



Spinach and Artichoke Dip

Looking for a great holiday appetizer without all the fat and sodium? Our yummy, gluten-free, dairy-free ARZU Spinach and Artichoke Dip is for you!

¼ cup olive oil (or oil of choice)

½ cup finely chopped onion

1 carrot finely minced (optional)

1 leek finely minced (may substitute with additional ½ cup chopped onion)

4 cloves garlic, minced

½ jalapeno, minced (add more or less according to taste)

1 teaspoon dry mustard

¼ teaspoon nutmeg

1 teaspoon savory or thyme

1- 14 ounce can artichoke hearts, rinsed, drained and chopped

8 ounces frozen spinach (may substitute with fresh spinach)

1 cup Original ARZU or Southwest ARZU

¾ - 1 cup water or gluten free chicken or vegetable stock

¾ cup non fat sour cream (may substitute with non-fat yogurt or sour cream)

Salt and Black Pepper to taste

2 tablespoons non-dairy parmesan cheese (may substitute with parmesan or Romano cheese)

- Heat olive oil in 6 quart sauce pan over medium heat. Add chopped onion, carrot and leek. Sauté until onions are transparent.
- Add minced garlic and jalapenos and cook until soft.
- Add rinsed artichoke heart pieces and entire package of spinach (including liquid). Cook until all ingredients are heated.
- Add spices (dry mustard, nutmeg, savory, sea salt, and black pepper).
- Add the dry Arzu to the spinach mixture. Slowly add water/stock to mixture and blend all ingredients together until creamy. Add additional water if needed.
- Turn heat down to low and cover pot for 5-10 minutes, stirring occasionally.
- Add non-fat sour cream and blend well.
- Place in crock-pot on low. Top with non-dairy parmesan cheese if desired.. Dip may need to be stirred occasionally in crock-pot, if not covered.
- Serve with fresh sliced vegetables such as zucchini, bell peppers, carrots, etc or gluten free/dairy free chips or crackers.

Servings per recipe: 10

Serving Size: 3 ounces = 5 Tablespoons

Calories 100, Fat 5, Sodium 160, Carbs. 9, Fiber 2, Sugars 2, Protein 4



Gluten-Free Party Crisps

Crunchy Party Crisps sure to be the hit of your next party. Slightly sweet, slightly spicy and very crunchy, guaranteed to please your taste buds too.

1 cup Southwest or Original ARZU

¼ teaspoon cayenne pepper

½ cup slivered almonds

½ cup pine nuts

2 tablespoons molasses

2 tablespoons honey

2 tablespoons oil (canola, olive, flaxseed oil or butter)



- Preheat oven to 325°. Grease 2 mini muffin pans (or use nonstick mini muffin pans) and set aside.
- Blend almonds, pine nuts, Arzu & cayenne in a 13x9 glass baking dish (may use foil lined metal pan).
- Mix oil, honey and molasses together and pour over dry mixture.
- Stir to blend all ingredients.
- Bake for 5 minutes then stir. Repeat two more times for a total cooking time of 15 minutes.
- Immediately spoon into mini muffin pan filling ¼ full, press down to compact & hold together.
- Cool completely before removing from pan. Serve crisps alone or topped with sour cream and chives. Store dry patties in air tight container for up to 1 week.

Makes 36 Party Crisps.

Per crisp: Cal 45, Fat 2.9, Sat Fat 0,

Carbs 4, Sugar 1.5, Protein 1, Fiber 1





Spinach and Wild Mushroom Stuffing

Our Arzu Spinach and Wild Mushroom Stuffing is savory, moist and nutritious. Perfect for Holiday Feasts.

Step 1: Arzu Mixture

- 1 cup Original ARZU or Southwest ARZU
- 1 ½ teaspoon rubbed sage
- ¼ teaspoon black pepper
- ¼ teaspoon ground nutmeg
- ½ cup gluten free chicken stock (simmering)
- 2 tablespoons olive oil (may substitute with your favorite oil)

Mix above dry ingredients. Add simmering stock and olive oil to dry mixture and mix well. Set aside to cool. Preheat oven to 350°.

Step 2: Rice Mixture Directions

- 2 tablespoons Olive Oil
- 1 small onion, finely chopped
- 2 stalks of celery, finely chopped
- 4 cloves of garlic, minced or pressed in garlic press
- 4 ounces sliced button mushrooms
- 4 ounces baby bella mushrooms (may substitute with your favorite mushrooms)
- 8 ounces frozen chopped spinach (may substitute with fresh chopped spinach)
- 1 jigger sherry (1 jigger=4 tablespoons) or more to taste
- 1 teaspoon dried thyme (may use fresh if available)
- salt and pepper to taste
- ½ cup gluten free chicken stock
- 1 cup wild rice blend

In a large frying pan, add olive oil, onion, celery, garlic and mushrooms. Sauté until onions are lightly browned. Add spinach, thyme, salt, pepper, sherry, rice and ½ cup of stock. Cook on medium heat until all ingredients are warm. Place rice mixture in a greased, 11x7 inch casserole dish. Set aside.

To add after step 2:

- 2 eggs, slightly beaten
- ½ cup room temperature gluten free chicken stock

Step 3: Complete Arzu Mixture

Add ½ cup room temperature gluten free chicken stock and mix well. Add 2 lightly beaten eggs to mixture and mix well. Add Arzu mixture to rice mixture in casserole dish. Make sure it is well blended. Top with grated parmesan cheese if desired. Bake in preheated oven for 40-45 minutes until lightly browned on top. Let rest 10 minutes before serving. If desired, top with chopped green onions and chopped parsley before serving.

Makes 10 servings.



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World Wise Grains travels the world for the healthiest, gluten-free grains.

***ARZU** is our flagship blend of Quinoa, Buckwheat, and Legumes. The Original flavor, Chai or Southwest **ARZU** can be instantly prepared and consumed as a meal.*



ARZU is a magical ingredient in the kitchen.

Enjoy these recipes and get creative with the new staple for the Gluten-Free pantry!



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