



Quality you can taste

Gluten-Free Recipe Book

Chapter 4: Quick Dinner Ideas from the Massel Kitchen



Quality you can taste

Deliciously simple gluten-free Quick Dinner recipes

With recipes that can be made
in a pinch any time of year,
making your time in the kitchen fast,
enjoyable and a positively
mouth-watering experience!

Checking all the boxes for health and flavor



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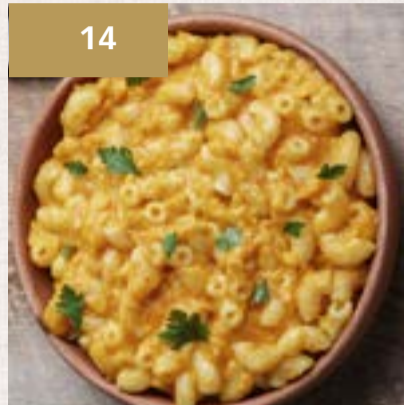
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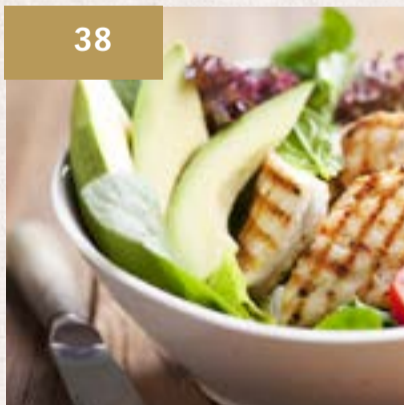
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QUICK DINNER IDEAS FROM THE MASSEL KITCHEN

We love to cook at Massel. The freshest ingredients and a pinch of innovation keep us hungry for more creations, and when we get our hands on easy dinner recipes that the whole family can rally behind, we can't help but share the appetizing news with anyone and everyone who will listen.

Over the years, we've tried literally hundreds of recipes that feature our bouillon and seasonings. And, with this sampling and savoring of memorable meals, we've found that our customers and fans are keen to spend less time making dinner and more time enjoying it. We couldn't agree more! Life pitches curveballs all throughout the day, and it can often be a feat to get a nutritious and satisfying dinner on the table. Cut out that dinnertime anxiety with this roundup of our top go-to recipes that have stood the test of time.

We hope you enjoy these quick dishes as much as we do!





Curried Cauliflower Fritters

AUTHOR: Massel | SERVES: 4 | Dairy-Free – Gluten-Free – Kosher – Vegan – Vegetarian



Everyone will come to the table **when you serve a warm crispy fritter on a cool night.** Serve them with chutney, sweet chili sauce or sriracha mayonnaise.

INGREDIENTS

1 cup broth using Massel Concentrated Liquid Stock OR Ultracubes, chicken flavor

1 small head cauliflower, trimmed and cored

½ cup gluten-free or all-purpose flour

½ cup chickpea flour

1 teaspoon baking powder

½ teaspoon ground cumin

½ teaspoon ground coriander

Canola or vegetable oil for frying

Serving sauces (e.g., sour cream, garlic aioli, Sriracha)







Curried Cauliflower Fritters

METHOD

1. Preheat the oven to 275°F. Cut cauliflower and/or other vegetables into bite-sized pieces.
2. In a large bowl, combine the flours, baking powder, cumin, coriander and enough Massel broth to make the batter smooth. Mix well.
3. Heat about 1 inch of your cooking oil in a large, deep skillet over medium-high heat. (It's hot enough when a small piece of bread dropped in the oil turns golden brown in about 1 minute.)
4. Place the cauliflower and other vegetables in the batter to coat. Let any excess drip off, then place them in the hot oil. Do not crowd. Cook until golden brown on both sides, turning once (about 3 minutes per side).
5. Place on a baking sheet layered with paper towel to drain. Sprinkle with salt if desired. Keep warm in the preheated oven.
6. Serve hot with sauces to dip.



Tex Mex **Lettuce Wraps**

AUTHOR: Meg van der Kruik, Beard + Bonnet | SERVES: 4 - 6 | Dairy-Free – Gluten-Free – Kosher
Low-Carb – Vegan – Vegetarian

“Whether you are looking for a **fast dinner or a Tex Mex inspired lunch** to take with you to work, these lettuce wraps fit the bill! **Loaded with fresh ingredients** this meal will fill you up without weighing you down.”

