



*Quality you can taste*

# Gluten-Free Recipe Book

## Chapter 6: Salads & Summer Savories from the Massel Kitchen









# Deliciously simple gluten-free meal and snack recipes

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With recipes that can be made in a pinch any time of year, this quick recipe book will make your time in the kitchen a fast, enjoyable and mouth-watering experience!

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Checking all the boxes for health and flavor





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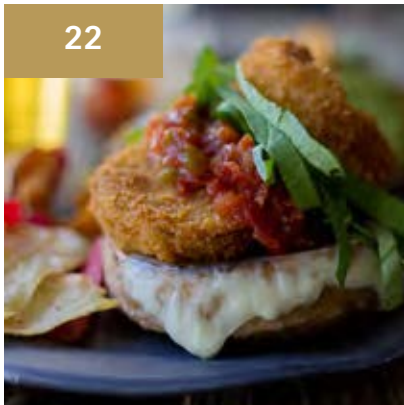
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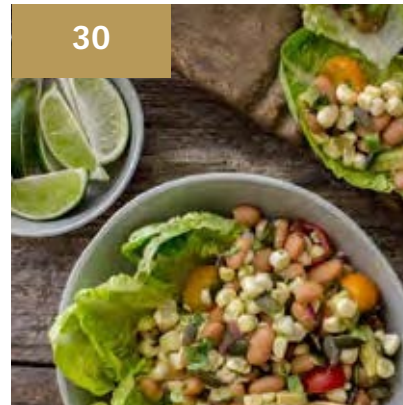
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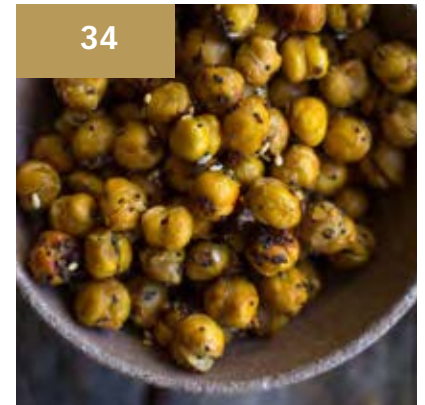
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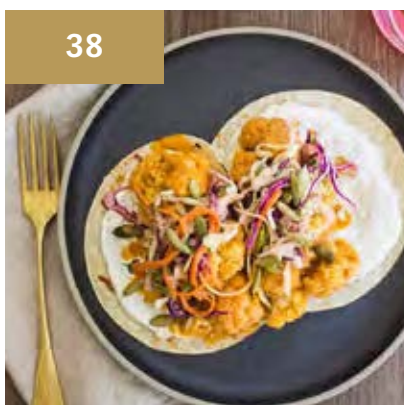
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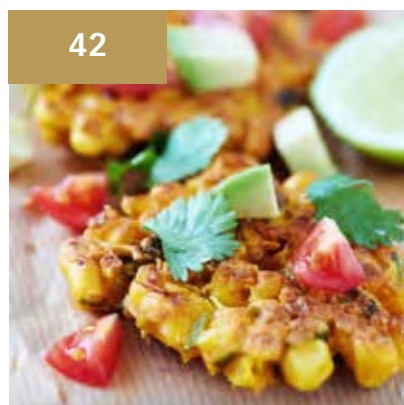
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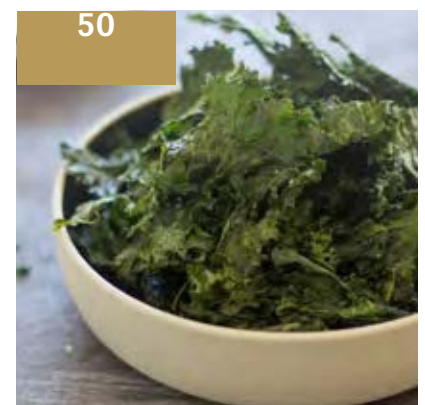
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## SALADS & SUMMER SAVORIES FROM THE MASSEL KITCHEN

**We love to cook at Massel. The freshest ingredients and a pinch of innovation keep us hungry for more creations, and with the Massel kitchen, The Blender Girl Tess Masters and Meg from Beard + Bonnet constantly whipping up new and exciting recipes with our products, we can't help but share them with the world!**

Over the years, we've tried literally hundreds of recipes that feature our bouillon and seasonings. Summer may be drawing to a close, but not without a few more delectable treats from our favorite bloggers! From fresh veggies, to backyard cookouts, summer is full of tasty fun. Take a stroll through this culinary collection and feast your eyes on a spread of tried-and-true recipes sure to please even the most discerning summer palettes! Spend less time in the kitchen, and more time soaking up the last days of summer with this collection of quick, healthy recipes, curated from the **Massel Kitchen**.

