressing this growing dietary concern. Gluten-free cuisine recently moved from 9th place to 5th place on the NRA's "What's Hot Culinary Forecast" for 2014. Non-wheat noodles/pastas also joined gluten-free food on the list, further proving the high demand for wheat-free meals while dining out. Chefs are responding to the pressure to add gluten-free options to their menus by finding creative ways to please these customers.

So what does gluten-free entail, and what do operators need to know to stay in front of this growing percentage of the market? There are varying degrees of gluten intolerance, the most severe being celiac disease, where the body reacts adversely to gluten found in wheat, barley, rye, and sometimes oats. But, even though there is a range of severity, you should stick to adding options that are entirely gluten-free and always identify risks of cross-contact during preparation.

what you need to know!

While tailoring food service menus and processes to meet gluten-free preferences, operators should know that there are already items that may be gluten-free, including *grilled meats and seafood*, and rice-based foods. Other operations are offering the option to prepare certain menu items as gluten-free upon request. There are a variety of ways to accommodate gluten-sensitive dietary needs, and staying ahead of the trend will help increase customer satisfaction. Please see your Sysco Representative for more information.



> *Sysco variety:*

Many healthy and delicious foods are naturally gluten-free, and available from Sysco!

- > Beans, seeds and nuts in their natural, unprocessed form
- > Fresh eggs
- > Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- > Fruits and vegetables
- > Most dairy products

> *always avoid:*

All food and drinks containing...

- > Wheat
- > Barley (malt, malt flavoring and malt vinegar are usually made from barley)
- > Rye
- > Triticale (a cross between wheat and rye)



"Our guests are always asking what's inside our dishes, and gluten is often hidden in ingredients."

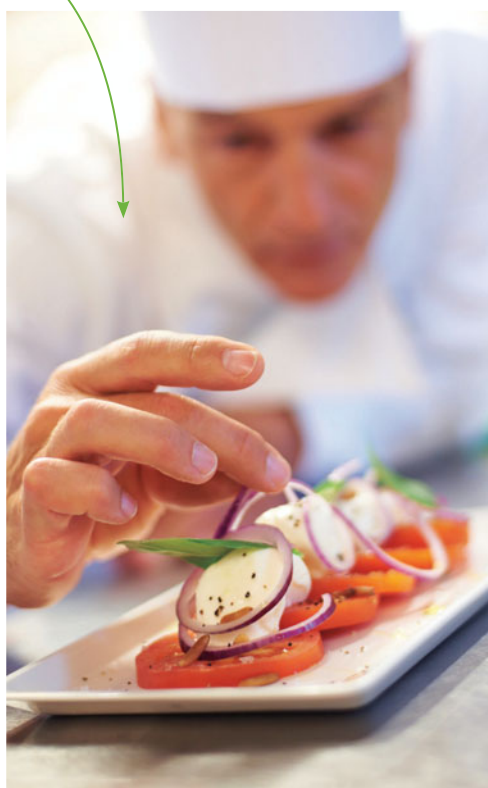
Now we're making every effort to prepare clean recipes, such as those that are gluten-free.

And, Sysco provides the right ingredients and advice we need."

Mike Trombley, CEC

Executive Chef

The Henry Ford, Dearborn, MI





Get Your Menu in **SHAPE!** with Gluten-Free Recipes



Gluten-free cooking can apply to any breakfast, lunch or dinner, and creating a gluten-free meal is often as simple as changing out a few ingredients. Try our inspirational recipes throughout the catalog to help get your menu in SHAPE for your gluten-free customers.

Ropa Vieja

Yield: 24 servings

- 8 pounds flank steak, cut into large pieces
- 8 each medium carrots, celery ribs and yellow onions, chopped
- 4 bay leaves
- 3¾ pounds canned black beans, rinsed and drained
- 1½ quarts uncooked rice
- ½ cup vegetable oil
- 4 orange and/or red bell peppers, chopped
- ¼ cup minced garlic
- 2½ tablespoons each dried oregano, ground cumin and kosher salt
- 2 pints tomato puree
- ½ cup gluten-free red wine vinegar
- Fresh cilantro sprigs (optional)

1. In large stockpot, add meat, carrots, celery, half the onions, and bay leaves; add enough water to cover by 1 inch. Heat to simmering over medium heat; simmer 1½ to 2 hours or until meat shreds easily, adding more water if necessary to keep meat covered. Remove from heat; let stand 30 minutes. Transfer meat to large bowl.
2. Strain and discard vegetables in stockpot; reserve liquid. Return liquid to stockpot; heat to boiling over high heat. Reduce heat to medium-high and simmer 20 minutes or until reduced by half.
3. Prepare beans and rice as labels direct; hold.
4. Shred meat with 2 forks. In large stockpot, heat oil over medium heat. Add bell peppers, garlic, oregano, cumin, salt and remaining onions; cook 10 to 15 minutes or until vegetables are tender, stirring occasionally. Stir in tomato puree, vinegar, shredded meat and 2 pints reduced cooking liquid; cook 10 minutes or until mixture is thickened, stirring occasionally; hold.
5. Serve Ropa Vieja with beans and rice garnished with cilantro sprigs, if desired. Makes about 6½ quarts.

> A tip from Sysco's Chef Neil: Make it easy!

Save time and labor costs by preparing this dish and other menu items with Sysco pre-cut fruits and vegetables.

