



# Gluten-Free Tailgating Tip Sheet

*From NFCA and Thai Kitchen*



## Pre-Game Planning

- ✓ Decide your menu. Choose foods that can be prepared in advance and some that you can prepare at the tailgate. Think portable and easy to eat.

**Chips & dip**  
**Grilled Potato Salad**  
**Fresh fruit**  
**Gluten-free chili**  
**Juice boxes**

**Gluten-free pretzels**  
**Hot dogs, burgers and gluten-free buns**  
**PB & J on gluten-free bread**  
**Gluten-free cookies and brownies**  
**Gluten-free beer**

- ✓ Identify your equipment for cooking on site and keeping things warm or cool.
- ✓ If you plan on making your tailgate a day-long event, consider bringing games and speakers for music to keep everyone entertained. Don't forget your camera!

## Cross Contamination Cautions

### Safety Tip

Embrace the Snack Pack! Mini bags of gluten-free chips and individually wrapped energy bars keep you safe, travel well, and work for kids and adults of any age.

### The Grill

Grilling is a tailgating tradition, but gluten residue can easily stick to the surface and contaminate the gluten-free foods you are preparing. Clean your grill thoroughly before you fire it up. If you plan on grilling items coated in gluten containing marinade or rub, cook your gluten-free foods first. If you're using a friend's grill, pack some heavy-duty aluminum foil to wrap your food in. Remember: If something that is not gluten-free touches the grill, the surface is off limits to gluten-free food until it can be cleaned or covered.

### Chips & Dip

Designate gluten-free and non gluten-free chips and dip bowls. Color-code your bowls, chip bags and serving utensils to make the distinction clear. Use team colors to show your spirit!

### Plastic Cups

Accidentally sipping out of someone's cup could pose a problem. Bring a Sharpie or marker and label everyone's cups with their names so there's no confusion.

### Servingware

Use plastic forks, spoons and knives. You won't have to worry about gluten residue - and if there's any doubt, simply throw it away!



## Game Day

- ✓ **Hit the Ice.** Pack your refrigerated items in coolers and cover them with plenty of ice and/or ice packs to last the day. Remember: It's not just meat that needs to stay cool; anything containing eggs or dairy (like your Grilled Potato Salad) should be packed on ice.
- ✓ **Safe Travels.** Transport and store your filled coolers in the back seat of the car rather than the trunk of your vehicle – it will help keep everything cooler, longer.
- ✓ **Remember Meat Safety.** Wear disposable gloves when handling raw meat, and cook meats to their required temperatures to avoid food poisoning. Store your uncooked meat in a separate container, and keep it away from anything that's already cooked or served.
- ✓ **Hydrate.** Whether you're sweating the heat or bundled up, drink water throughout the day - especially if you're enjoying some gluten-free beer.
- ✓ **Keep Clean.** Have PLENTY of napkins, moist towelettes and trash bags handy!



### Curry Turkey Burgers with Pineapple Salsa

#### Pineapple Salsa:

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|-------------------------------------|--|
| 1 cup chopped pineapple             | 1/4 cup chopped red bell pepper                              |
| 1 tablespoon chopped fresh cilantro | 2 to 3 tablespoons <b>Thai Kitchen Sweet Red Chili Sauce</b> |

#### Curry Turkey Burgers:

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|--|--|
| 1/2 medium red bell pepper, finely chopped | 2 green onions, thinly sliced                          |
| 2 tablespoons chopped fresh cilantro       | 1 to 2 tablespoons <b>Thai Kitchen Red Curry Paste</b> |
| 1 teaspoon minced garlic                   | 1/2 teaspoon ground ginger                             |
| 1/2 teaspoon coarse sea salt               | 1 pound ground turkey                                  |
| 4 gluten free hamburger rolls (optional)   | Lettuce and tomato (optional)                          |

1. For the Salsa, mix all ingredients in medium bowl until well blended. Cover. Refrigerate until ready to serve.
2. Mix bell pepper, green onions, cilantro, red curry paste, garlic, ginger and sea salt in medium bowl until well blended. Add ground turkey; mix well. Shape into 4 patties.
3. Pan fry, broil or grill over medium heat 4 to 6 minutes per side or until burgers are cooked through (internal temperature reaches 165°F). Serve burgers on rolls with desired toppings and salsa. Makes 4 servings.

Get the recipe for Grilled Potato Salad and more at  
[www.CeliacCentral.org/thaikitchenrecipes](http://www.CeliacCentral.org/thaikitchenrecipes)