**We hope you enjoy these delicious dishes as much as we do!**







# Simple Summer Gazpacho

AUTHOR: Beard + Bonnet, Meg van der Kruik | SERVES: 4 | Gluten-Free – Low Sugar – Vegetarian – Low Fat – Soups Recipes – Low Carb – Low Salt – Vegan – Quick Dinner Ideas



When the weather is hot and you don't feel like cooking, a **simple gazpacho** is the way to go. Full of fresh garden flavors and a hint of citrus, this soup is sure to be a **big summertime hit around your dinner table**.

– *Meg van der Kruik, Beard + Bonnet*

## INGREDIENTS

**1½ tablespoons Massel All Purpose Bouillon and Seasoning Granules, vegetable flavor**

2 pounds ripe tomatoes

1 cucumber, peeled and chopped

¾ cup gluten-free baguette pieces, crusts removed

¼ cup extra virgin olive oil

2 tablespoons red wine vinegar

1 teaspoon minced garlic

½ cup freshly squeezed orange juice

½ cup water

¼ teaspoon freshly ground black pepper

¼-½ teaspoon red pepper flakes

Olive oil (for garnish, optional)

Cherry tomato halves (for garnish, optional)

Freshly ground black pepper (for garnish, optional)

Sea salt flakes (for garnish, optional)

Slivered almonds (for garnish, optional)







4.2oz./120g NET  
Serving Suggestion

Quality you can taste

**MASSEL**

**ALL PURPOSE  
Bouillon & Seasoning**

**Vegetable**

- ✓ All Natural
- ✓ Gluten free
- ✓ Cholesterol Free
- ✓ Lactose free
- ✓ Trans fats free
- ✓ No Animal Content

**SALT  
REDUCED**







# Simple Summer Gazpacho

## METHOD

1. Place all of the ingredients in a blender and puree until smooth.
2. Transfer to the refrigerator and chill for 2-4 hours so that the flavors can develop before serving.

Serve with a squeeze of lime.





# Chickpea with Chorizo & Spinach

AUTHOR: Massel | SERVES: 4 | Gluten-Free – Barbecue Recipes – Appetizers & Tasty Snacks



This dish is gluten-free, flavor-packed and screams versatility. Add a poached egg or sliced avocado for a **kicked-up breakfast**; serve as a lunch or side dish with a grilled pairing; or **substitute chorizo for your favorite vegan alternative**. However you choose, finish with a squeeze of lime and bon appétit!

## INGREDIENTS

**1 cup Massel beef style broth, made with ½ an Ultracube or ½ a teaspoon of All Purpose Bouillon & Seasoning**

2 tablespoons olive oil

4 oz. chorizo

2 cups cooked or canned chickpeas, drained

½ cup onion, finely diced

5 oz. fresh baby spinach

Your favorite salsa or hot sauce

Lime wedges











# Chickpea with Chorizo & Spinach

## METHOD

1. Over medium heat, heat up saucepan.
2. Add olive oil and then crumble chorizo into pan. Break up with spatula.
3. Add onions and chickpeas.
4. Cook until onions are translucent and chickpeas have browned.
5. Add **Massel beef style broth** and cook down. Let the liquid reduce in half.
6. Stir in spinach. It will wilt as you stir it in.
7. Taste and adjust to your desired heat level with salsa or hot sauce.

Serve with a squeeze of lime.





# Moroccan Carrot Dip

**AUTHOR:** Tess Masters, The Blender Girl | **MAKES:** 2 CUPS | **Gluten-Free – Vegan – Vegetarian – Low Carb – Low Sugar – Appetizers & Tasty Snacks**





What backyard barbecue wouldn't be complete without a few dipping options. This **tasty international romp** features delicious spices and crunchy carrots for a **delicious, healthy dip option**.