Root Beer Ribs

Yield: 24 servings

Ribs

- 24 pounds baby back pork ribs
- 1½ gallons gluten free root beer
- 6 tablespoons kosher salt

Root Beer BBQ Sauce

- 6 tablespoons olive oil
- 2 large yellow onions, finely chopped
- ¼ cup minced garlic
- 6 cups gluten-free ketchup
- 1 cup plus 2 tablespoons gluten-free Worcestershire sauce
- ¾ cup gluten-free red wine vinegar
- 6 tablespoons dark brown sugar
- 2 tablespoons each chopped fresh thyme leaves and ground black pepper
- 1 tablespoon kosher salt

1. Prepare Ribs: Peel membrane from bone side of rib slabs. Reserve 1½ quarts root beer for BBQ sauce. Place rib slabs in 4-inch hotel pans; sprinkle ribs with salt and pour remaining root beer over ribs to cover completely. Cover and refrigerate 4 hours or up to overnight.
2. Remove ribs from marinade; reserve marinade. Grill ribs over medium to medium-high heat 8 to 10 minutes or until browned, turning once. Shingle ribs in 4-inch hotel pans; add enough reserved marinade to pans to come 1 inch up insides of pans. Cover pans tightly with foil and bake at 300° for 2½ to 3 hours or until tender and meat easily pulls away from bone, rotating ribs once halfway through baking. Cool; cover and refrigerate up to 3 days.
3. Prepare Root Beer BBQ Sauce: In stockpot, heat oil over medium heat. Add onions and garlic, and cook until onions are soft, stirring frequently. Add remaining ingredients and reserved root beer; heat to boiling over medium-high heat. Reduce heat to medium-low and cook until sauce thickens, stirring occasionally. Makes about 2¼ quarts.
4. To serve, grill ribs over medium to medium-high heat until heated through. Brush ribs with BBQ sauce; serve with additional sauce.



> more chef tips!

Removing the thin membrane on the underside of the ribs prior to applying a marinade allows the marinade to penetrate the meat. To peel membrane from ribs, turn the ribs bone-side-up. With a sharp paring knife, carefully lift up the edge of the membrane from a corner of the slab. Work your fingers between the membrane and rib meat to loosen the membrane. Grab the membrane with a paper towel and pull the membrane across the slab to remove.



Turkey: Naturally Gluten-Free & Delicious!



Whether it's our roasted turkey, a turkey burger, turkey bacon or turkey sausage... if it's labeled "turkey," then it's naturally gluten-free! All of our Butterball turkey products have no MSG, zero trans-fat. We also offer lower sodium options.

There's one place turkey definitely belongs...



all over your
Gluten-Free Menu!

Breakfast
Turkey Bacon, Leek &
Herb Chèvre Frittata



< Scan the QR code
below for the recipes



Dinner
Tarragon Turkey
Tenderloin

Lunch
Turkey Spinach Salad



Gluten-Free, Nutritionally Balanced, Functional Foods

NEWtritious™

is delicious!

Gluten-Free

No Artificial Flavors

No Artificial Colors

No Artificial Sweeteners

No Artificial Preservatives

Nutrition has long been taken for granted. But that's all about to change! The economics of healthcare and recent scientific recognition of the prominent role that nutrition plays in the promotion of health, wellness and healing, have foodservice professionals looking for healthful menu items that focus on prevention. NEWtritious™ offers delicious food items that uniquely satisfy both the special needs and general interests of the crowds.

H-Hice Cream™
Probiotic Defense™

The "Healthy Hospital" Soft Serve

Vitamins, minerals and enough (GanedenBC³⁰) probiotics to earn a label claim of "supports immunity function." It's a cost-effective means to protect staff and patients from the discomfort of antibiotic-resistant infections, such as C-diff.



ALPHA OMEGA™

Elevate Your Smoothie Into A Complete Meal!

This highly fortified mix provides 1/3 your Daily Value of all your nutrients to your recipe. It also contains GanedenBC³⁰ which improves protein absorption.



Haute Tomato™

Your Multi-Vitamin Never Tasted this Good!

A spicy tomato supplement with more than 1/3 your Daily Value of 19 essential vitamins and minerals.



**Instant
NEWtrition™**

The Perfect Alternative To Those Sugary-Sweet Shakes

A nutritionally-balanced, complete meal replacement in the form of a hot and savory soup.



Kherb™
A P P E A L

Don't Be Hungry, Be Healthy

A Delight-Full™ instant pudding (or shake) that suppresses appetite and provides 1/2 your Daily Value of vitamins, minerals, and fiber.

> For more information, please visit www.newtritious.com

Gluten-Free **For Kids**

Kids are already picky about food, making things even more difficult for families with a child who has to eat gluten-free. Make your restaurant the obvious choice for these families when they decide to eat out. Children shouldn't have to feel different or uncomfortable because they eat gluten-free so you should have options available that taste just like the other kid-friendly items on your menu. Try our easy gluten-free recipes for kids... they will be an instant hit with the youngsters!