– *Meg van der Kruik, Beard + Bonnet*

INGREDIENTS

FOR SALSA SALAD

2 ears fresh corn, kernels removed

1 can pinto beans, drained and rinsed

¼ cup red onion, diced

1 avocado, diced

8-10 cherry tomatoes, halved or quartered if they are large

¼ cup cilantro, minced

1/8 cup roasted pepitas

Lettuce cups for serving (e.g., butter lettuce, baby gems, baby romaine)

FOR CUMIN LIME DRESSING

1 teaspoon Massel All Purpose Bouillon and Seasoning Granules, vegetable flavor

1/8 cup extra virgin olive oil

1/8 cup freshly squeezed lime juice

½ teaspoon ground cumin

¼ teaspoon pepper







Tex Mex Lettuce Wraps

METHOD

1. Combine the olive oil, lime juice, cumin, Massel All Purpose Bouillon and Seasoning Granules and black pepper in a jar with a lid and shake really well until the dressing is emulsified. Set aside.
2. In a large bowl, combine the corn kernels, beans, red onion, avocado, tomatoes, cilantro and pepitas. Stir well to combine and then pour the dressing over the salsa salad. Let marinate for at least 10 minutes up to a few hours.
3. Fill the lettuce leafs with some of the salsa salad; serve immediately.



Squash Mac & Cheese

AUTHOR: Massel | SERVES: 8 | Gluten-Free – Kosher – Low-Fat – Low-Sugar



Craving mac and cheese, **but don't want to overindulge?** This dish is your answer. It is a touch **sweet and cheesy.** Your children will eat it up without knowing that they are eating vegetables.

INGREDIENTS

1¼ cups broth using Massel Concentrated Liquid Stock OR Ultracubes, chicken or vegetable flavor

3 cups butternut squash, cubed

1 pound gluten-free pasta

1½ cups fat-free OR 2% milk

3 cloves garlic

2 tablespoons fat-free Greek yogurt

1 cup Swiss cheese, shredded

1 cup Parmesan cheese, grated

½ cup Italian seasoned OR gluten-free breadcrumbs

2 tablespoons fresh parsley, chopped

Freshly ground black pepper







Squash **Mac & Cheese**

METHOD

1. In a medium saucepan over medium-high heat, add butternut squash, stock, milk and garlic. Bring to a boil, then reduce to a simmer until the squash is tender (about 20 minutes).
2. Remove from heat and add to the base of a blender or immersion blender. Add in the Greek yogurt and season with ground pepper. Blend until smooth, and then add Swiss and Parmesan cheeses. Blend again until combined and cheese is melted.
3. Bring a large pot of salted water to a boil.
4. Cook the pasta according to the package instructions.
5. Meanwhile, heat butter in a medium sauté pan over medium heat. Add breadcrumbs and cook until golden brown, stirring occasionally. Remove from heat and set aside.
6. When pasta is done, drain and add it directly to the cheesy squash mixture.
7. Serve with the toasted breadcrumbs and chopped parsley on top.



Chicken & Broccoli **Stir-Fry**

AUTHOR: Massel | SERVES: 4 | Gluten-Free – Kosher – Low-Fat – Low-Carb



A **fail-proof quick dinner idea**, perfect for when you get in from work and you need some fast, healthy food. **Kids love chicken and broccoli** and this simple, tasty dish is gluten-free and low carb.

INGREDIENTS

2 tablespoons Massel Concentrated Liquid Stock, chicken flavor

1 teaspoon Massel All Purpose Bouillon & Seasoning Granules, vegetable flavor

4 chicken breasts, thinly sliced

1 pound broccoli, divided into florets

1½ tablespoons gluten-free gravy

2 tablespoons olive oil

Juice of ½ lemon

Freshly ground black pepper







Chicken & Broccoli **Stir-Fry**

METHOD

1. Add the juice of $\frac{1}{2}$ lemon and freshly ground black pepper to Massel Concentrated Liquid Stock.
 2. Toss chicken slices in the mixture and marinate for about 20 minutes.
 3. Heat oil in non-stick pan and stir-fry the chicken slices. Remove to plate.
 4. Add broccoli florets to juices in the frypan, sautéing them quickly. Sprinkle with Massel All-Purpose Bouillon & Seasoning Granules.
 5. Add the water while stirring and then simmer for 1-2 minutes. Place around the chicken on serving plate.
 6. Prepare store-bought gravy or your own gluten-free gravy according to instructions.
 7. Pour the gravy on your chicken and broccoli. Serve and enjoy!
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Grilled **Polenta** with Sautéed **Mushrooms**

AUTHOR: Massel | SERVES: 4 - 6 | Gluten-Free – Kosher – Low-Fat – Low-Sugar – Vegetarian



Preparing polenta on the grill or searing in a pan adds another dimension, giving it a **wonderful crispy exterior** that somehow makes the **creamy, buttery interior** even more heavenly. Sprinkle a little goat cheese and drizzle some honey on top to finish.