– Tess Masters, [healthyblenderrecipes.com](http://healthyblenderrecipes.com)

## INGREDIENTS

**¼ cup (60ml) Massel vegetable broth, plus more as needed**

1 tablespoon extra-virgin olive oil

1 cup (150g) diced yellow onion

1 tablespoon minced garlic (3 cloves)

½ teaspoon natural salt, plus more to taste

2 cups (320g) steamed cubed carrots (about 3 cups raw)

3 tablespoons tahini, plus more to taste

1 tablespoon fresh lemon juice, plus more to taste

½ teaspoon ground coriander

½ teaspoon ground cumin

½ teaspoon ground ginger

⅛ teaspoon ground cinnamon

Pinch of cayenne pepper

¼ cup finely chopped cilantro











# Moroccan Carrot Dip

## METHOD

1. In a small skillet over medium-high heat, heat the olive oil, and sauté the onion and garlic with a pinch of salt for about 5 minutes, until the onion is soft and translucent.
2. Place the broth, steamed carrots, tahini, lemon juice, coriander, cumin, ginger, cinnamon, cayenne, and remaining salt into your blender, and add the onion mixture.
3. Blast on high for 30 to 60 seconds until smooth and creamy. You may have to stop the machine and scrape down the sides of the container to ensure all of the ingredients fully incorporate. Tweak tahini, lemon juice, and salt to taste.
4. Transfer to a sealed container in the fridge to chill and thicken. Serve with veggie sticks or crackers, or slather on sandwiches and wraps.





# Zucchini & Goat Cheese Salad

AUTHOR: Massel | SERVES: 2 | Vegetarian – Low Carb – Quick Dinner Ideas



Try raw slices of zucchini with a peeler with just a little **Massel** lemon vinaigrette and a generous crumble of goat cheese. You can even add this salad combo to some steamy fresh-cooked pasta with a touch more **Massel** **broth** and olive oil for a great summer pasta dish.

## INGREDIENTS

1 teaspoon **Massel** Vegetable All Purpose Bouillon & Seasoning

$\frac{2}{3}$  medium sized zucchini

Crumbled goat cheese, to taste

2 tablespoons extra virgin olive oil

2 tablespoons lemon juice

1 teaspoon honey











# Zucchini & Goat Cheese Salad

## METHOD

1. Slice your zucchini into thin ribbons with a vegetable peeler.
2. Crumble the goat cheese over your zucchini to taste.
3. Make the dressing by placing in a jar 1 teaspoon of **Massel Vegetable All Purpose Bouillon & Seasoning**, the lemon juice, the remaining 2 tablespoons of olive oil and the honey. Close the jar and shake well.

Dress your salad. If you like your salad with extra lemon, use your zester to add some fine shreds of lemon peel.

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# Eggplant Parmesan Sandwich

AUTHOR: Beard + Bonnet, Meg van der Kruik | SERVES: 2 | Gluten-Free – Low Carb – Low Fat – Low Salt – Low Sugar – Vegetarian



My family LOVES eggplant Parmesan, but I am not a huge fan of baking rich and heavy dishes in the summer. Instead, I like to serve **eggplant parm-veggie burger style** complete with a **simple homemade tomato jam**. The jam is sweet and tangy which really sets off the flavors of the eggplant which is smothered in pesto and fresh basil.

– Meg van der Kruik, Beard + Bonnet

## INGREDIENTS

**2 tablespoons Massel All Purpose Bouillon and Seasoning Granules, beef flavor**

2-3 medium sized Japanese eggplants, peeled and sliced into 1½-2-inch thick rounds