Cereal-Crusted Fish Sticks

Yield: 24 servings

Fish Sticks

- Gluten-free pan coating spray
- 7½ pounds cod or tilapia fillets
- 4 quarts rice chex, corn chex or other gluten-free cereal
- 1 tablespoon dry mustard
- 1 tablespoon garlic powder
- 2½ cups large egg whites
- 1½ cups rice flour

Dill-Mayo Dip

- 1½ cups olive oil mayonnaise
- 1½ cups sour cream
- ¾ cup dill relish

- 1.** Fish Sticks: Spray parchment lined sheet tray with pan spray. Cut fillets into 3 x 1-inch sticks.
- 2.** In food processor, process cereal, dry mustard and garlic powder; transfer to ⅓ hotel pan. In separate ⅓ hotel pan, whisk egg whites until frothy. In third ⅓ hotel pan, add rice flour.
- 3.** Dip fish sticks in flour, then egg whites, then cereal mixture, patting lightly so mixture adheres; place on prepared tray. Cover and refrigerate up to 2 days.
- 4.** For dip: Whisk together all ingredients. Cover and refrigerate up to 5 days.
- 5.** For each order, lightly spray fish sticks with pan spray. Bake at 450° for 10 minutes or until internal temperature reaches 145°, turning once. Serve with dip.

Gluten-Free Pumpkin Pancakes*

Yield: 16 servings

- 2½ cups gluten-free oatmeal, dry
- ¼ cup corn flour masa enriched yellow
- 2 tablespoons light brown sugar
- 2½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ½ teaspoon ground cloves
- ½ teaspoon ground ginger
- 2 cups skim milk
- 1 teaspoon vanilla flavoring
- 1 medium egg
- 1 tablespoon applesauce
- 1 cup canned pumpkin

- 1.** Grind oatmeal in food processor until fine and flourlike.
- 2.** Combine all dry ingredients in bowl.
- 3.** Combine milk, vanilla flavoring, egg, and applesauce.
- 4.** Combine all dry and wet ingredients (excluding pumpkin) to create batter.
- 5.** Fold pumpkin into batter. Let sit 5 minutes.
- 6.** Heat griddle.
- 7.** Using a spoon, scoop batter onto griddle.
- 8.** Cook on medium heat until edges start to dry and air bubbles appear. Flip.

*Recipe developed by Jess Allman, Business Review Specialist at Sysco Cincinnati.





Gluten-Free Pasta-bilities

Show your customers that a gluten-free diet does not mean that pasta is out of the question. Sysco has a vast array of products that can serve as gluten-free alternatives to pasta. Try creating meals using these ingredients in place of pasta:

zucchini or eggplant

Cut these vegetables into thin strips as a replacement for noodles in spaghetti or into wide ribbons to use as lasagna noodles.

spaghetti squash

They call it spaghetti squash for a reason. Roasted and pulled apart with a fork, this is a great alternative for wheat-based spaghetti pastas.

polenta

This cornmeal favorite goes great with classic pasta toppings like marinara sauce, making it a great option to take the place of traditional pastas.

quinoa

This superfood is not only gluten-free, it's packed with protein and nutrients. It's a great substitute for couscous because it's the exact same texture.

> See page 18 for gluten-free pastas from Sysco.



Creamy Polenta with Shrimp, Roasted Poblanos & White Cheddar

Yield: 24 servings

- 12 medium poblano peppers (about 5 pounds)
- 6 quarts reduced fat milk
- 6 tablespoons unsalted butter
- 2 tablespoons salt
- 1 tablespoon plus 1½ teaspoons ground black pepper
- 6 cups yellow gluten-free cornmeal
- 1 pound sharp white Cheddar cheese, shredded (1 quart)
- ½ cup olive oil
- 7½ pounds 21-25 count peeled and deveined shrimp

- 6 tablespoons chopped garlic
- Sliced green onions and/or chopped fresh cilantro leaves for garnish
- Gluten-free hot sauce

1. Place poblano peppers on sheet tray; broil 4 to 5 inches from source of heat for 5 minutes or until the skin is completely blackened and blistered, turning occasionally. Transfer poblano peppers to large bowl; cover bowl with plastic wrap and let stand 10 minutes. Remove skin and stems from poblano peppers; cut lengthwise in half. With paring knife, scrape seeds, then cut into ½-inch pieces.

2. In nonreactive stockpot, heat milk, butter, 1 tablespoon salt and 1½ teaspoons black pepper to boiling over medium to medium-high heat. Gradually whisk in cornmeal until

incorporated; reduce heat to low and cook until mixture thickens and cornmeal is tender, stirring frequently with wooden spoon. Remove from heat; gradually stir in cheese and hold.

3. For each order, in large sauté pan, heat 1 teaspoon oil over medium heat. Add 7 shrimp to pan and cook 3 minutes or until shrimp turn almost opaque throughout, stirring occasionally. Stir in ¾ teaspoon garlic, ⅛ teaspoon each salt and black pepper, and about 3 tablespoons chopped poblano peppers; cook 1 to 2 minutes or until shrimp turn opaque throughout.

4. To serve, spoon shrimp mixture over about 1 cup polenta; sprinkle with green onions and cilantro. Serve with hot sauce.



> chef tips!

The finer the grind of the cornmeal, the less cooking time is required. Check specific package labels for cooking time.

Try using jalapeño peppers in addition to the poblano peppers for a spicier dish.

Peppers can also be roasted directly on gas stovetop over high heat until skin is blackened and blistered, turning occasionally with tongs.

Ready-to-Cook Gluten-Free Pasta



One of the most exciting developments for those who suffer from gluten-intolerance is gluten-free pasta. Heartland Gluten Free pasta allows pasta lovers to enjoy the taste and texture of authentic pasta, without any concern about gluten. It tastes great and is an excellent option for any gluten-free menu.