INGREDIENTS

2 tablespoons **Massel Concentrated Liquid Stock, beef flavor**

Massel's Easy Polenta (recipe follows)

2 tablespoons olive oil, plus more for brushing on polenta

2 tablespoons butter OR vegan butter

1 pound assorted mushrooms, thinly sliced

3 cloves garlic, finely chopped

¼ cup white wine

Freshly ground black pepper

Soft goat cheese (optional topping)

Honey (optional topping)

EASY POLENTA

3 **Massel Ultracubes, chicken flavor**

5¼ cups boiling water

10 ounces corn meal or polenta

Freshly ground black pepper

Optional: Butter and Parmesan cheese







Grilled **Polenta** with Sautéed **Mushrooms**

METHOD

1. Prep the Easy Polenta a little earlier in the day, or even the day before (recipe follows).
2. When finished, spread the polenta out on a oiled sheet pan. Smooth out surface and cover with plastic wrap. Chill.
3. When you are ready to cook, cut out pieces of polenta into squares from the sheet pan. Brush each side with olive oil.
4. Meanwhile, heat up a sauté pan over medium-high heat.
5. Add olive oil, butter, mushrooms and garlic. Stir.
6. When you start to see the mushrooms brown a bit, turn down to medium-low and add Massel Concentrated Liquid Stock and white wine. Simmer.
7. While mushrooms are simmering, grill your polenta squares on your grill or grill pan. You can also sear them on a warm non-stick skillet until the outside is crispy. Turn to sear the other side as well.
8. To assemble, place polenta squares on plate, spoon over sautéed mushrooms, and add goat cheese and honey toppings, if desired. Serve and enjoy!

EASY POLENTA

1. In a microwave safe bowl, dissolve the Ultracubes in boiling water and add the corn meal (or polenta) gradually, stirring constantly.
2. Place bowl in the microwave oven on one side of the turntable and program for 24 minutes on high.
3. After 6 minutes, pause cooking and mix thoroughly. Repeat this operation every 6 minutes until end of cook time.
4. When finished, let stand for 2 minutes. Stir in butter and/or Parmesan cheese if desired, and add black pepper to taste.



Garlic Olive Oil Mashed Potatoes

AUTHOR: Tess Masters, [healthyblenderrecipes.com](https://www.healthyblenderrecipes.com) | SERVES: 8 - 10 | Dairy-Free – Gluten-Free
Kosher – Vegan – Vegetarian

“Instead of using tons of cream and butter, or even vegan butter spread like Earth Balance (which IS fantastic with potatoes by the way), I prefer using a really good quality **cold pressed olive oil**, which adds not only a delicious flavor, but also **tons of health fats.**”

– Tess Masters, healthyblenderrecipes.com

INGREDIENTS

4 tablespoons broth using Massel Ultracubes OR Concentrated Liquid Stock, vegetable flavor

2 pounds red skinned potatoes, unpeeled and diced

12 tablespoons cold pressed extra virgin olive oil

6 tablespoons garlic, freshly minced (add more to taste, if desired)

1 bunch fresh chives, finely chopped

2 teaspoons Celtic sea salt or Himalayan salt







Garlic Olive Oil Mashed Potatoes

METHOD

1. Place the chopped potatoes in a large saucepan and bring to a boil.
 2. Simmer for about 20 minutes until tender.
 3. Drain well, and return to the saucepan and stir-fry on a low heat to remove excess water (about 2-3 minutes).
 4. When potatoes are dry, gradually add the olive oil, broth, garlic and salt, tasting to make sure you get it juuuuust right for your taste preference. The quantities I listed were perfect for me. But, you might prefer more or less garlic, salt and/or olive oil.
 5. As you stir, the potatoes should get rich and creamy. I find I don't even need to use a masher. However, you might prefer to use one, or you could use your stand mixer with the paddle attachment.
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Roasted Cauliflower with **White Beans**

AUTHOR: Massel | SERVES: 4 - 6 | Gluten-Free – Kosher – Low-Sugar – Vegetarian



Do your vegetable dishes **need some inspiration?** This cauliflower creation is your answer. It is a wonderful **gluten-free side dish** or it could serve as a hearty vegetarian main. It will soon be your **family favorite** because of the flavor.

