



# **HOW TO GO GLUTEN FREE**

## **Without Going Broke or Living in the Kitchen**

### **A Beginner's Guide**

Everything You Need to Know to Start Your Gluten Free Diet  
Including Menu, Recipes, & Shopping List  
by Anne Marck

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# About This Guide

People go on gluten free diets for various reasons. No longer is it just for those with gluten sensitivity or celiac disease. The gluten free diet is now being recommended for autoimmune, inflammatory, neurological and psychological conditions, among other things.

Not only are there lots of reasons for going gluten free, now there are *lots of ways* to go gluten free as well. Pick up an assortment of gluten free cookbooks and you will find a myriad of different foods, flours and ingredients for this diet; so much information that it can be overwhelming. And you're probably already overwhelmed by whatever brought you here in the first place!

A person newly diagnosed with the requirement of a gluten free diet has choices to make, and without adequate information (or too much information!), these decisions can become confusing. Additionally, many folks are living on the Standard American Diet (SAD). SAD indeed. If you are one of these and attempting to go from a diet that includes regular trips to McDonalds, take-out pizza, and convenience foods, I'm guessing you are extremely overwhelmed, and understandably so. That's why this guide was written, to cut through the confusion and lay it out in a simple system that is affordable and easy to execute. Hopefully, it will help answer the various issues that arise with making the switch from your current diet to a gluten free one.

It would be virtually impossible to know the exact demographic of my readers; the diagnosis that brought you to the gluten free diet, level of experience, current food choices, and experience in the kitchen, etc. For the purpose of this guide I am assuming: a) you have a condition/diagnosis that requires *strict* adherence to the diet. b) you are a newbie and have no knowledge or experience with the diet. c) you are a novice in the kitchen and need lots of information that might be obvious to more seasoned cooks. d) you are coming to the gluten free lifestyle from the average American diet (SAD), transition being the key word.

If you are already a seasoned gluten free foodie, don't stop here. Keep reading. You'll probably learn some new tricks to further enhance your gluten free lifestyle. I've included resources for meal and menu planning, where to shop, planning a gluten free shopping list, easy go to gluten free recipes, as well as personal insights into surviving the world of gluten free living.

You will find that I have focused heavily on replacing the grain portion of your diet; specifically, the breads, cereals, pasta, cookies and crackers part. This is because, for many people these things make up a significant portion of their food choices. Initially, replacing them is more practical than eliminating them entirely, particularly if you are dealing with children who are not accustomed to new foods and need time to adapt. I *do not* mean to imply that a diet high in grain products is necessarily the healthiest or should be maintained for the rest of your life. What I am attempting to do is ease your transition to healthier choices and give you practical and affordable ways to stay on your gluten free diet. Extreme deprivation combined with emotional baggage about food (we all have it!) is a recipe for failure, which is what we are trying to avoid.

Sprinkled throughout the book are references to additional reading material. These are placed at strategic points to provide you with additional resources, should you need them. My aim is to point you to the experts and ensure your success. I have read these books myself and can personally recommend them without reservation.

One more thing. This book contains many resources, links and printable materials. Your ability to follow these links may be determined by the browser you are using (I tested them on Firefox without difficulty). I have also compiled a page on my website of this exclusive content for my readers. You do not need to subscribe or enter an e-mail to access these materials.

Go to: <http://www.bakeitbetterglutenfree.com/gf-diet-guide-links-resources/>

## About Me

If you found your way to this guide via my book on Amazon, you know that I am the author of "[Bake It Better Gluten Free Sampler #1](#)". I have been writing gluten free recipes for nineteen years, which is roughly the time I've spent on this diet. My original reason for going gluten (and dairy) free was for IBS symptoms and later because of a diagnosis of fibromyalgia and Hashimoto's thyroiditis. Living gluten free has dramatically improved the quality of my life and I would never go back. But in the beginning it was hard. Still is sometimes. I loved my dessert and homemade bread. On top of that, I am an avid cookbook reader. The kind with beautiful colored pictures of all the baked goodies. I wanted the same stuff, but gluten free.

So I determined to find a way to get those things back into my diet and have them taste as close to their wheat counterparts as I could possibly get them. In the process, I created a gluten free all-purpose flour that exceeded my expectations and a new gluten free baking company was born. I ran my gluten free baking mix company for about five years and during that time created *lots* of gluten free recipes along with fourteen baking mixes. Yes, I can definitely give you pointers on how to bake gluten free and the benefit of nineteen years of experience living the gluten free life-style.

I also cook and bake for an adult son and teenage daughter who are gluten and dairy free. My experience extends to baking without many common allergens and problematic ingredients including: gluten, dairy, corn, eggs, soy, and refined sugars. You will see a little of that here since many people with gluten intolerance have multiple food issues. For more information on gluten free baking and additional resources, visit my website at [www.bakeitbetterglutenfree.com](http://www.bakeitbetterglutenfree.com).

*Please note*, I am not a registered dietician or a physician, or a trained medical professional who is qualified to give you medical and/or dietary advice. Please read the [legal disclaimer](#) at the beginning of the book before proceeding. Boring. But necessary. That said, all of the information herein has been carefully researched and I have provided references at the end of the book. Feel free to check them out if you need back-up for the information given. If you need all the skinny on celiac diagnosis, testing, etc., you should consult the experts. In [Additional Resources](#) you will find links to several celiac organizations with reliable information.

Now that we have all of that out of the way...let's get started.



## About the Gluten Free Lifestyle

So, you've got your diagnosis in hand and the advice of your doctor, but still haven't started this gluten free thing. Maybe you don't know where to start or maybe you're still deciding if it's going to be worth it. It could be you're just striking out on your own, hoping that it might help some condition you're suffering with, but you still haven't taken that first step.

When your health is at stake, it is important to begin by asking yourself how much of what is stopping you are merely excuses. I don't have the time. It costs too much. I don't like this or that, or whatever. Listen to yourself. What is more important than your health and well-being? Does the craving for that next cookie justify eating something that is ultimately making you sick, even cutting short your life expectancy? Is the time saved with convenience food worth the loss of your health? Is the money saved on poor quality foods worth the loss of your vitality? I don't think so. If this isn't you, yay! But most of us go through this little internal dialogue at some point. Except maybe the sicker than a dog celiac folks who are just so blessedly relieved to figure out what's wrong with them; they will do darn near anything to feel better (I'm so sorry).

What I'm trying to say is that the first thing on your list for going gluten free is to get your priorities straight. This diet is going to take commitment, time, and yes, a bit more money for food than you are used to spending. It's also going to mean being willing to give up some cherished foods. These are hard realities that must be faced as you begin this new life-style. No point in sugar coating it. Pretending otherwise or making excuses and then using those excuses to give up is going to get you nowhere fast.

Second on your priority list is to get organized, focused, moving forward with a goal in mind. Set the big goal, then figure out all the small goals in between that will get you there. Write them down if you do well with lists. If you aren't used to making lists or setting goals, this guide will help you. It is a systematic approach to changing your diet, one little bite at a time until you've swallowed the whole elephant. Elephants are gluten free, right?

As a massage therapist with a focus on dietary strategies for health, I often try to teach clients how to improve their health via their food choices. This is discouraging because people are often too overwhelmed to make the changes that could improve their well-being. Talk about switching to gluten free, sugar free, eating more vegetables, etc., and they look at me like a deer in the headlights. I know that somewhere in there is the thought "Well, that's not going to happen", and all too often it doesn't. Food is notorious for being an emotional trigger. When you're hungry for pizza and the gluten free cookbook you just bought has cauliflower "mashed potatoes" on the menu, well...it's a little like seeing the emperor's new clothes and wondering why nobody seems to notice that this isn't real.