- > Gluten-free, wheat-free, dairy-free
- > Corn and rice blend
- > Matches traditional pasta in color, flavor, texture and performance
- > Family-friendly
- > Small pack size – easier to use



Try our gluten-free

Fusilli, Penne and Spaghetti pasta!



Gluten-Free Breaded Line

— Sysco —
Reliance

Whether it's chicken, beef or pork your customers are craving, Sysco has all the breaded and/or fried items you need... and they are gluten-free! Both convenient and delicious, all of our breaded gluten-free options are pre-breaded with a coating that tastes just like regular breading.

Breaded Pork Choppie Patty

Try the convenience of a delicious fully-cooked Breaded Pork Choppie Patty. Sysco starts with lean pork shoulder meat chopped and formed into a chop shape. Then it's evenly coated with a light, fluffy, zesty gluten-free breading.



**GLUTEN
FREE**

Fully Cooked



Popcorn Chicken

Popcorn Chicken are bite-sized chicken pieces with a big flavor! They're coated with a gluten-free breading and seasoned with a special blend of spices. Just heat these tasty nuggets and serve them with your favorite sauce.



Breaded Beef Fingers

Taste the difference with full flavored Beef Fingers. They're coated with a gluten-free breading, seasoned and cooked in 100% vegetable oil. Then they're baked for extra crispness with less fat.

Scan the QR code below to learn more about our delicious Gluten-Free Breaded Line.





Gluten-Free Gourmet

Any type of restaurant can offer gluten-free options, including upscale establishments. Here are two delicious gluten-free options for fine dining, a Seared Sea Scallop Salad and a grilled New York strip steak. Both scallops and steak are naturally gluten-free, making them versatile options for the base of any epicurean masterpiece. Add some fresh produce accents and you've got yourself some gluten-free gourmet dishes. Bon appétit!

Seared Sea Scallop Salad

Yield: 24 servings

- 3½ cups olive oil
- ¾ cup each minced shallots
- ¾ white gluten-free wine vinegar
- ½ cup chopped fresh tarragon leaves
- ¼ cup gluten-free Dijon mustard
- 6 pounds fresh dry or frozen Portico sea scallops, thawed if necessary, patted dry
- 1 tablespoon salt
- 1½ teaspoons ground black pepper
- 30 ounces spring mix salad greens
- 1½ quarts Mandarin oranges in light syrup, drained

1. In small bowl, whisk together 2 cups oil, shallots, vinegar, tarragon and mustard; cover and refrigerate until ready to serve.

2. For each salad, in large sauté pan, heat 1 tablespoon oil over medium-high heat until very hot but not smoking. Add 4 scallops to pan; sprinkle with some salt and pepper. Cook 4 to 6 minutes or until golden brown, turning once.

3. To serve, arrange salad greens on plate; top with scallops and orange segments. With spoon, drizzle about 2½ tablespoons vinaigrette over salad.



Grilled New York Strip Steaks with Rainbow Pepper Relish

Yield: 24 servings

Rainbow Pepper Relish

- 5 quarts diced green, orange and/or red bell peppers
- 1½ quarts fresh or frozen corn kernels, thawed if necessary
- 1½ cups diced red onion
- 1 cup fresh lime juice
- ¾ cup coarsely chopped fresh cilantro leaves
- ¼ cup minced garlic
- 1½ teaspoons each kosher salt and ground black pepper

Steak Seasoning

- ¼ cup gluten-free garlic powder
- 1 tablespoon paprika
- 1½ teaspoons each dried oregano leaves, ground coriander, kosher salt and ground black pepper

24 (1-inch-thick) lean New York strip steaks (about 8 ounces each)
Chives for garnish (optional)

1. Prepare Rainbow Pepper Relish: In medium bowl, combine all ingredients; cover and refrigerate until ready to serve.

2. Prepare Steak Seasoning: In small bowl, combine all dry ingredients.

3. For each steak, rub steak with some Steak Seasoning. Grill steak over medium-high heat to desired doneness, turning once. Remove steak from grill and let stand 5 minutes. Internal temperature will rise 5° upon standing.

4. Serve steak topped with pepper relish garnished with chives, if desired.



"Gluten can hide in foods such as salad dressings, seasonings, gravies, spice blends and more. Scratch preparation with wholesome, natural ingredients is the safest alternative for gluten-free preparation."

Karen Horsley, MS RD LD

*Sr. Director, Nutrition Services
Sysco Corporation*



What's the word on GREAT Kitchens?



"The GREAT training has been a fantastic way to introduce staff members to the basics of celiac disease and why a gluten-free diet is essential. The cross-contact section was very eye-opening as it explains how gluten can be transferred from one source to another on objects sometimes overlooked by even trained kitchen personnel."

Michael Moynihan

O'Tooles (Queensbury, NY)

"GREAT Kitchens has helped to ensure the success of our gluten-free program, enabling us to respond to customer demand with confidence in both the front and back of house. Server education has been critical. Identifying with NFCA also has helped to position us effectively from a marketing standpoint."

