

Group Photo:

Top: Jalapeno Garlicky Chicken Wings (with Roquefort Dressing), Herb covered Goat Cheese, Pepper Jack Mexican Pizza.

Middle: Minced Meatballs with Savory Ginger Dipping Sauce.

Bottom: Blanched vegetables with Dave's Red Pepper Hummus, Rice Crackers with Nuts (contains soy and nuts), Quick Spicy Chipotle Bean Dip with rice chips.

Individual Photos:

Jalapeno Garlicky Chicken Wings (with Roquefort Dressing),

Herb Covered Goat Cheese,

Minced Meatballs with Savory Ginger Dipping Sauce.

## SUPER BOWL RECIPES

### **Jalapeno Garlicky Chicken Wings (with Roquefort Dressing)** (Gluten-free, Dairy-free)

Marinate:

2 tablespoons margarine, milk-free, corn-free, or olive oil  
½ cup onion, finely chopped  
5 garlic cloves, minced  
2 teaspoon canned jalapenos, diced  
½ teaspoon chili powder  
2/3 cup water  
1 tablespoon tomato paste  
1 teaspoon lemon juice  
¼ teaspoon oregano  
½ teaspoon salt  
¼ teaspoon pepper

In skillet, add margarine or olive oil and heat. Add onions and cook 2 minutes or until transparent. Add garlic, and cook 30 more seconds. Add rest of the ingredients, cook for 3 minutes. Cool. Place mixture into food processor and pulse until smooth. Make one day ahead for flavors to blend.

Makes 2/3 cup or enough marinade for 20 wings. If you are making more than 20 wings, double the recipe.

#### Chicken Wings Cooking Instructions:

20 prepared Chicken Wings  
Jalapeno Garlicky Marinade

Preheat oven to 400. Cover with foil one 9 by 13 inch baking dish and one 8 by 8 baking dish (If you are doubling the recipe, use two 9 by 13 baking dishes). Lightly grease the foil. Place chicken wings in baking dish. Brush one half of marinade on one side the chicken wings. Place in oven and cook 25 minutes. Take baking dishes out, turn chicken wings over and brush on remaining marinade. Cook for another 20 minutes or until done. Remove from oven. Place on dish that can be kept warm and serve with Roquefort Dressing.

#### Roquefort Dressing

2 tablespoons Roquefort Cheese, crumbled (sheep cheese)  
½ cup mayonnaise (contains eggs)  
½ cup sour cream substitute (contains soy)  
¼ teaspoon garlic powder  
½ teaspoon sugar  
½ teaspoon white wine vinegar  
Salt and Pepper to taste

Mix all ingredients together in bowl. Using the back of a spoon, smash the Roquefort Cheese against the side of the bowl. This will remove clumps of cheese. Mix well. Make one to two days ahead.

Makes 1 ½ cups

\*This recipe plus a few additions is from Terry Traub's book: *Food to Some, Poison to Others*.

#### **Herb Covered Goat Cheese**

(Gluten-free, Dairy-free)

Goat's cheese unlike cow's cheese is easier for the stomach to digest. I have found that these cheeses can be different each time. Check my note below for instructions about this.\*

1 package of 7 ounces Goat Mozzarella Cheese  
1 ½ tablespoon olive oil  
½ teaspoon paprika  
½ teaspoon garlic powder  
1 tablespoon Italian Seasoning  
1 tablespoon Basil  
¼ teaspoon salt  
¼ teaspoon pepper  
Dash cayenne pepper (optional)

Cut goat cheese into ½ inch cubes. Into bowl, add olive oil, paprika, and garlic powder. Mix together. Add cheese cubes and coat all surfaces of cubes. Add Italian seasoning and coat cubes. Then add basil and coat cubes. Toss with Salt and Pepper and dash of cayenne. Refrigerate overnight. Place goat cheese cubes stacked on plate with toothpicks for serving.

Makes 55 cubes.

\*I have found that every time I buy goat cheese it tastes a little different. Sometimes it tastes very mild and other times very tart. Taste the cheese before starting the recipe. If very tart, add a little sugar with the olive oil to take away the tartness.

### **Minced Meatballs with Savory Ginger Dipping Sauce** (Gluten-free, Dairy-free)

#### Minced Meatballs

1 cup rice thins, ground into crumbs  
1 cup milk substitute  
1 pound lean ground beef  
1 egg  
½ teaspoon salt  
1/8 teaspoon white pepper  
4 tablespoons Manchego or Pecorino Romano cheese grated (sheep cheese)  
1 tablespoon wine vinegar  
¼ cup Sorghum flour  
2 to 3 tablespoons canola or grape seed oil

In mixing bowl, mix first 9 ingredients. Mix and knead mixture to make a paste. Form balls and roll them in flour. Fry meatball in hot oil until golden. Serve hot. These meatballs can be made ahead and frozen. Reheat in oven before serving. Serve with dipping sauce.

Makes 35 meatballs.

This recipe is from Terry Traub's book: *Food to Some, Poison to Others*.

#### Savory Ginger Dipping Sauce

2 tablespoons olive oil or margarine, milk-free, corn-free  
½ cup onion, finely chopped  
2 tablespoons green pepper, finely chopped  
1 ½ tablespoons white rice flour  
1 ½ cups organic beef broth  
2 tablespoons organic ketchup (no corn syrup)  
1 tablespoon molasses  
1 ½ tablespoons fresh shredded ginger  
1 teaspoon chili powder  
½ teaspoon salt

¼ teaspoon pepper  
1/8 teaspoon cayenne

In saucepan, melt margarine or add olive oil. Add onions and green peppers, sauté until tender. Add rice flour to make roux. Slowly add beef broth to roux, and stir until smooth. Add rest of the ingredients and heat until just boiling. Remove from heat. Cool. Once the mixture is cooled, place it into food processor or blender and pulse until smooth. Heat sauce in saucepan prior to serving. The sauce can be made 1 to 2 days ahead.

Makes 1 ½ cups

The other recipes found in group photo: Pepper Jack Mexican Pizza, Dave's Red Pepper Hummus, and Quick Spicy Chipotle Bean Dip will be found in Terry Traub's book: *Food to Some, Poison to Others*.

©2009 Terry Traub – All rights reserved

Ingredients used for recipes above:

1. Societe Roquefort (sheep cheese)
2. Tofutti (milk-free) sour cream-contains soy [www.tofutti.com](http://www.tofutti.com)
3. Goat Mozzarella- Woolwich Dairy Inc [www.woolwichdairy.com](http://www.woolwichdairy.com)
4. White rice flour- Bob's Red Mill [www.bobsredmill.com](http://www.bobsredmill.com)
5. Natural Directions Organic Ketchup (contains no corn syrup) [www.ndfoods.net](http://www.ndfoods.net)