Too many well-meaning gluten free advocates focus on drastic changes in diet, failing to accommodate the fact that people are creatures of habit and tradition (not to mention emotion), with attachment to favorite foods and flavors. Of course, you will need to be willing to try new foods. But if you love Italian, Mexican, Chinese food, etc., make sure you take that into consideration. Find ways to duplicate those flavors with gluten free choices (gluten free pasta, gluten free tortillas, etc.) and keep favorite foods on the menu. Start with what is doable and realistic before moving on to more radical changes down the road. Set reasonable, attainable goals. You'll be much happier with your new diet and far more likely to stay on it if you do.



Finally, understand that you will need to be willing to learn new things, maybe even change the way you think about food. Food is meant to nourish your body and help that amazing machine run in top condition. It is not entertainment, it is not comfort, it is not love. It is fuel.

Recognizing that we all have issues with this will help you to not be blind-sided when those issues raise their ugly heads.

Don't get me wrong, this diet is not about deprivation (um, just a tiny bit of sugar coating here). But it is very likely quite *different* than what you are used to. When my teenage daughter first went gluten and dairy free, I encouraged her to think in terms of "does this taste good?" instead of "does this taste the same?" when trying new foods. Gluten free food does not taste the same, although it can come pretty darn close. Just try googling "gluten free food" and you will find that there is a world of yummy food out there just waiting to be enjoyed.

One last thought. Making healthy dietary changes takes time and patience. The improvements in my own diet didn't happen overnight. It was a slow transition, but I have arrived and you can too. This does not mean however, that you should drag your feet about going gluten free. Start now. No procrastination, no excuses.

### **Summary:**

- **Get your priorities straight.** Acknowledge that this is going to require time, commitment, and financial resources. This is worth it. Your health is at stake.
- **Get organized.** Set goals, make lists, stay focused on what you are trying to accomplish. Create a system or use the one in this guide.
- **Recognize your emotional attachment to certain foods,** flavors and traditions that evolve around food. Be mindful of the need to keep these a part of your menu, switching them out for gluten free versions.
- **Be willing to learn.** Accept the time commitment that it will take to learn new skills and develop new habits in order to be successful.

# What Is Gluten and How to Avoid It

First things first. What is gluten anyway? Gluten is a protein that is found in three cereal grains, namely - wheat, rye, and barley. Oh, and something called triticale, which is a cross between wheat and rye. Some farmer's weird science project. Gluten is what makes bread dough stretchy and holds baked products together. Sounds simple, right? Avoid those and you're good. Not quite. Unfortunately, many food additives and various fillers contain these grains; and to make it just a bit more complicated, they can masquerade under different names as well.

For people with celiac disease gluten is toxic and causes damage in the intestines. This may lead to a host of symptoms related to the decreased ability of the gut to absorb essential nutrients (although some people diagnosed with the disease are completely asymptomatic). People with non-celiac gluten sensitivity may also experience a myriad of symptoms related to their inability to tolerate this protein. The only treatment currently available is a gluten free diet. All food products derived from gluten containing grains including breads, cereals, pasta, crackers, cookies, cakes, pies, etc. *must* be strictly avoided.

Strangely, I have met people who think that gluten is only found in whole wheat bread and that white bread is acceptable. This is not true! Gluten is a part of the wheat and cannot be removed with the processing of wheat flour to remove the bran and germ. Any form of wheat flour, whether whole wheat or white, is not safe for gluten intolerant individuals.

To avoid all gluten it is necessary to learn other names by which these grains may be identified and potentially what additives, fillers, etc., may contain them. Gluten contamination in the processing of foods must also be considered. Foods that are manufactured on a production line that also produces wheat based products should be avoided. For instance, oats are considered gluten free but may be contaminated in growing or processing. Needless to say, you are about to become an avid label reader, so set aside extra time when you go grocery shopping.

Below is a list of the other names by which these grains may be identified. Also take note of the list of products where gluten could be hiding and be especially careful when reading these labels to evaluate whether they are safe (see the label reading guidelines below).

## **Foods to Avoid—Contain Gluten**

- Barley
- Barley malt/extract
- Bran
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Faro
- Graham flour
- Kamut
- Matzo flour/meal
- Orzo
- Panko (bread crumbs)

Rye  
Seitan  
Semolina  
Spelt  
Triticale  
Udon  
Wheat  
Wheat bran  
Wheat germ  
Wheat starch  
Oats, unless labeled GF

### **Potential Hidden Sources of Gluten**

Alcoholic beverages  
Ales, beer, lagers  
Breading or coating  
Communion wafers  
Croutons  
Some candies  
Lunch meat  
Broth cubes or powder  
Pasta  
Prepared sauces  
Prepared soups  
Poultry (self-basting)  
Imitation bacon  
Imitation seafood  
Soy sauce  
Condiments, marinades  
Herbal supplements  
Vitamin supplements  
Over-the-counter medications  
Prescription medications  
Lipstick, balm, gloss  
Flavorings  
Caramel color  
Seasonings, spice mixes

Of course, the area of greatest concern is grains and products made from grain. Instead of wheat, rye, and barley based products you will need to choose rice, corn, millet and quinoa, among others. See the list below for acceptable gluten free grain and starch choices.

### **Some Gluten Free Ingredients**

Amaranth  
Arrowroot  
Buckwheat  
Corn  
Flaxseed  
Nut, bean, and seed flours

Chickpea (aka garbanzo)  
Fava bean, soy bean  
Almond flour  
Coconut flour  
Millet  
Montina™  
Potato starch and flour  
Quinoa  
Rice, white, brown, bran  
Rice, sweet, sticky  
Sago  
Sorghum  
Tapioca  
Teff

## Reading Food Labels

Fortunately, the laws that now govern food labeling have solved at least some of this problem for us. As you read labels you will notice a number of things. There are foods that are certified with a symbol as gluten free, products that are simply labeled “gluten free”, and labels that indicate that there may be trace amounts of various allergens in the product. What does all of this mean?

1) A food product that is third party certified, such as those marked with a certification logo, is considered safe for gluten free consumers. Watch for wording such as “certified gluten free” and the logo of the third party certifier.

2) Food products that are regulated by the FDA and are labeled “gluten free” (with a production date of 8-5-14 or later) are considered safe. In order to label a product “gluten free” manufacturers must comply with the FDA regulations that define the use of the term. Products dated before 8-5-14 may still be on shelves and were not required to comply with these regulations so look for dates as well.

**Note:** FDA gluten free labeling regulations apply to FDA regulated products only (the majority of packaged foods). Meats, poultry, egg products, and mixed products containing more than 3% raw or 2% cooked meat (some soups and frozen entrees) are regulated by the USDA. The USDA is not required to comply with the FDA labeling regulations, but approximately 80-90% do so voluntarily. If you see some indication that a USDA product is complying with FDA regulations, such as a “Contains” statement, simply look for the word “wheat”. If you are not sure if a USDA regulated product is in compliance, look for these ingredients which should be avoided or further investigated by contacting the manufacturer; i.e., starch, food starch, modified food starch, dextrin.

3) Products that are not certified gluten free or labeled gluten free must be evaluated by reading ingredient labels and knowing what to look for. If any of the following are found, the product is not safe: Wheat (including all types, see list above), rye, barley, oats unless labeled GF, malt, and brewer’s yeast. Food products that contain starch, food starch, modified food starch, or dextrin should note from where these have been sourced (such as wheat, corn, etc.) if the source is from the top eight allergens identified by the “Food Allergen Labeling and Consumer Act” (see below).

**Note:** Wheat free is not the same as gluten free. A product may not contain wheat, but still contain gluten from other sources such as rye or barley.

4) FDA regulations require that the top eight allergens be clearly identified on product labels. Derivatives of wheat such as “modified food starch” must indicate the source if it is a common allergen, such as wheat. The source will either appear in the ingredient list or in a separate statement below or beside the ingredient list.