1 cup gluten-free all-purpose flour

3 eggs, beaten

1 cup gluten-free panko

Grapeseed oil for frying

*To assemble the sandwiches:*

Gluten-free buns, toasted

Slices of mozzarella cheese

1 batch summer tomato jam

½ cup prepared pesto

½ cup basil leaves, chiffonade

### SUMMER TOMATO JAM

1½ pounds ripe Roma tomatoes, cored and coarsely chopped

⅛ cup sugar

2 tablespoons freshly squeezed lemon juice

1 tablespoon fresh grated ginger

1 teaspoon ground cumin

¼ teaspoon ground cinnamon

1 tablespoon Massel Concentrated Liquid Stock, beef style

1 jalapeño, stemmed, seeded and minced











# Eggplant Parmesan Sandwich

## METHOD

1. Combine the all-purpose flour and **Massel All Purpose Bouillon and Seasoning Granules** in a shallow dish and stir until incorporated. Set aside.
2. Place the beaten eggs in another shallow bowl and the panko in a third.
3. Dip the eggplant rounds first in the flour mixture, then the egg, then completely cover in panko. Place the prepped eggplant slice on a plate and continue the process with the remaining rounds.
4. Pour oil to a depth of 1-inch in a deep frying pan and heat over medium heat.
5. Once a few panko pieces dropped in the pan start to sizzle, add some of the breaded eggplant to the oil, being sure to not over-crowd the pan.
6. Cook until the edges are turning golden, 3-4 minutes, flip and cook another 3 minutes or until completely golden and cooked through. Remove to a paper towel lined plate and repeat the process with the remaining pieces of eggplant.
7. To assemble the sandwich, melt a slice of mozzarella cheese on each side of the toasted gluten-free bun under the broiler. Once the cheese has melted and is starting to brown, remove from the oven and spread  $\frac{1}{2}$ -1 tablespoon of pesto on the inside of the top of each bun then on the bottom bun layer tomato jam, 2 breaded eggplant pieces and chiffonade basil. Serve immediately.

### For Summer Tomato Jam:

1. Combine all of the ingredients in a heavy medium saucepan. Bring to a boil over medium heat, stirring frequently.
2. Reduce the heat and simmer, stirring occasionally, until mixture has the consistency of thick jam, about 25-30 minutes, and most of the liquid has cooked out. Taste and adjust seasoning, then cool and refrigerate until ready to use. The tomato jam will keep for at least a week in the refrigerator.





# Massel Savory Mini Muffins

AUTHOR: Massel | SERVES: 24-26 mini muffins | Low Fat – Vegetarian – Kid Friendly Meals  
– Low Salt – Appetizers and Tasty Snacks



Looking for a delicious baked treat teeming with health benefits and scrumptious veggies? We've got you covered. If you're looking to switch up your usual baked goods menu, try out these mini savory muffins, **perfect for a summer party on the deck, or saving all for yourself.**

## INGREDIENTS

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

1½ cups self-rising flour

½ cup coconut flour

½ cup grated Parmesan cheese

1 cup grated cheddar cheese

1½ cup milk

2-3 eggs (depending on size)

1 tablespoon melted butter

3 heaped tablespoons fat-free yogurt

2 cups shredded vegetables of your choice (we used one cup of grated carrot, finely sliced tomato and shredded spinach)











# Massel Savory Mini Muffins

## METHOD

1. Preheat oven to 360°F.
2. Mix dry ingredients (flour, coconut flour and cheeses) in a bowl.
3. Mix wet ingredients (milk, eggs, butter, liquid stock and yogurt) in a separate bowl and then add to dry mix, mixing well.
4. Add the veggies to the batter and mix well.
5. Fill your cupcake papers to  $\frac{3}{4}$  with the batter.
6. Bake for 20-25 minutes until toothpick inserted comes out dry.

Let cool and serve.





# Tex Mex Lettuce Wrap

AUTHOR: Beard + Bonnet, Meg van der Kruik | SERVES: 4-6 | Dairy-Free – Kosher – Gluten-Free – Low Sugar – Vegetarian – Low-Fat – Low-Carb – Low-Salt – Vegan – Quick Dinner Ideas, Kid Friendly Meals – Appetizers and Tasty Snacks



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

**1 teaspoon Massel All Purpose Bouillon and Seasoning Granules, vegetable flavor (for Cumin Lime Dressing)**

1/8 cup extra virgin olive oil (for Cumin Lime Dressing)

1/8 cup freshly squeezed lime juice (for Cumin Lime Dressing)

1/2 teaspoon ground cumin (for Cumin Lime Dressing)

1/4 teaspoon pepper (for Cumin Lime Dressing)

2 ears fresh corn, kernels removed

1 can pinto beans, drained and rinsed

1/4 cup red onion, diced

1 avocado, diced

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

1/4 cup cilantro, minced

1/8 cup roasted pepitas

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











# Tex Mex **Lettuce Wrap**

## 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 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.
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# Everything Bagel Spiced Chickpeas

AUTHOR: Beard + Bonnet, Meg van der Kruik | SERVES: 4 - 6 | Dairy-Free – Vegan –  
Gluten-Free – Vegetarian – Kid Friendly Meals – Appetizer & Tasty Snacks



This seasoning blend from **Beard + Bonnet** is good on pretty much everything! Don't be shy, sprinkle it on your salad or your eggs. As for the crispy little chickpeas, **they're great for snacking on their own**, but they are also really great on salads and in popcorn mixes.