Elizabeth Sims

Tupelo Honey Cafe (Asheville, NC)

GREAT Kitchens teaches the essentials of gluten-free food preparation and cross-contact avoidance – skills that are critical for serving customers with celiac disease and other gluten-related disorders. With GREAT Kitchens gluten-free training, your team will stand apart from other restaurant staff serving "gluten-free" without the proper training and knowledge to back up their claims. **GREAT Kitchens is a gluten-free training program created by the National Foundation for Celiac Awareness (NFCA), a nonprofit organization dedicated to serving those on a medically-necessary gluten-free diet.**



Learning modules include:

- > **Gluten-Free Guest:** Demographics and needs of the gluten-free guest.
- > **Ingredients:** What to avoid and how to replace ingredients.
- > **Back-of-House:** Explore kitchen hot spots and create a gluten-free protocol.
- > **Front-of-House:** Using your waitstaff to build trust and customer loyalty.
- > **Implementation:** Developing and maintaining your gluten-free program.

**Sysco customers receive 20% OFF
online training by using
coupon code SyscoGF14**

GREAT Kitchens

Gluten-Free Training Ensures Gluten-Free Integrity





30% of consumers are looking for gluten-free options...
Is your staff prepared to serve them?

www.CeliacCentral.org/great

What is Gluten?

- > A protein, a tiny component of all varieties of wheat, rye, and barley and their derivatives.
- > It gives baked goods their structure.





© 2013 National Foundation for Celiac Awareness PROPRIETARY INFORMATION

21 million

Americans require a medically necessary gluten-free diet.

Did you know that even a crumb can make them sick?

GREAT for gluten-free customers

GREAT for customer retention

GREAT for your bottom line

GREAT way to market to a dedicated audience



Gluten-Free Grilling



Due to its reasonable price and versatility, chicken has been making a buzz in the foodservice industry recently. This Dijon sauce is made gluten-free and makes a perfect accompaniment to grilled chicken, or other proteins like fish or shrimp. The sauce can be made up to three days in advance if refrigerated, giving it an extended shelf life. Before creating a sauce or topping for a gluten-free dish, remember to check for hidden gluten in the ingredients... sometimes it is hard to find!

Grilled Dijon Chicken

Yield: 24 servings

- 24 boneless, skinless chicken breasts
- 1 cup gluten-free Dijon mustard
- 2¼ teaspoons salt
- 1½ teaspoons ground black pepper
- ¾ cup plus 1 tablespoon butter
- 2 tablespoons minced garlic cloves
- 6½ cups heavy cream
- 10 large egg yolks
- 3½ teaspoons gluten-free Worcestershire sauce
- Chopped fresh parsley leaves

1. With meat mallet, pound chicken to ½- to ¾-inch thickness. Coat both sides of chicken with 6 tablespoons mustard. Sprinkle chicken with 1½ teaspoons salt and pepper.

2. In small stockpot, melt butter over low heat. Add garlic and cook 1 to 2 minutes, stirring constantly. Do not let garlic brown. Add cream and heat until mixture begins to simmer; hold.

3. Meanwhile, in medium bowl, whisk together remaining 10 tablespoons mustard, egg yolks, Worcestershire and remaining ¾ teaspoon salt; cover and refrigerate.

4. To serve, grill chicken until it loses its pink color throughout and reaches an internal temperature of 165°. Place 2½ ounces hot cream mixture into small skillet. In small bowl, temper ½ ounce egg yolk with half of the hot cream mixture, then add egg yolk-cream mixture to skillet. Whisking constantly, heat 1 to 2 minutes or until sauce thickens. Spoon sauce over chicken and sprinkle with parsley.



Grilled Citrus Spiced Steak Kabob Salad

Yield: 24 servings

Marinade

- ¾ pound green onions, coarsely chopped
- 12 garlic cloves
- 3 habanero chile peppers, seeded and coarsely chopped
- 1½ cups fresh lemon juice
- 1½ cups fresh orange juice
- 1 tablespoon orange zest
- 2 tablespoons kosher salt
- ¾ teaspoon ground black pepper
- 1½ teaspoons gluten-free Dijon mustard
- 3 cups extra virgin olive oil plus additional for grill

Kabobs

- 7½ pounds beef sirloin steaks, cut into 1½-inch pieces
- 48 (10-inch) wooden skewers
- 3¼ pounds portobello mushrooms, each cut into ¾-inch slices
- 3 pounds medium red onions, each cut into 8 wedges
- 2¾ pounds red and/or orange bell peppers, each cut into 1½-inch pieces
- 6 medium zucchini, cut crosswise into ¾-inch-thick slices
- 4 pounds chopped hearts of romaine lettuce
- 3½ pounds grape tomatoes, each cut lengthwise in half

1. Prepare Marinade: In food processor, pulse all ingredients, except 1½ teaspoons salt and oil, until garlic and chile pepper are chopped. With processor running, drizzle in oil and process until well emulsified.

2. Prepare Kabobs: Marinate beef in 3 cups marinade, covered, in refrigerator 2 to 6 hours; refrigerate remaining marinade.

3. Soak skewers in water. In large bowl, toss mushrooms, onions, bell peppers and zucchini with 1½ cups remaining marinade. Remove beef from marinade; discard marinade. Alternately thread beef and vegetables onto skewers. Cover and refrigerate up to 5 days.

4. For each salad, sprinkle 2 beef skewers with a pinch of remaining salt. Grill beef skewers over medium-high heat until internal temperature of beef reaches 145° for medium-rare, rotating kabobs every 2 to 3 minutes. Serve kabobs over lettuce and tomatoes drizzled with some remaining marinade.