The “Food Allergen Labeling and Consumer Protection Act” of 2004 identifies eight foods or food groups as the major food allergens. They are milk, eggs, fish (e.g., bass, flounder, cod), Crustacean shellfish (e.g., crab, lobster, shrimp), tree nuts (e.g., almonds, walnuts, pecans), peanuts, wheat, and soybeans. Note that FALCPA identifies only eight allergens. Wheat is listed, but rye and barley are not. This is why it is so important to look carefully at ingredients and identify anything that may be unsafe. Get in the habit of reading all labels carefully and you will quickly become familiar with what to look for.

Some labels indicate that trace amounts of common allergens may be present. This is generally understood to mean that the product was manufactured on equipment that also manufactures foods containing these allergens. For obvious reasons these products should be avoided. Also, be aware that manufacturers change their ingredients from time to time and what was gluten free last week, might not be this week. So read labels *every* time you shop!

You should consider purchasing a gluten free phone app to help you decipher the gluten free mystery. These can be incredibly helpful and are available for both grocery store purchases and restaurants. See [Additional Resources](#) for links to these, as well as links to associations that provide printable label reading guides.

There is a way to avoid much of this difficulty and that is to focus on fresh, whole, unprocessed foods that are naturally gluten free. For one thing, if you go on this diet expecting to use highly processed convenience foods every day, you will spend a fortune! Aside from the fact that they are more expensive, processed foods are generally not healthy choices even if they are gluten free. Foods in their natural state (whole potatoes versus potato chips for instance) are far more economical, more nutritious and naturally gluten free. Stick with these choices as much as possible and you’ll be half way there already. Specifically, fresh fruits, vegetables, unprocessed meats and dairy products, nuts and seeds are naturally gluten free.

### **Summary:**

- **Wheat, rye, barley, and triticale are gluten containing grains.** Oats are not safe unless labeled gluten free. Though oats do not contain gluten some people with gluten problems react poorly to them. It has been suggested that a protein in the oats may trigger a similar response as that to gluten.

- **All products made from these grains must be avoided;** breads, cakes, cookies, pies, pasta, crackers, cereals, etc. This includes any additives in processed foods that may be derived from these grains. Learn the other names that identify these grains and the foods that could potentially contain them.

### **Here’s what to look for:**

- a. Additives, fillers, etc. in processed foods. Malt and brewer’s yeast are not gluten free.
- b. Questionable ingredients that require further investigation including starch, food starch, modified food starch and dextrin.
- c. Gluten grains masquerading under other names.
- d. Cross contamination in processing.

- **Always read labels carefully** every time you shop. Learn how to read labels and know what they mean.
- **Make the bulk of your diet naturally gluten free whole foods**, i.e. fresh fruits, vegetables, unprocessed meats and dairy, nuts and seeds, etc.
- **Use a label reading guide or other printed list** to help you sort it all out in the beginning until you have it committed to memory; or consider purchasing a gluten free phone app which will help reduce much of the stress involved in gluten free shopping.

For a simplified guide to reading food labels, here are two printable references:

<http://www.gluten.org/wp-content/uploads/2015/03/Label-reading.pdf>

<http://www.celiaccentral.org/SiteData/docs/ReadingLab/f394a38289b39519/Reading%20Labels.pdf>

Understanding the legislature behind food labeling is enormously helpful when making choices about what to purchase. For a complete explanation of gluten free labeling laws please visit the FDA website at:

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm362880.htm>

# Gluten Free Meal and Menu Planning

Where to start? Your immediate priority is to get off of gluten ASAP. When you have a diagnosis of celiac or non-celiac gluten sensitivity it is simply not an option to keep eating gluten, even occasionally. Every mouthful of gluten (even the tiniest bit) continues the cycle of gut damage and postpones the healing process. I tend to put inflammatory and autoimmune conditions into this category as well. The longer transition period I referred to earlier is for when you are off of gluten entirely and making *additional* changes to your diet to further enhance your health.

First consider your *current* tastes, work schedule, life-style, family structure, budget and cooking skill. Start with where you are *now*. Being realistic about your starting point is the best way to make sure you are successful. Let me illustrate. What do you eat for breakfast? The typical answer would be cold cereal, granola bars, pancakes, toast and eggs, etc. These are common American breakfast foods and most likely what you are used to eating; unless you are hitting McDonald's on the way to work, in which case you will need to back up a bit further to the breakfast at home step.

Cold cereal is probably the most common breakfast food on that list. Did I just say *food*? An *entire aisle* is dedicated to this highly processed junk. Can you get gluten free cold cereal? Yes, you can. Is it healthy? No, it is not. However, maybe at this point it is realistic. So get yourself a box of gluten free cereal for those mornings when it's just not going to happen any other way. At the same time add in a few mornings each week when you are making healthier gluten free choices; whole grain cooked cereals such as gluten free oatmeal or cracked brown rice, for instance. Your goal should be to eventually eliminate cold cereal altogether.

Do you use pancake mix? Switch this out for a gluten free variety, but not a mix that is entirely made up of starch. Gluten free processed products typically contain loads of starch and sugar, and are nutrient poor. Choose a variety that has something added to increase the nutritional value such as bean flour, flaxseed meal, brown rice flour or sorghum. These gluten free alternative flours have more nutrition than simple starches and white rice flour. Or better yet, make your own (see ["Bake It Better Gluten Free: Sampler #1"](#)). In the recipe section of this book you will also find simple recipes for gluten free breads that use brown rice flour. Eventually you can progress to healthier choices that don't rely so heavily on grains and include more fruits, vegetables, lean meats, and so forth. The Paleo community has loads of ideas and resources for this (hint: google "Paleo diet").

If your current routine includes grabbing something at a fast food restaurant for lunch, it's time to learn how to brown bag it. This is quite simple. Either you package leftovers from last night's meal (more on that later) or you can prepare sandwiches with brown rice bread or waffles, which I will teach you how to make in the recipe section. My teenage daughter spreads peanut butter on a couple of waffles, tosses in an apple, a baggie of baby carrots, some dried fruit and nuts and she's ready to go. Takes about 5 minutes. I prepare the waffles for her on the weekends and the rest is easy.

The magic word here is *replace*. Look at each meal in your day with the goal to replace the wheat items with gluten free including cereals, breads, crackers, pasta, etc. Before you plan a shopping list, do this for at least one week worth of meals. If you already know how to cook and these meals include favorite recipes, look at those as well to determine if they can be easily modified to be gluten free. Some meals you may need to eliminate entirely if they rely heavily on processed foods and are not practical to prepare.



Click [HERE](#) for a printable *Menu Worksheet* with examples to help you get started. Look at the examples I have provided then start brain storming. Write down everything you eat for a week in the first column; then think of ways that you can replace those items with gluten free choices and write those in the second column. Fill each column with at least seven breakfasts, lunches, and dinners.

Click [HERE](#) for a printable copy of *My One Week GF Menu* if you find it difficult to brainstorm this on your own, or if you want to work straight from an already prepared menu. These are the gluten free meals that I serve on a regular basis. Quick, economical and simple to prepare. If you're a complete novice in the kitchen, don't panic. The recipes for these meals are in this guide.

Before shopping for your ingredients, click [HERE](#) for a printable copy of *My Master Shopping List* so you'll know what to purchase to prepare the recipes. I've tried to take all of the guess work out of this for newbies, while leaving flexibility in the system for those who want to be independent and follow their own preferences and recipes. For that purpose I've also provided a printable *Blank One Week Menu*, click [HERE](#). Once you get the hang of it, consider preparing two or three one week menus, plus ingredient lists, to rotate through. That way you only have to do this once.

Included with my one week menu plan are some notes on how I manage advance food preparation. Having a structured preparation plan means I don't run out of gluten free stuff; and my daughter doesn't go without because Mom failed to think ahead and stay on track. You'll notice I started the one week menu on a Saturday so you can see how I prepare on Saturday and Sunday for the week ahead.