– *Meg van der Kruik, Beard + Bonnet*

## INGREDIENTS

**2 teaspoons Massel All Purpose Broth and Seasoning Granules, chicken flavor**

1 tablespoon toasted sesame seeds

1 tablespoon poppy seeds

1 tablespoon dried minced onion

1 tablespoon dried minced garlic

1 teaspoon Maldon salt or other large flake salt

1 (15 ounce) can chickpeas

1 teaspoon olive oil











# Everything Bagel Spiced Chickpeas

## METHOD

1. Combine all of the ingredients together, stir to mix. Store at room temperature in an airtight container.
2. Preheat the oven to 400°F and line a baking sheet with parchment paper, set aside.
3. Drain and rinse the chickpeas then place the chickpeas in a tea towel and gently rub them dry. Discard any skins that separate from the chickpeas.
4. Place onto the prepared baking sheet, drizzle with oil and sprinkle with the everything bagel spice then toss the chickpeas to coat.
5. Roast for 20 minutes, stir and roast another 10-15 minutes until lightly golden.
6. Remove from the oven and allow to cool completely.

The chickpeas will crisp up as they cool.

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# Cauli Tinga Tacos

AUTHOR: Beard + Bonnet, Meg van der Kruik | SERVES: 6 | Dairy-Free – Vegan – Gluten-Free – Vegetarian – Kid Friendly Meals



You are about to have one **epic Taco Tuesday**. If these tacos are anywhere near as popular at your house as they are in ours, your loved ones will be deeming your family table the best taco joint in town. (Be warned, they just might come to expect a platter of **Cauli Tinga Tacos** every week!)

– Meg van der Kruik, Beard + Bonnet

## INGREDIENTS

**1 cup vegan chicken broth ( I use 1 cup hot water +Massel All Purpose Bouillon and Seasoning Granules, chicken flavor)**

3 tablespoons olive oil

1 heaped cup large dice red onion

4 cloves garlic, roughly chopped

3 tomatillos, husks removed and cut into quarters

2 large tomatoes, chopped

3 chipotles en adobo + 1 tablespoon adobo sauce from the can

2 scallions, chopped white and green parts

½ teaspoon dried oregano

juice of 1 orange

6 cups cauliflower florets, about 1½ heads

### TO SERVE

sour cream or cashew cream if vegan

Spicy Mexican Slaw

roasted pepita seeds

lime wedges

12 white corn tortillas, grilled











# Cauli Tinga Taco

## METHOD

1. Heat the oil in a large braising pan or deep frying pan over medium heat. Add the onion to the pan and a generous pinch of salt and pepper. Cook until softened and turning translucent, about 6-7 minutes.
2. Add the garlic and tomatillos to the pan and cook for 3 minutes more, stirring occasionally. Add the tomatoes, chipotles, adobo sauce, scallions, and vegan "chicken" broth. Bring to a boil, reduce to a simmer, cover and cook for 30 minutes. Allow to cool slightly.
3. Transfer the tinga sauce to a blender and add the orange juice. Blend until smooth, taste and season with more salt and pepper.
4. Return the tinga sauce to the braising pan and add the cauliflower florets. Bring to a simmer, partially cover and let cook for 10-12 minutes until the cauliflower is tender and cooked through.

### *Assemble the tacos*

5. Spread a grilled tortilla with sour cream or cashew cream, top with cauli florets and a drizzle of tinga sauce. Top with slaw and pepitas. Serve immediately with lime wedges.





# Corn Cakes & Summer Salsa

AUTHOR: Massel | SERVES: 4 | Vegetarian – Appetizers & Tasty Snacks – Low-Carb – Salads – Side Dishes and Tasty Grains





A lovely light dish for lunch or supper, everyone loves corn cakes (especially with this **zingy salsa**)! Makes a great side dish for a BBQ as well. **Substitute the flour for a gluten-free alternative.**

## INGREDIENTS

### CORN CAKES

- 2 teaspoon Massel All Purpose Bouillon & Seasoning Granules, vegetable flavor
- 2 cups corn kernels
- 1 cup plain flour
- 1 teaspoon baking powder
- ½ teaspoon paprika
- 1 tablespoon sugar
- 2 eggs
- ½ cup milk
- ½ cup red pepper
- ¼ cup spring onions
- ¼ cup continental parsley, chopped
- Vegetable oil to shallow fry