INGREDIENTS

1 tablespoon Massel Concentrated Liquid Stock, vegetable flavor

1 teaspoon Massel All Purpose Bouillon & Seasoning Granules, chicken flavor

1 head cauliflower, chopped

1 tablespoon extra virgin olive oil (plus 1 teaspoon)

½ cup panko OR gluten-free panko breadcrumbs

¼ cup Pecorino Romano OR Parmesan cheese, finely grated

1 tablespoon fresh rosemary leaves, chopped

1 15-ounce can small white beans, rinsed and drained

2 teaspoons lemon zest, finely grated

¼ teaspoon red pepper flakes







Roasted **Cauliflower** with **White Beans**

METHOD

1. Preheat oven to 450°F.
2. Toss the chopped cauliflower with 1 tablespoon Massel Concentrated Liquid Stock and 1 tablespoon olive oil. Place on baking sheet and roast for 20 minutes.
3. In a small bowl combine 1 teaspoon Massel All Purpose Bouillon & Seasoning Granules and 1 teaspoon each of olive oil, panko breadcrumbs, cheese and rosemary. Set aside.
4. Remove the cauliflower from the oven and toss white beans, red pepper flakes and lemon zest. Once the roasted cauliflower is well tossed, top with the panko mixture.
5. Place the cauliflower back in the oven for 5 minutes, or until breadcrumbs turn golden brown.



Fennel & Mushroom Pasta

AUTHOR: Massel | SERVES: 2 - 4 | Gluten-Free – Kosher – Low-Sugar – Vegetarian



Pasta sure has gotten a bad rap in that last couple of years, but if you keep your dish **heavy in vegetables**, you are set to go. The **earthy cream sauce** makes this pasta dish eat like a meal.

INGREDIENTS

1 tablespoon Massel Concentrated Liquid Stock, chicken flavor

8 ounces gluten-free pasta of your choice

2 tablespoons olive oil

2 cups fennel, thinly sliced

1 shallot, finely minced

2 cloves of garlic, minced

1½ cups crimini mushrooms, finely sliced

2 tablespoons light or soy cream cheese

2 tablespoons fresh parsley, chopped

Freshly ground black pepper







Fennel & Mushroom Pasta

METHOD

1. In a large saucepan cook pasta according to package directions.
 2. Meanwhile, in a large non-stick skillet, heat 1 tablespoon of olive oil over medium heat.
 3. To the skillet, add fennel, shallot, garlic and mushrooms. Sauté for a few minutes until shallots are translucent.
 4. Add Massel Concentrated Liquid Stock and simmer for approximately 7 minutes. Add water as needed. You want your vegetables to be tender.
 5. Check on the pasta. When finished, drain and set aside.
 6. Stir in cream cheese, parsley and pepper to the skillet sauce.
 7. Add pasta to sauce and the other tablespoon of olive oil. Add more water if you need to loosen up the sauce a touch. Taste and adjust pepper to your taste. Combine with pasta and serve immediately.
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Warm **Chicken Salad**

AUTHOR: Massel | SERVES: 3 - 4 | Dairy-Free – Gluten-Free – Kosher – Low-Carb – Low-Fat



Sweet, savory and nutritious in a bowl. This chicken salad is packed with flavor and perfect for a **well-rounded meal** of chicken, avocado and more of your favorites!

INGREDIENTS

2 teaspoons Massel All Purpose Bouillon & Seasoning Granules, chicken flavor

1 bunch romaine lettuce, washed, dried and sliced

1 bunch baby rocket lettuce, washed and dried

1 double chicken breast, no skin

1 onion, thinly sliced

1.75 ounces almonds, peeled

4 tablespoons extra virgin olive oil

1 tablespoon parsley, chopped

2 tablespoons lemon juice

1 teaspoon honey

1 avocado, sliced







Warm **Chicken Salad**

METHOD

1. Separate along the line of the chicken breast to obtain two equal parts. With a sharp knife, being very careful, slice each fillet in half width-wise to obtain two thin slices.
2. On medium-high heat, in a large fry pan, heat 2 tablespoons of olive oil. Add the 4 slices of breast fillets and quickly brown them on both sides until golden.
3. Add the onion and then sprinkle the mixture—chicken included—with one teaspoon of All Purpose Bouillon & Seasoning Granules. Sauté for a couple of minutes.
4. Move to a bowl. Add the almonds to the same pan and sauté until golden. Add to the chicken and onion.
5. Make dressing by placing in a jar 1 teaspoon of All Purpose Bouillon & Seasoning Granules, the lemon juice, the remaining 2 tablespoons of olive oil and also the honey. Close the jar and shake well.
6. Arrange all of the lettuce on serving plate or bowl, top with the chicken slices, onion, avocado and almonds. Pour the dressing all around and serve with crusty bread (or crusty gluten-free bread).