I *do not* do the "big cooking day" (shudder) that many gluten free writers advocate. In my opinion it just takes too much energy that frankly, I don't have. My idea is to get extra food made as I go along, within the routine of every day cooking. Making dinner every night is a necessity, so I just make two recipes of the same thing instead of one. That way I have leftovers for the next day and I'm not spending all of my extra time in the kitchen on weekends.

I mix my gluten free all-purpose flour and bake on Saturday and Sunday, rather than doing everything on one day, which I find exhausting. Baking on weekends and storing gluten free breads in the refrigerator or freezer means I don't have to bake during the week unless we run out, which we rarely do. Gluten free waffles can be popped in the toaster for breakfast, muffins in the microwave to warm them up, and bread toasted first to freshen it. Baking your own bread is much more economical than buying it at \$6 a loaf, and it tastes better too! With a little practice it will become a quick and easy task. If time permits I occasionally make a batch of gluten free cornbread or biscuits for an evening meal and then use them throughout the rest of the week to tide us over until baking day.

**Note:** Make sure you refrigerate gluten free breads or they will sour or mold rapidly. Muffins, waffles and rice bread can also be frozen for later, although they will dry out more when frozen, so try to use them up within a week instead. Be sure to save your day old dry bread to use for French toast or bread crumbs. Recipes for gluten free breads are in the [Easy Gluten Free Bread Recipes](#) section of this guide.

When you are planning meals think triangle. Three dishes for a complete meal, a main dish and two sides. Here's what that looks like: spaghetti (main dish) plus green salad and garlic toast (two side dishes). Another example: grilled chicken breast (main dish) plus rice pilaf and broccoli (two side dishes). Try to think meat/protein, grain, vegetable, or something roughly

along those lines. Boneless, skinless chicken breast, preformed hamburger patties, fish fillets and eggs make quick main dish protein choices. Steak is great too if you can afford it.

I like to keep lots of raw veggies, dip and salad ingredients on hand for a quick side dish, as well as frozen and canned vegetables when I'm in a time crunch. Consider purchasing raw vegetables and salads that have already been washed and cut if economy isn't a huge consideration. Also, cooking extra rice, potatoes and vegetables during supper meal preparation guarantees that there's always something available to pull together for a simple meal later.

Limited time and energy dictates these choices for daily meals. On holidays or for special occasions I do make much more elaborate, elegant meals. If you love to bake and want your gluten free goodies to taste so close to wheat that your family won't know the difference, check out ["Bake It Better Gluten Free Sampler #1"](#) if you haven't already. It includes a FREE Holiday Baking Book to help you get ready for gluten free holidays.

Panic and overwhelm setting in right about now? Before we take even one more step down this road, it seems appropriate to point out (again) that mastering the gluten free lifestyle requires some discipline and planning. Lacking these skills is going to put you at an extreme disadvantage. May I suggest you consider getting some help from the experts? Read ["Level Up Your Day: How to Maximize the 6 Essential Areas of Your Daily Routine"](#) by S.J. Scott and Rebecca Livermore; brilliant authors on developing habits and getting your time organized for greater productivity.

### Summary:

- **Be realistic.** When meal planning, take into consideration your current tastes, work schedule, lifestyle, family structure, budget and cooking skills.
- **Make a list of all your current food choices.** Brainstorm ways to replace the foods that are not allowed with gluten free choices. Use the *Menu Worksheet* I've provided, if needed.
- **Evaluate favorite family meals** and the feasibility of including them in your new gluten free diet plan. If you are a cook, plan ways to modify your family favorites to convert them to gluten free.
- **Make an advance preparation plan for baking** on days off or weekends.
- **Refrigerate or freeze gluten free breads.** Use a toaster or microwave before using them or they will be very dry. Save day old breads to use as breadcrumbs or French toast.
- **When meal planning, think triangle:** main dish and two side dishes, meat/protein, grain, and vegetable. When preparing a main meal make extra for leftovers. Also, cook extra rice, potatoes and vegetables to keep on hand for easy meals later.
- **Stock GF snacks and simple meal preparation ingredients** to put together quick meals when time or energy are short.

# Gluten Free Shopping

Before you go gluten free shopping for the first time check your cupboards to see what you already have that is gluten free. You might be surprised. Then with your menu in hand, begin a list of everything you will need to prepare your gluten free meals. Make sure you've taken your schedule into consideration and not planned anything too complicated. You should also include a list of snack items for those times when you just need a little something in between. Snack items might include nuts, seeds, dried fruits, fresh fruits and veggies with dip, celery sticks and peanut butter, hummus and rice crackers, corn chips and salsa, yogurt, cheese slices, etc. Rice crackers and rice cakes make quick snacks paired with nut butters, cheese or avocado.

Make a master shopping list of all of the things you need for your gluten free diet, not just the menu ingredients. Having a master list will keep you on track and you only have to make it once, instead of every time you go shopping. A printable *Blank Master Shopping List* is available [HERE](#). I also keep a notepad and pen handy in the kitchen to jot down when we run out of something. Then when it's time to check items off the master list, I already know what supplies need to be replaced.

Set aside time in your schedule, preferably a day when you will not be hurried or flustered. Go through your master list crossing off anything that you already have on hand. Click [HERE](#) for a printable copy of *My Master Shopping List* if you are planning to use the one week menu and recipes in this guide. Please note that the quantities indicated on my list are for preparing one recipe of each item in the book, serving a family of four. Take that into consideration and adjust accordingly. Also, the flours and starches are based on the Bob's Red Mill package sizes and are the ones you will need to make the gluten free bread recipes in this guide. Now you're ready to go shopping.

Where do I shop? As few places as possible! Wally World gets quite a bit of my business. It's definitely not my favorite place to go (*too big!*), but they do have a decent gluten free section that includes various gluten free flours, starches, pasta, cookies and crackers at reasonable prices. I shop one other national grocery store chain because they have fresh organic vegetables and fruits. Once or twice a month a trip to the local natural food store covers items that are not typically carried on grocery store shelves. Whatever you can't find at a national grocery store chain can usually be found at a natural food store. You will have to look around your neighborhood and start taking stock of what they stock.

Try to keep your shopping forays tight and streamlined. Don't go chasing down multiple grocery stores when one or two is enough. This simply takes a little time to map out and know where all of your stuff can be found. Don't hop on the Internet and immediately start spending money on stuff you've never tried just because it is easy. You will be disappointed. A lot of what is out there costs a fortune and doesn't deliver in the taste department. Saw dust comes to mind here, or cardboard. Of course, if you find your gluten free baking ingredients at good prices with low shipping rates and it makes sense to shop this way by all means, do it! Just be smart about it.

If you live in a rural area you may *have* to shop online. Also, if you have an insanely busy schedule this might be the better option. Bob's Red Mill packages all of the flours, starches, cereals and grains that you need and their quality is excellent. They produce all of their gluten free products in a dedicated part of their facility so there is no chance of cross contamination. You can find them at Amazon.com in the [Grocery & Gourmet Food](#) section. This is particularly

convenient if you have an [Amazon Prime](#) account that covers shipping and gets your stuff delivered to your door quickly. Many national grocery store chains also carry their products.

Need a road map for traversing this new foreign country of gluten free shopping? The National Foundation for Celiac Awareness has an entire section devoted to gluten free shopping, along with a wealth of useful information. Find their shopping advice here:

<http://www.celiaccentral.org/shopping/>

Also, check out Jennifer Fugo's "[The Savvy Gluten Free Shopper](#)" if you want to save money. With loads of information for newbies about how to shop, prepare and store your gluten free stuff, this is the definitive guide.