### SALSA

- 1 scant teaspoon Massel All Purpose Bouillon & Seasoning granules, vegetable flavor
- 2 firm avocados, flesh diced
- 3 roma tomatoes, diced
- 1 spring onion, finely sliced
- 2 tablespoons red vinegar
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar











# Corn Cakes & Summer Salsa

## METHOD

1. Place sifted flour, baking powder, paprika, salt, sugar and **Massel All Purpose Bouillon & Seasoning** together in a bowl.
2. Combine eggs and milk in another bowl and mix.
3. Add egg mixture to dry ingredients and mix until the batter is lump free.
4. Add corn, pepper, onion and parsley to the bowl and combine.
5. Heat a little vegetable oil in the pan (medium heat) and add 2 tablespoons of corn mixture, cooking three at a time or more if your pan allows. Cook 2 or 3 mins each side. Transfer to plate and top with salsa.
6. To make salsa: Combine all ingredients in a bowl being careful not to over mix.

**Handy Tip** Change the flour for a gluten-free alternative.





# Asian Style Meatballs

AUTHOR: Massel | SERVES: 24 SMALL MEATBALLS | Dairy-Free – Gluten-Free – Main Dishes – Quick Dinner Ideas – Barbecue Recipes – Appetizers & Tasty Snacks





Whether you are catering a party or feeding the family, **meatballs are always a crowd pleaser.** Double the recipe and save some for the freezer! They're great smothered in arrabiata sauce, dropped in **Massel broth to make a quick soup,** or added to a **sub-style sandwich.**

## INGREDIENTS

**1 Massel Ultracube, vegetable flavor, or 1½ teaspoons of Massel All Purpose Bouillon & Seasoning**

8 oz. ground pork

2 shallots, finely chopped

1 teaspoon finely grated ginger

2 garlic cloves, minced

Ground pepper, to taste











# Asian Style **Meatballs**

## METHOD

1. Preheat oven 350°F
2. Combine ground pork, shallots, ginger, garlic and **Massel bouillon seasoning** or **Ultracube** (grind Ultracube before mixing into the meat). Add ground pepper.
3. Shape meat balls and place on baking sheet.
4. Bake meatballs for approximately 15-20 minutes or until golden brown and cooked through.
5. Serve up with toothpicks and sauce of choice.

**Options:** sweet chili, sriracha, spicy peanut sauce.

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# Crispy Kale Chips

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



Why limit yourself to simple kale salads? The mastermind behind the gluten-free, vegan and vegetarian site **Beard + Bonnet** gives a healthy alternative to packaged potato chips with crispy kale that is sure to please. **They can even be crumbled and used as a garnish for practically any dish!**

– Meg van der Kruik, Beard + Bonnet

## INGREDIENTS

½ tablespoon Massel  
Concentrated Liquid Stock,  
vegetable flavor

2 teaspoons Massel All Purpose  
Bouillon & Seasoning granules,  
vegetable flavor

1 bunch of lacinato or curly kale

½ tablespoon extra virgin olive oil

¼ teaspoon garlic powder

¼ teaspoon black pepper







Quality you can taste

**MASSEL**

**ALL PURPOSE  
Bouillon & Seasoning  
Vegetable**

- ✓ All Natural
- ✓ Gluten free
- ✓ Cholesterol Free
- ✓ Lactose free
- ✓ Trans fats free
- ✓ No Animal Content







# Crispy Kale Chips

## METHOD

1. Preheat the oven to 325°F and line two baking sheets with parchment paper.
  2. Wash and thoroughly dry the kale. Remove the ribs from the kale and place the leafy greens in a large mixing bowl.
  3. Drizzle the olive oil and the **Massel Concentrated Liquid Stock** over the kale, then sprinkle the **Massel All Purpose Bouillon & Seasoning granules**, garlic powder and black pepper over the top. Toss the kale with your hands to thoroughly coat the leaves with the spices and oil.
  4. Lay the seasoned leaves onto the prepared baking sheets in an even layer so that they are not overlapping.
  5. Bake in the oven for 15 minutes, rotating and turning the pans halfway through.
-



These recipes are the sixth chapter of the new Massel cookbook! If you liked these recipes half as much as we did, sign up for our [newsletter](#) and get the inside scoop on all our latest releases.

We have a lot more coming!

Make Massel your kitchen companion for delicious and healthy home-cooked meals. **Happy cooking!**



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Checking all the boxes for health and flavor



[www.massel.com](http://www.massel.com)