Lentils with Roasted Vegetables

AUTHOR: Massel | SERVES: 4 - 6 | Dairy-Free – Gluten-Free – Kosher – Low-Fat
Vegan – Vegetarian

Lentils transform from a simple one note into something with **an amazing flavor profile** when cooked in Massel stock. It does the same thing to any vegetable you choose to roast! Serve with yogurt to add a **mellow creamy tang** that complements the earthy notes in the dish, if you would like.



INGREDIENTS

6 cups Massel Concentrated Liquid Stock, vegetable flavor

1 yellow onion, chopped

1 cup mushrooms, cleaned and sliced thinly

1 cup butternut squash, chopped

3 cups brown or green lentils, rinsed

1 tablespoon extra virgin olive oil

2 teaspoons dill, finely chopped

Freshly ground black pepper

Yogurt OR vegan yogurt (optional topping)

Fresh mint leaves (optional topping)







Lentils with Roasted Vegetables

METHOD

1. Toss seasonal vegetables in olive oil and 2 tablespoons Massel Concentrated Liquid Stock. Make sure that vegetables are cut uniformly in size to ensure they cook evenly. Place on baking sheet in a single layer.
2. In a preheated oven of 400°F, roast vegetables until they are tender and slightly browned on the outside (25-35 minutes).
3. While your vegetables are roasting, cook your lentils. (Note: One cup of lentils with 2 cups of Massel stock is the ideal ratio for boiling; adjust for desired amount.) When the lentils are tender and not chewy, take them off the heat and drain if there is any remaining liquid.
4. When vegetables and lentils are cooked, combine in a large bowl and toss with olive oil, dill and pepper.
5. Serve warm or at room temperature with yogurt and mint, if desired. Enjoy!



Mushroom **Risotto**

AUTHOR: Massel | SERVES: 3 - 4 | Dairy-Free – Gluten-Free – Kosher – Low-Carb – Low-Fat



A creamy plate of risotto is such a **comforting dish** to serve up to your family on a chilly night. A good risotto **needs a good bouillon** for its base, and Massel is just the ticket!

INGREDIENTS

2 Massel Ultracubes OR
4 Massel 7s bouillon cubes,
vegetable flavor

2 cups mushrooms, cleaned
and sliced

1 tablespoon extra virgin olive oil

1 garlic clove, minced

3½ cups water

2 tablespoons Parmesan cheese

1 cup arborio rice

1 teaspoon butter

1 tablespoon parsley, chopped







Mushroom **Risotto**

METHOD

1. Heat oil in a deep pot on medium-high.
2. Add the sliced mushrooms and quickly sauté while stirring. Let all the vegetable juice evaporate.
3. Add the rice, water and Massel bouillon cubes, mixing well.
4. Reduce heat and simmer, mixing occasionally for 15 minutes or until rice has absorbed most of the water and is cooked.
5. Remove from heat, add some Parmesan cheese, butter (if desired) and chopped parsley, mixing well.
6. Let stand for 5 minutes before serving.



Edamame & Quinoa Salad

AUTHOR: Massel | SERVES: 4 | Dairy-Free – Gluten-Free – Kosher – Low-Fat – Vegan – Vegetarian

This is the **perfect protein packed make-ahead salad** to have on-hand in the fridge or to take to your next cookout. Remember to always cook your grains (quinoa, in this case) in Massel stock for an **extra flavor blast!**

INGREDIENTS

4 cups broth using Massel Concentrated Liquid Stock OR Ultracubes, vegetable flavor

2 tablespoons Massel Concentrated Liquid Stock, vegetable flavor

¼ cup olive oil

2 cups regular or red quinoa

½ cup edamame

½ cup red pepper, diced

¼ cup red onion, diced

Freshly ground black pepper







Edamame & Quinoa Salad

METHOD

1. Bring quinoa and Massel broth to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed (about 15-20 minutes). Fluff with a fork.
2. In a large mixing bowl, add all ingredients and toss together.
3. Grind black pepper into the bowl to your liking.
4. Store in an air-tight container and serve chilled.

These recipes are the fourth chapter of the new Massel cookbook, and if you liked these recipes half as much as we did, sign up for our [newsletter](#).

We have a lot more coming!

Future Chapters Include:

- Summertime BBQs
- Bag Lunch Inspiration

Bring some Massel magic into your home and let your dinner table sparkle with these healthful and essential gluten-free creations.

Happy cooking!



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