### **Summary:**

- **Make a master shopping list** of all of the things that you will need to stay on your gluten free diet. Include gluten free snack items as well. Don't let your supplies run too low!
- **Take time to explore your neighborhood for stores that carry gluten free foods.** Keep your grocery shopping trips simple by making a list of what each store carries until you can recall it without a list. Be smart, look at prices as well as availability.
- **Avoid nutrient poor, costly, processed gluten free foods.** Shop online only when it is more economical, availability is an issue, or time constraints demand it.

# Gluten Free Ingredient Suppliers

Here are some additional links to manufacturers and suppliers of gluten free ingredients. It should be noted that it is not a good idea to purchase ingredients from bulk bins, particularly for those with extreme sensitivity to gluten, due to the risk of cross contamination. Pre-packaged products are a safer bet.

[Arrowhead Mills](#): Baking ingredients including golden flaxseeds, tapioca starch, and white rice flour.

[Authentic Foods](#): Baking ingredients including chickpea (aka garbanzo) flour, brown, sweet and white rice flours, potato starch, sorghum flour, tapioca starch, gluten free vanilla powder, guar and xanthan gums, etc.

[Bickford Flavors](#): Wide selection of gluten free flavorings.

[Bob's Red Mill](#): Baking ingredients including brown flaxseed meal, brown rice flour, chickpea (aka garbanzo) flour, egg replacer, golden flaxseed meal, rice bran, sorghum flour, potato starch, sweet rice flour, tapioca starch, white rice flour, guar and xanthan gums, etc.

[Ener-G Foods](#): Baking ingredients including egg replacer, brown, white, and sweet rice flours, potato starch, tapioca starch, xanthan gum, etc.

[Flavorganics](#): Organic gluten free flavorings and syrups.

[The Gluten Free Mall](#): Distributor of retail gluten free products, including gluten free baking ingredients from multiple manufacturers.

# Gluten Free Food Preparation

Your lifestyle, employment demands and dietary needs of other family members will affect how you manage a gluten free diet. However, there are three cardinal rules to this game that you simply cannot ignore.

**1) Don't allow yourself to run too low on gluten free foods.** When you are hungry, time is short and frustration is high, you may decide to grab something that isn't gluten free thinking that it won't matter just once. It does matter and you will regret it. Just don't go there.

**2) Food preparation is an inevitable part of this life-style.** Make it a priority to structure your time in a way that allows for this. Drop non-essential activities from your schedule if necessary. Yes, you can do this. Because it's important!

**3) Keep it simple and economical.** Meals don't have to be complicated or elaborate to be nutritious and satisfying.

If you are single or have a family that is all gluten free, hooray! I envy you. And you can skip the next two paragraphs. However, families with mixed dietary needs are very common so I'll share a few tips on how I make this work. I'm a single mom with two children living at home. My teenage daughter and I are gluten and dairy free, but her twin brother eats a regular diet. I also have five adult children (plus spouses) that show up for meals and various holidays, one of which is also gluten and dairy free. Further complicating this scenario is that I have limited time, energy and a tight budget which I am willing to bet describes many of you.

I have simplified food preparation with three basic rules. Being mindful of *the cost of gluten free foods* as well as *time expenditure for preparation*, helps me make decisions about how to manage different dietary needs. It also helps if you *avoid recipes that are too difficult to modify for gluten free diets* or that rely heavily on convenience foods. Let's recap: a) cost b) time expenditure c) difficulty. Keep these three things in mind as you choose how to best manage food preparation.

I make sure that daily meals are gluten free for everyone unless the cost is prohibitive. It is not worth the extra effort to make an entirely different meal for one half of the family. For instance, making chicken rice soup instead of chicken noodle (wheat) is very simple and economical. But when the entire mob (all fourteen of us!) sits down for the traditional Christmas breakfast, it is far too costly to make gluten free crepes for the whole family. So I make two batches, one gluten and dairy free, the other wheat. Another example: for spaghetti, I prepare a *big* batch of gluten free pasta sauce and cook two separate pans of pasta, one wheat, one gluten free. It isn't any more difficult than cooking one pan of pasta and the cost is much lower for the wheat pasta that my son prefers.

Some family members that don't need to be gluten free may be reluctant to conform to the diet, which is another deciding factor. Since gluten free ingredients are typically more expensive I'm willing to be accommodating on this. However, it helps if you keep this to a minimum, otherwise you *will* find yourself preparing two meals. Also, if you are very sensitive and therefore terrified of gluten exposure, it's not worth it. Make everyone gluten free regardless.

Notice that I said *big* batch when preparing family meals. When you cook a meal, cook *two* full recipes. Always be thinking about how one meal can extend into leftovers for another meal. I

cannot stress this enough. It's the only way to avoid the dreaded "big cooking day". It takes far less work to make a big batch of something once than starting it from scratch on another day. Leftovers are absolutely essential whether you are home for lunch or at work. Just make sure you put the extra batch away *before* the meal or your leftovers will quickly turn into second helpings!

Refer to *My One Week GF Menu* to see how this works. Meals in \* *italics* are the ones I make in big batches. Meals in *italics* (\*L) are how I use those big meals the next day as leftovers. When preparing your own menu, always think ahead. Use your time and resources efficiently. You will be surprised how easy this becomes once you figure it out and develop the habit. Post your menu on the refrigerator or in a prominent place to help keep you on track until you don't have to think about it anymore.

If you find that you are unable to use up leftovers within three to five days, put what is left in single serving containers and freeze them. I wash and reuse the little plastic bowls from single serving applesauce cups. Fill the cups, wrap a piece of plastic wrap over the top, large enough to twist underneath, and put them in the freezer. These are wonderful for busy days. Just pop the frozen entrée into a microwavable dish and heat; which usually takes about thirty seconds on high. I recycle these containers over and over and so far, they haven't cracked in the freezer. When purchasing plastic containers for freezing leftovers, be sure to choose the ones that are specifically for frozen foods. Regular containers sometimes crack after just a few rounds in the freezer. Freezer bags also work nicely for saving leftovers and save space in your freezer. Some people like to date their leftovers, but at my house they don't last that long!

For lunch away from home invest in a small cooler bag and plastic containers to carry your leftovers. I keep small blue ice blocks in the freezer at all times so that I can pack a quick lunch for days when I will be away from home. Keep rice bread or waffles handy to make take-along sandwiches if you run out of leftovers. Toast the bread first to freshen it so it won't be too dry. Take along items might include gluten free sandwiches, fresh fruit, cheese slices, gluten free sliced meats, cottage cheese, yogurt, raw veggies and dip or salads, rice crackers or corn chips, nuts and seeds.

There are times when I get out the door with nothing in hand and I have to rely on whatever I can find in the grocery store. Eating out is also an option and we'll cover that a bit later. I prefer the grocery store because it is more economical and might be safer. If you find yourself in this pinch, visit the nearest grocery store and get something from the above mentioned list. This is also my go to list when traveling long distance from home. Be sure to take a personal sized cooler along when traveling; it's indispensable for storing your perishable grocery items. At one point I had to live out of my car for an entire week while apartment hunting and didn't have to go to a restaurant even once using this method.

### **Summary:**

- **Prepare extra servings when you cook family dinners** to be used as leftovers the next day. Put extras away *before* the meal.
- **Simplify family meals by making gluten free for everyone**, unless it is too costly. Choose meals that are easy to modify and eliminate meals that rely heavily on convenience foods.



- **Make a list of foods for meals away from home**, i.e. brown bagging lunches, travel foods, etc. Plan ahead. Purchase insulated lunch bags, food storage containers and blue ice blocks for take along meals.

- **Refrigerate or freeze gluten free breads.** Use a toaster or microwave before using them or they will be very dry.

