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## Gluten-Free Items

According to the USDA, “Gluten is the protein that occurs naturally in wheat, rye, barley, and crossbreeds of these grains.” Foods that typically contain gluten include breads, cakes, cereals, pastas, and many other foods. For those looking to avoid gluten, we carry a wide variety of certified gluten-free products including bread, pasta, and crackers so you don’t have to miss out on your favorite foods.

## Certified Gluten-Free Products

Keep an eye out for the labels below to find certified GF products throughout the store.



While many packaged items display these logos, anything made on-site at City Market (including items on our hot and cold bar) will be noted as “made without gluten” as we cannot certify products made in our kitchen as gluten-free.

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## Gluten-Free Items

### Gluten-Free Chickpea Patties with Cucumber-Feta Salad

#### Ingredients:

- 2 Tbsp lemon juice, divided
- 1 cup cooked chickpeas
- ¼ cup parsley, fresh
- 2 large egg whites
- ½ cup gluten-free bread crumbs
- 1 clove garlic, peeled
- 1 Tbsp toasted sesame seeds
- ¼ tsp dried thyme
- 1½ tsp smoked paprika
- 4 tsp olive oil
- ½ tsp salt
- 1 cucumber, peeled and diced
- 2 oz feta cheese

#### Instructions:

Put 1 tablespoon lemon juice and chickpeas, parsley, eggs, gluten-free breadcrumbs, garlic, sesame seeds, thyme, paprika, olive oil, and salt in a food processor. Pulse until finely chopped, but not puréed. Form chickpea mixture into three ¾-inch-thick patties, pressing firmly to compress so they don't crumble.

Heat a skillet over medium heat and add olive oil. Cook patties for 5 minutes. Flip and cook for 4–5 more minutes, until a sharp knife inserted into a patty's center feels hot to the touch.

While patties cook, dice cucumber and combine it with remaining tablespoon lemon juice and feta in a small bowl. Remove cooked patties from skillet and place on serving plates. Top with cucumber-feta salad and serve immediately.

Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End  
[www.citymarket.coop](http://www.citymarket.coop)