< Caution:



Gluten-free entrées should be cooked on a completely separate section of the grill than gluten-containing items. The same goes for all methods of cooking. If you do not have a separate space to cook or prep on, make sure the areas are cleaned thoroughly in order to avoid cross-contamination.

Gluten-Free Breaded Chicken Whole Muscle Tenderloins



Our certified gluten-free, antibiotic-free chicken breast whole muscle tenderloins are marinated, battered and breaded, fully cooked and then individually frozen.

Benefits:

- Certified Gluten-Free
- Made from Chicken Raised with No Antibiotics Ever
- All-Vegetarian Diet
- No Animal By-Products
- All-Natural* Ingredients
- No Hormones or Steroids Added**
- Raised Cage-Free on Family Farms
- Sensory Testing Panels Revealed that Consumers Notice and Enjoy the Taste of All Veggie-fed Poultry***

*Minimally Processed, No Artificial Ingredients.

**Federal regulations prohibit the use of hormones or steroids in poultry.

***Perdue Sensory Testing Research, July 2007- September 2009

Try this delicious gluten-free recipe.



Southwestern Salad

Serves: 1

Ingredients:

- 2 **COLEMAN NATURAL®** Fully-Cooked Breaded Chicken Breast Whole Muscle Tenderloins, Certified Gluten-Free
- 1 torn romaine lettuce heart
- 1/8 cup drained black beans
- 1/8 cup corn niblets
- 1/8 cup diced tomatoes
- 1/8 cup green onions
- 1/8 cup sliced celery

Preparation:

1. Cook tenders using the direction provided.
2. Place the lettuce in a serving bowl. Mix the black beans, corn, tomatoes, green onions and celery together and put on top of the lettuce.
3. Once the tenders are finished cooking, slice into three pieces and put on top of the salad.
4. Top with your favorite dressing and serve with gluten-free corn bread.

Gluten-Free Soup



Sysco **Block & Barrel** Soups can offer solutions for your gluten-free needs... *a Must-Have for your Menu!*

With an increasing number of people adopting gluten-free diets, it's more important than ever to offer a robust variety of gluten-free choices on your menu. With savory varieties such as Baja Chicken Enchilada, Creamy Tomato Bisque and Traditional Manhattan Clam Chowder, Sysco can help you meet your specialty diet demand without compromising flavor.



Baja Chicken Enchilada



Access 300+ Gluten-Free Items from

As the Sysco customer's direct connection to a wide variety of specialty items sourced from a variety of many manufacturers,

Foodservice Express™ offers products for hard-to-find diets, such as gluten-free, dysphagia and sugar-free. All products

offered in the program can be ordered through Sysco, and will be drop-shipped directly to facilities.



Enjoy Life Foods

Enjoy Life is focused on providing foods that are not only safe, but taste great too. That's why all of our foods are specially made to be gluten-free and free from the eight most common allergens. Whether your customers have celiac disease, are lactose-intolerant, allergic to soy, sensitive to egg, or almost anything else, our products are sure to satisfy. Our goal is to make delicious products that just about everyone can eat freely.

Stuffed Peppers

Serves: 6

Ingredients:

- 10 sun-dried tomatoes
- 6 bell peppers, any color
- 1 yellow onion, finely diced
- 1 zucchini, finely diced
- 3 cloves garlic, minced
- ¼ cup white wine
- ¼ cup gluten-free chicken stock
- ½ cup cooked millet
- 1 cup finely ground **Enjoy Life Garlic & Parmesan Plentils**
- ½ pound ground turkey thigh
- ½ cup tomato sauce, divided
- ¼ cup minced fresh basil or 2 tbsp dried basil

Directions:

1. Preheat oven to 350°F.
2. Place sun-dried tomatoes in a heatproof bowl. Pour boiling water to cover them. Let them soak for at least 30 minutes. Drain, reserving liquid, and slice the tomatoes.

3. Slice the tops off the peppers, discard the stem but keep the flesh of the top. Dice finely. Set the peppers off to the side.

4. Preheat a large sauté pan over medium heat. Add a little olive oil, and then the diced yellow onion and the diced pepper tops. Sauté 6-7 minutes. Add the zucchini and garlic, and sauté for 1 more minute.

5. Pour in the white wine and stir, scraping up any bits that stick to the pan. Add the sliced tomatoes into the pan along with the chicken stock and a sprinkle of salt. Cover with a lid, turn the heat to low and simmer for 5 minutes.

6. Pour the vegetable mixture into a large bowl. Add the cooked millet, ground Garlic and Parmesan Plentils Crunchy Lentil Chips, turkey thigh, half of the tomato sauce, and the basil. With a large spoon (or your hands) mix together until evenly combined. If mixture looks dry, add some of the reserved tomato-soaking water until it is slightly moist. Press turkey-vegetable mixture into the cavity of the peppers. Cover with the remaining tomato sauce.

7. Place the peppers in a small casserole dish and pour in 1" water. Cover dish with foil and place in the oven. Bake for 35-40 minutes, until a thermometer inserted into the center of the turkey mixture reads 165°F.



Full Flavor Foods

No Wheat, Barley, Rye or Oats

Full Flavor Foods offers delicious 100% natural gluten-free Soup Stocks, Sauces, Gravies and Cream Soup/Sauce Mixes. These versatile, authentic tasting foods were created for people with celiac disease or gluten intolerance and for family or guests who appreciate great food.