# Gluten Free Food Safety

This is mostly a no brainer so I'll keep it short. You don't want to get exposed to gluten in your own kitchen; assuming some family members are not gluten free and therefore exposure is a possibility. A few simple modifications to your kitchen environment will help. Use a separate toaster for gluten free breads. Use a separate waffle iron for gluten free waffles, and if you make pancakes on a nonstick griddle, don't use the same one for gluten free that you use for wheat. This isn't a problem if you are using a regular pan such as stainless steel, which can be cleaned thoroughly between uses.

Non-stick surfaces such as those on griddles and waffle irons are more difficult to clean and may harbor tiny particles of gluten, so use dedicated equipment. Cast iron may also be difficult to clean thoroughly and cutting boards fall into this category as well. Make sure that equipment that is not dedicated has been thoroughly cleaned between uses. Electric mixers can harbor little bits of dough and flour dust that could drop into your gluten free baking. Be diligent about cleaning large equipment if you can't dedicate all of your kitchen tools to strictly gluten free.

If I am cooking a meal that includes gluten free and wheat, as I often do, I prepare the gluten free items first. Flour has a way of migrating everywhere no matter how careful you are, so just avoid this by separating preparation segments. I also cover pots on the stove that are gluten free and use color coded stirring spoons. You can purchase inexpensive plastic utensils in bright colors for this purpose. Teach your family that the brightly colored utensils are dedicated so they don't stick them in the wrong pot!

Food items that are shared and easily contaminated with bread crumbs, such as jam, peanut butter and butter should be kept separate as well. Clearly mark gluten free items with colored masking tape that has been labeled "gluten free". Make sure everyone in your family understands the importance of respecting this distinction. If you have younger children on a gluten free diet, colored labels are especially helpful since younger children may be able to identify colors even if they can't read.

Last and most obvious, wash your hands! Hands can get contaminated with gluten during meal preparation so try to get in the habit of doing this between preparation segments.

Be prepared for the fact that it is virtually impossible to guarantee that you won't get exposed at some point. It isn't a matter of if, but when. Again, to the sensitive celiac folks who get deathly ill with even a tiny exposure, I feel for you. Try not to become paranoid and anxious about this. The stress caused by constant fear is also detrimental to your health. Getting freaked out about everything you put in your mouth is exhausting and can lead to obsessions and eating disorders. I've been down that road. Just try to stay calm and carry on. If you do get exposed to gluten remember the three R's. Rest, Recuperate, and Regroup.

## Summary:

- **Use dedicated equipment if cleaning an item is a problem**, i.e. toasters, griddles, waffle irons.
- **Clean equipment thoroughly** that is not dedicated, between uses.

- **Prepare wheat items and gluten free ones *separately*** if your kitchen is not fully dedicated to avoid stray flour and gluten contamination.
- **Use color coded dedicated utensils** and teach your family to respect the distinction.
- **Do not use shared products** such as butter, peanut butter, jams and jellies, etc. that could become contaminated with bread crumbs. Use separate jars and clearly label them as gluten free. Teach your family to respect this as well.
- **Wash your hands** between preparing gluten foods and non-gluten foods.

# Baking Gluten Free

Here's where the real fun starts and this is my favorite part! Once I figured out how to produce decent gluten free breads in my own kitchen, I felt totally liberated. No more bread at \$6 per loaf that tasted like...well never mind what it tasted like. It wasn't good. After creating a super versatile [Gluten Free All Purpose Flour](#) I went a bit crazy and started baking all kinds of things. Now the three gluten free foodies in my family don't go without. Ahem, tiny lie here. Dairy will forever be mourned by all of us. The frequent references to dairy in this book are strictly for *your* benefit. But on the bright side, chocolate cake (my personal obsession), brownies, apple pie, donuts, we can have it! And it tastes *real*. The catch? You have to learn how to bake. Whoa, don't freak out. I'm going to help you.

When you go looking for information on how to bake gluten free breads, you are going to be buried in an avalanche of choices. Let me clear that up for you right now because you really only have four choices.

- 1) Buy bread already made. There are some pretty decent gluten free breads available but they are insanely expensive.
- 2) Bake your own and measure multiple ingredients to replace the flour. This is not a bad option and there are lots of books to help you do this. However, just be aware that some recipes call for ingredients that are expensive, difficult to find or that you may not tolerate. Nut and coconut based flour come to mind here. This may be especially true if your gut is in the newly diagnosed, trying to heal phase.
- 3) Buy a pre-mixed flour blend. Now we're getting a bit closer to what we want. Trouble is, a lot of these mixes are loaded with white rice and starch. Not to mention this can also be expensive and the results you get may vary. Unless the company has included recipes to go with the flour, you will be experimenting with each blend you try. You can end up wasting a lot of flour this way, not to mention money. I personally recommend [Bob's Red Mill Gluten Free 1 to 1 Baking Flour](#). I've used it in many of my recipes that call for my [Gluten Free All Purpose Flour](#) and had great results.
- 4) Finally, you can make your own flour blend. Making your own flour gives you control over what goes into it and is usually more economical. There are numerous cookbooks available with different recipes for making your own flour and recipes for how to use it. In my personal experience this is the best possible choice, particularly if there are lots of recipes that have been developed to go with the flour recipe you choose. Mixing your own flour takes very little time and is incredibly easy. Find the recipe for Gluten Free All Purpose Flour on my website [HERE](#). Click [HERE](#) for a printable version and more recipes for using the flour.

Oops. Actually there are five choices.

- 5) Don't eat bread. The Paleo folks have cornered the market on this one. Any takers? I didn't think so.

So now that we've established we're not giving up bread, let me introduce you to baking your own with three basic recipes. These are breads that you should consider learning how to make right from the start. They will make your transition to gluten free easier, believe me. Brown rice bread is indispensable for sandwiches, added to a simple meal like soup or as toast with

scrambled eggs. Muffins make a nice addition to simple meals and lunches *and* they make great snacks. I make waffles on the weekends by the dozen. These can be popped in the toaster for a quick breakfast or used as an open faced sandwich base. They freshen up nicely, don't fall apart and are a staple at my house. Learning these three simple breads will add immeasurably to your food choices. I threw the chocolate cupcake recipe in there for fun. Who can live without chocolate cupcakes. Right?

You will need a few simple ingredients to make the bread recipes in this book. Gluten free flours and starches have to be combined to work well, with the addition of a binding agent such as xanthan gum. Single gluten free flours do not produce good results and without the gum your baked goodies will fall apart. So follow the recipes carefully and don't exchange or substitute ingredients, as the results will not be the same. Also, read all the steps in the recipe before you get to work on it so you understand the preparation sequence. Use standard measuring cups and spoons, not teacups or flatware. All measures should be scraped level unless otherwise specified in the recipe.

You will need a basic knowledge of gluten free baking ingredients, i.e. the flours, starches, and gum used in this book. Below is a brief explanation of these, with the exception of the potato starch which was included in case you decide to make [Gluten Free All Purpose Flour](#) from my website. You may also use [Bob's Red Mill Gluten Free 1 to 1 Baking Flour](#) in these recipes for convenience, if preferred. Just combine the flour measures into one measure if you use the pre-mixed flour.

**Brown rice flour:** Brown rice flour is ground from whole brown rice and works best if it is ground medium to fine. Coarser flour produces baked goods that are a little more crumbly. This flour is excellent in baked goods, providing more nutrition than white rice flour because the bran has not been removed. Because of the high oil content in the bran, this flour has a short shelf life and should be refrigerated if stored longer than three to six months.

**White rice flour:** White rice flour is ground from white rice and works best if it is ground medium to fine. Coarser flour produces baked goods that are a little crumbly. This flour is very good for gluten free baking, but is mostly starch and nutrient poor, since the bran and germ have been removed; hence the addition of chickpea flour and brown rice flour to replace essential nutrients.

**Sweet rice flour:** Sweet rice flour is ground from sticky rice and has a higher starch content than white rice flour. It can be found in specialty stores, some health food stores and is often used in Chinese cooking. It is used to help bind the flour mixture together. Sweet rice flour is also an excellent thickening agent in sauces, gravies and puddings. This flour is *not* the same as white rice flour, although they do look alike.

**Potato starch:** Potato starch is similar to cornstarch, but is made from potatoes rather than corn. This ingredient adds the loft and lightness to gluten free flours. If you prefer not to use potato starch you can substitute cornstarch for this ingredient, although cornstarch is a bit heavier. *Do not* use potato flour, which is made from whole potatoes and is not the same thing.

**Tapioca starch:** Also known as tapioca flour, tapioca starch is ground from whole tapioca. It is excellent in gluten free baking and adds lightness and chewiness to breads. This starch is also excellent in cookies and pie crust. It is mostly flavorless and browns well.

**Chickpea flour:** Chickpea flour is a creamy yellow flour ground from chickpeas, also known as garbanzo beans. Chickpea flour adds moisture, flavor, fiber and protein to rice flour mixtures.

Although the flavor is relatively mild, it does have a distinctive flavor that may take some getting used to.

**Xanthan gum:** Xanthan gum is a thickening and binding agent, produced by bacterial fermentation. It is a fine powder used in gluten free baking to hold the rice flours and starch together. It is very sticky when moistened and a little goes a long way. Baked goods made without xanthan gum will crumble and fall apart.

Finally, before you get started baking here's a few tips on taking the hassle factor out of baking every weekend.

## Time Saving Tips

Set up your kitchen so that everything you need for baking is directly to hand. You won't believe the time and energy you will save by keeping "time and motion" in mind. Don't use any unnecessary repetitive motions or steps if you can help it. I store all of my gluten free flours in canisters on my kitchen counter within easy reach. Everything else I need for baking is in cupboards directly above my work space. All of my measuring utensils, mixing bowls, whisks, etc. are directly below my work space either in drawers or cupboards. I never have to take more than a couple of steps to reach what I need.

I also keep all of my most frequently used recipes on 4 x 6 cards and store them in a small photo book with plastic pages on my counter. A small recipe box works too. These are the simple go to recipes I use every day and I want them right where I can find them. In addition to keeping my go to recipes handy, I have separated all of my gluten free recipes into an exclusive recipe binder. That way, I'm not wasting time sifting through mountains of family recipes to get to the gluten free ones.

Organization not your forte? If kitchen chaos is more your style, may I suggest some help from another expert? Read ["The Life Changing Magic of Tidying Up"](#) by Marie Kondo. This is truly a game changer.

## Baking Equipment

You're going to need some baking equipment to make your own gluten free breads. If you plan on making muffins or cupcakes, paper liners are also convenient though not absolutely necessary.

### Tools:

- Mixing bowls: small, medium, large
- Measuring cups
- Measuring spoons
- Flat edged knife
- Wire whisk
- Large mixing spoon

### Baking Pans:

- 6 or 12 cup muffin pan

- 8" x 4" loaf pan

**Small Appliances:**

- Electric hand mixer
- Waffle iron

***A note about waffle irons:*** The waffle recipe in this book can be used for both regular and Belgian waffles. Belgian waffles have bigger holes (for holding all that, ahem, butter and syrup). But they don't work so well if you want to use your waffles for open face sandwiches. I use a standard non-stick waffle iron that has square plates. You don't need anything fancy, basic will do just fine. You can pick up one of these for about \$30. Also, if you are using your waffles like bread, square is a nice way to go instead of round.





## Easy Gluten Free Bread Recipes

To prepare all three of the bread recipes (and don't forget those chocolate cupcakes!) you will need the ingredients below. (This list is part of *My Master Shopping List*.)

brown rice flour  
white rice flour  
sweet rice flour  
tapioca starch (aka tapioca flour)  
chickpea flour (aka garbanzo flour)  
xanthan gum  
cocoa  
powdered sugar  
sugar  
baking powder  
baking soda  
yeast  
salt  
eggs  
milk or milk substitute (rice milk)  
vegetable oil  
shortening or butter  
vanilla  
apple cider vinegar  
non-stick baking spray

## Gluten Free Waffles

*Makes about 5–6 waffles*

### **Ingredients:**

¾ cup brown rice flour  
¼ cup tapioca flour  
¼ cup white rice flour  
¼ tsp xanthan gum  
¼ tsp salt  
1½ tsp baking powder  
1 tsp sugar  
¾ cup + 2 TBS milk<sup>‡</sup>  
2 eggs  
2 TBS vegetable oil

### **Directions:**

1. Combine all of the dry ingredients in a medium mixing bowl and stir to combine. Add the wet ingredients and whisk until smooth.
2. Heat waffle iron. You may need to lightly spray the waffle iron with non-stick cooking spray first.
3. Pour batter (about 2–4 TBS for a 4" x 4½" waffle) onto hot waffle iron, following manufacturer's directions for quantity of batter and cooking times. Remove waffle from iron when it is light golden brown.

<sup>‡</sup>For Dairy Free: Soy, rice, coconut or nut milks may be substituted for the dairy milk. If using thinner milk such as rice milk, use just ¾ cup. Rice and coconut milks brown better than soy or nut milks.

## Gluten Free Muffins

*Makes 6 muffins*

### **Ingredients:**

¾ cup brown rice flour  
¼ cup white rice flour  
¼ cup tapioca starch  
2 tsp baking powder  
½ tsp xanthan gum  
⅛ tsp salt  
⅓ cup sugar, slightly rounded  
1 egg, lightly beaten  
¾ milk<sup>‡</sup>  
3 TBS melted butter<sup>‡</sup>  
1 tsp vanilla

### **Directions:**

1. Preheat oven to 375°.
2. In a small mixing bowl combine the flour and starch, baking powder, salt, xanthan gum and sugar.
3. In a separate bowl lightly whisk the egg, then add milk, butter and vanilla, and whisk together.
4. Add the wet ingredients to the dry ingredients and stir with a spoon, just until moistened.
5. Divide the batter evenly between 6 greased or paper lined muffin cups. Cups will be about ¾ full.
6. Bake for 18–20 minutes or until wooden pick inserted in center comes out clean.
7. Cool muffins in pan for about 5 minutes before removing.

<sup>‡</sup>For Dairy Free: Non-dairy milk, such as rice or coconut milk, may be used in place of the dairy milk. Soy and nut milks do not brown well. Also, use dairy free margarine in place of the butter.

# Gluten Free Rice Bread

*Makes 1 loaf*

## **Ingredients:**

1 cup white rice flour  
1/2 cup brown rice flour  
1 cup tapioca starch  
1/4 cup sweet rice flour  
1/4 cup chickpea flour  
2 tsp xanthan gum  
1 tsp salt  
1/2 tsp baking soda  
1 packet regular dry yeast (2 tsp)—*do not use rapid rise yeast*  
1 TBS sugar  
1/4 cup warm water  
1 tsp apple cider vinegar  
1 1/4 cups warm milk<sup>‡</sup>  
3 eggs  
3 TBS shortening or butter<sup>‡</sup>, melted

## **Directions:**

1. Preheat oven to 375°.
2. In a large mixing bowl combine flours, starch, xanthan gum, baking soda and salt.
3. In a separate small bowl combine warm water, sugar and vinegar. Sprinkle yeast over water and let stand for about 10 minutes until foamy.
4. In another small bowl combine milk and shortening or butter. Microwave on high for about 45 seconds or until warm and shortening begins to soften. *Do not overheat.* The temperature should be like very warm bath water.
4. Add yeast mixture and milk mixture to the dry ingredients, along with the 3 eggs. Mix thoroughly using a heavy spoon or electric hand mixer; if using an electric mixer, mix on medium speed for about 30 seconds.
5. Spread batter evenly in a prepared 8" x 4" loaf pan that has been greased with shortening or sprayed with non-stick cooking spray, both on the sides and bottom.
6. Place pan in a warm place away from drafts and raise for approximately 15–20 minutes or until batter is no more than 1/4"–1/2" above the top edge of the pan. While the oven is preheating, the warm stovetop works well for this.
7. Bake 25–30 minutes or until loaf is golden brown. Gently turn the bread over and tap the bottom. Bread should sound hollow if it is done.