Pork Wine Sauce

Prepare 1 package of FFF **Pork Gravy Mix** according to directions. Add 2 tbsp. white wine, and 2 tbsp. green onions (chopped), stirring constantly as sauce thickens. Makes 12 oz. sauce. Serve over roasted pork loin, roast or chops. ***FOR CHERRY PORK WINE SAUCE** add ⅛ cup dried cherries and simmer an additional 3-5 minutes while stirring.





Gillian's Foods

Dedicated to a gluten, wheat, tree nut & peanut free environment, our products include gluten-free rolls, onion rolls, sandwich bread, ziti, pasta, pizza dough, pizza, pie shells, pumpkin pie, cakes, bread crumbs, rice flour, potato flour, tapioca flour, gluten and wheat free mixes. We provide foods you love, without the harmful ingredients you must avoid.



Soups, Sauces & Gravies

Nut-Free, Egg-Free, No Trans Fat, No MSG

All products are made in a gluten-free and nut-free environment that meets strict standards. They are independently tested and certified gluten-free and are endorsed by The Celiac Sprue Association (CSA). Products are easily prepared and may be substituted in many recipes to safely make them gluten-free!

Macaroni & Cheese

Follow directions on one package of **FFF Cheese Sauce Mix**. Stir in 2-3 cups of your favorite gluten-free pasta that has been cooked and drained. For variation, add 1 cup chopped ham or cooked, drained ground beef. Makes 3-4 servings.



Chicken Parmesan

Serves: 1

Ingredients:

- 1 4 oz boneless, skinless chicken breast
- 1 egg
- 3 oz rice flour
- 5 oz **Gillian's Gluten-Free Bread Crumbs**
- 1 tbsp canola oil
- 3 oz mozzarella cheese
- 4 oz **Gillian's Gluten-Free Pasta**, cooked
- 4 oz tomato sauce

Preparation:

1. Preheat oven to 325°F (190° C).
2. Set out three shallow pie dishes or deep plates: one with rice flour, one with beaten egg, one with Gillian's gluten-free bread crumbs.
3. Make sure your boneless, skinless chicken breast is thin by either slicing it in half or pounding it flatter.
4. Dip the chicken first into flour, shaking off any excess. Then dip it into the egg, shaking off any excess. Finally, dip it into the seasoned bread crumbs.
5. Lay the breaded chicken into a hot oiled frying pan and cook until golden brown or internal temp of 160°F.
6. Remove chicken from pan, top with mozzarella cheese and sauce then bake for 6-8 min in oven.
7. Once cheese is melted, plate and serve with your favorite style of Gillian's gluten-free pasta.

"My daughter Gillian was diagnosed with Celiac Disease in 1992 when she was six years old. For me, as an executive chef, finding palatable bread that would not fall apart in Gillian's lunchbox was my new mission. Much research and experimentation over several years finally resulted in a bread that Gillian gave a thumbs up. Gillian's Foods is proud to offer what we think are the best gluten- and wheat-free products on the market today."

-Chef Bob





Pristinely Gluten-Free

Glutino has a knack for working wonders in the world of gluten-free. Since 1983, we've been dedicated to help our customers live fully and embrace a bountiful gluten-free life. By listening to our community, our entire line of products is pristinely gluten-free, including baking mixes, breads, crackers, pasta and cookies to name a few.



Glutino Rotini and Butternut Squash

Ingredients:

- 1 box (8 ounces) Glutino Enriched Rotini-Shape Pasta
- 3 cups diced, peeled butternut squash
- 1 teaspoon salt
- 2 tablespoons olive oil, divided
- 1 medium leek, trimmed, chopped and rinsed well
- 4 teaspoons finely chopped fresh basil
- 2 teaspoons minced garlic
- Grated peel of one lemon
- Salt and freshly ground black pepper to taste
- $\frac{1}{4}$ cup pine nuts, toasted
- $\frac{1}{3}$ cup freshly grated Parmesan cheese, more for passing

Directions:

1. Fill a large pot with water. Add 2 teaspoons salt and bring to a boil. Add pasta and butternut squash. Let water return to a boil, reduce heat to simmer and cook 6 minutes or until pasta is cooked al dente.
2. Pour 1 cup of pasta water into a glass measuring cup. Set aside. Drain pasta and squash in a large colander and rinse briefly in cold water to prevent pasta from sticking together. Toss with 1 tablespoon of olive oil.
3. Add remaining oil to the pasta pot and heat over medium heat. Add the leek and sauté until translucent (about 3 minutes). Add the basil, garlic, and lemon peel. Sauté one minute. Add the reserved water and simmer until reduced slightly (about 2 minutes). Add the pasta and squash and toss to coat with the sauce. Add salt and pepper to taste. Toss with pine nuts and cheese. Serve with additional cheese, if desired.



Full of Taste – Free of Gluten



Udi's mission is to provide the best tasting gluten-free food on the planet. We create delicious products that will fill your stomach and warm your soul. With a full line of baked goods, including breads, buns, bagels, muffins, cookies and granolas, Udi's products make sure all gluten free diners have food choices they love.

Create a strong point of differentiation by providing “best in class” service with leading gluten-free branded items from Udi's. This will help you develop a unique customer base that is loyal, passionate and vocal about being gluten-free.



Caramelized Onion Savory Bread Pudding

Ingredients:

- 1 tablespoon butter
- ½ tablespoon extra virgin olive oil
- 2 medium sweet onions, thinly sliced
- 3 garlic cloves, minced
- 1 tablespoon sugar
- 1 cup whipping cream
- 4 large eggs
- 1 cup ricotta cheese
- ½ cup grated Swiss cheese

- 1½ teaspoons kosher salt
- ½ teaspoon fresh ground black pepper
- 5 slices Udi's Gluten Free White Sandwich Bread, crust removed and cut into 1-inch pieces
- Butter for coating
- Fresh chive tips for garnish

Preparation:

1. In a large skillet melt butter over medium heat, then add olive oil.
2. Add onions and garlic; cook until soft, about 5 minutes.
3. Add sugar and cook until onions are browned and caramelized, about 5 minutes more. Set aside.
4. In large bowl, whisk cream and eggs to blend. Whisk in ricotta, Swiss cheese, salt and pepper.
5. Stir in onions to blend. Add bread cubes to mixture and stir until bread is moistened.
6. Preheat oven to 350 degrees. Let mixture sit for 10 minutes while oven is heating.
7. Generously butter 8 ramekins or a large 3-quart baking dish. Transfer mixture to prepared dish(es).
8. Bake pudding until knife inserted in center comes out clean, about 30 minutes.
9. Garnish with chive tips.



Scan the QR code for a bonus video with **Gluten-Free Handling Tips.**



Gluten-Free Desserts are Easy!

The Pastry Star brand offers more than 200 different products that include fruit fillings, glazes, baking jams, cake mixes, chocolates, sorbets and much more. All Pastry Star baking ingredients are top quality, with no artificial flavors, colors or preservatives and they are all gluten-free!



Crème Brûlée

Serves: 23

Ingredients:

- 1 quart half & half
- 1 quart heavy cream
- 7 ounces **Pastry Star** crème brûlée powder

Directions:

1. In a pan, place cream and half & half on stovetop and bring to boil.
2. Whisk the appropriate amount of crème brûlée powder into the boiled liquid.
3. Bring to a boil again, whisking the entire time.
4. Pour into desired ramekin, dish or glass and it will set up in only 2 short hours!

...or prepare a day or two ahead of time.

Benefits:

- > NO Baking! NO Bain-Marie!
- > Caramelizes easily
- > Sets up in a few short hours
- > NO egg scrambling for consistency
- > Can be flavored (pistachio, green tea...)
- > Smooth texture and great homemade taste

Fruit Fillings

Easily upgrade gluten-free pastries with our newly developed All-Natural Fresh Fruit Fillings that are entirely gluten- and trans-fat free and low in sugar.



5 Natural Flavors

- > Apple
- > Apricot
- > Blueberry
- > Cherry
- > Raspberry



Sysco **H**ealthy **A**nd **P**ositive **E**ating

It is the mission of SHAPE to be Sysco's platform for providing education, tools, and resources to our customers and their patrons in support of a balanced approach to enjoying food. We want to empower them to make informed dining decisions for themselves and their families.

SHAPE tools and resources help customers meet the growing demand for nutritious and "good-for-you" food products, and allows them to gain insight as to the items they may incorporate into their recipes to build healthy menu offerings.



National Restaurant Association's **Kids LiveWell Program**

The Kids LiveWell (KLW) program is an industry-wide initiative, launched by the National Restaurant Association (NRA), to help both parents and children select healthful menu options when dining out. Emphasis is placed on encouraging consumption of fruit and vegetables, lean protein, whole grains and low-fat dairy, and limiting unhealthy fats, sugars, and sodium. Participating restaurants commit to offering and growing their selection of healthful meal items for children, in an effort to eliminate childhood obesity. Sysco is the National Restaurant Association's endorsed distribution partner and offers the only proprietary turnkey program for operators supporting the Kids LiveWell initiative.



Please contact your local Sysco marketing associate for more details, or email SyscoSHAPE@corp.sysco.com with any questions. The Kids LiveWell logo is a service mark of the National Restaurant Association.

Want to Know What **Gluten-Free Products** Are Available in Your Region?*



*Click here to download a
PDF list of Gluten-Free items.*

*Click here to download an
Excel file of Gluten-Free items.*



For more information, ask your Sysco Marketing Associate.



***IMPORTANT DISCLAIMER** – Although Sysco's gluten-free products are prepared without use of gluten-containing ingredients, they may be prepared in facilities that handle many other wheat products. Additionally, Sysco and its affiliates deliver their products to restaurant customers who may prepare Sysco's gluten-free products in such a manner that places the products in contact with wheat glutes and proteins. Even when utilizing proper care in the preparation of gluten-free items, normal kitchen operations present a risk of gluten-free products coming into contact with wheat glutes and proteins. Therefore, Sysco and its affiliates do not guarantee that any product is completely gluten-free and assumes no responsibility for cross-contamination that occurs as a result of the food preparation practices or kitchen environments of its restaurant customers. Consumers with gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.

[illegible]



At Sysco, creating, marketing and delivering great products to great customers is what we do every day. Providing excellent service is standard practice — not an “extra.” We’re committed to being your most valued and trusted business partner — and to making incredible service and top-of-the-line products an everyday occurrence in the life of your business.

View this magazine online [@syscoezine.com](http://syscoezine.com)
or scan this tag for mobile- and ipad-friendly versions.



Success begins with the right ingredients!

Get in touch with a Sysco Representative to order your good things today! *Scan the QR code* below with your mobile device for more details.



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