8. Remove from pan and cool on a wire rack. When bread is completely cool, slice and store in a plastic bag. Bread should not be left unrefrigerated for more than a day or two.

‡ For Dairy Free: Use dairy free margarine or shortening instead of butter. Non-dairy milk, such as rice or coconut milk, may be used in place of the dairy milk. Soy and nut milks do not brown well.

## Gluten Free Chocolate Cupcakes

*Makes 12 cupcakes*

### **Ingredients:**

1/4 cup + 2 TBS white rice flour  
1/4 cup brown rice flour  
1/4 cup tapioca starch  
1/4 tsp xanthan gum  
1/2 cup cocoa  
1 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
3/4 cup + 2 TBS sugar  
1/4 cup vegetable oil  
3/4 cup milk<sup>‡</sup>  
1 tsp vanilla  
2 eggs

### **Directions:**

1. Preheat oven to 350°.
2. In a large bowl combine sugar, oil, eggs and vanilla and beat until smooth.
3. In a separate small bowl combine flours, starch, cocoa, baking powder, xanthan gum, baking soda and salt.
4. Add flour mixture to wet ingredients alternating with the milk.
5. Mix on medium speed for about 1 minute.
6. Fill twelve sprayed or paper lined muffin cups about 2/3 full. Bake 18–20 minutes or until wooden pick inserted in center comes out clean.
7. Cool on wire rack before frosting.

## Chocolate Buttercream Frosting

### **Ingredients:**

1/2 cup butter<sup>‡</sup>  
1 tsp vanilla  
3–4 TBS milk or half-and-half<sup>‡</sup>  
2 1/4 cups powdered sugar  
5 TBS cocoa  
dash salt

**Directions:**

Whip butter until fluffy. Add vanilla, milk, powdered sugar, cocoa and salt. Whip again until fluffy and smooth. Frost cupcakes when cool to the touch.

‡For Dairy Free: Non-dairy milk, such as rice or coconut milk, may be used in place of the dairy milk. Soy and nut milks do not brown well. Also, use dairy free milk and margarine in place of the butter for the frosting. Dairy free milk may be thinner and require less for the frosting; about 2 – 3 TBS.

# Basic Kitchen Equipment

You will need some basic kitchen equipment if you are setting up a kitchen for the first time. Consider purchasing pots and pans that are copper bottomed or have a layer of aluminum in the base (not on the cooking surface). They heat more evenly and won't scorch your food. Don't purchase cookware that is entirely aluminum, as it will leach toxic metal into the food. Cast iron is good for pan frying just about anything. My huge cast iron skillet gets put to use every day.

A hand-mixer is indispensable for whipping potatoes or cream. Non-stick griddles are not essential, but I *love* mine. If the skillet is full of taco meat or something else, the griddle gives me the extra surface I need to warm tortillas, among other things. Perfect for gluten free pancakes and no fail fried eggs too. I use mine almost daily. A large non-stick frying pan is a good substitute for a griddle.

## **Pots & Pans:**

- Large stock pot (6 or 8 quart) with lid
- Medium sauce pan (2 or 3 quart) with lid
- Large skillet (10" or 12") non-stick or cast iron
- 11" x 7" glass baking pan
- 9" x 13" glass baking pan (optional)
- 15" x 10" cookie sheet or baking tray

## **Tools:**

- Colander or large strainer
- Pancake turner
- Rubber spatula
- Wire whisks
- Assorted kitchen knives
- Assorted kitchen spoons
- Aluminum foil

## **Small Appliances:**

- Electric hand-mixer
- Toaster
- Non-stick electric griddle (optional)
- Rice cooker (optional)



# My Gluten Free Menu

I use the same spices, cooking oils and ingredients over and over again in my recipes. There is a method to my madness. Nothing goes to waste this way. Also, it irks me to purchase an expensive jar of spices or some fancy ingredient that I may only use once. It's just not practical or economical. Ergo, I use the same ones in different combinations for most of our meals. No, this is not boring, since you can use ingredients and spices in a variety of ways. The spices I use are all in the \$1 price range at Wally World, which is also a good reason for the ones I have chosen; unless I want to get exotic. But for this guide, we're being practical.

Cutting onions and garlic was never my favorite thing either, so I cheat and buy granulated onion and garlic powder, as well as dried minced onions. Fresh does taste better, but not so much that I'm willing to give up the convenience. If I want to impress someone with my cooking skills (guests for instance), I'll get out the cutting board and do it chef style, but not too often if I can help it.

Extra virgin olive oil is not only good for you, it adds a flavor and aroma to foods that is hard to beat. I use extra virgin olive oil in cooking and light olive oil for baking. The stronger flavor of the extra virgin olive oil doesn't work well for baking. Coconut oil can also be used in baking or cooking, if you prefer. Corn, soy, and canola oils have gotten a bad rap in the healthy eating community, so you might want to rethink those.

My meat choices are based solely on economy. It's not that we wouldn't like to have steak instead of hamburger or chicken but it can get pricey, particularly for big families. If you can manage it on your budget by all means, enjoy better cuts of meat. I have purposely presented recipes for meals that are extra economical to dispel the idea that you can't do the gluten free diet on a tight budget.

The recipes in this book have been designed to serve about four to six people, but that depends entirely on the appetites of those people. If you are serving children for instance, you may find the recipes going quite a bit further. My portion sizes are based on two teenagers, so keep that in mind and try the recipes first before you start doubling them for extras (since you might already have extras!).

**Note:** To make these dishes dairy free, just substitute dairy free margarine or olive oil in recipes that call for butter. If a recipe calls for milk, such as in the mashed potatoes, use coconut milk (not full fat) from a carton. Obviously, omit sour cream and cheese as well.

Also, I tend to go pretty light on the salt which is why most of the recipes indicate that you should salt to taste; plus, ingredients such as tomato sauce, broth, etc., may vary in how much salt they contain, so use your own judgement here.



## Gluten Free Sides and Salads

### How to Cook Rice

By now you've probably figured out that rice is a big part of this diet. Keeping a supply of cooked rice on hand is helpful for putting a meal together quick. You don't need a fancy rice cooker for this, just a two or three-quart sauce pan with a tight fitting lid. Some sauce pans are notorious for burning rice, particularly if you are inexperienced. I did list rice cookers in the kitchen equipment section as optional; but if you're a novice you might consider one. They are very convenient and quite foolproof.

There are many different types of rice. These instructions are for long grain white rice, basmati or jasmine rice. Sticky rice, brown rice, wild rice, parboiled or quick cooking rice is different and if you want to use these, follow the directions on the package.

*For 3 Cups Cooked Rice:*

2 cups water  
1 cup basmati or long grain white rice

Over high heat in a 2-quart sauce pan, bring 2 cups of water to a boil. Add 1 cup long grain white or basmati rice, sprinkling it evenly across bottom of the pan. Stir once to make sure rice is

distributed evenly and cover with a tight fitting lid. Turn heat down to very low and set a timer for 15 minutes. *Do not* open the cover during this time.

After 15 minutes turn the heat off and let the rice stand for another 5 minutes, without opening the lid. After the standing time, fluff the rice with a fork and it is ready to use. I usually leave the lid off until some of the heat and steam have evaporated so that the rice does not continue to cook.

The quality of the rice you choose to a great extent will determine your results. Cheap rice that is cracked and broken in the package is generally of poor quality and may turn out sticky. You want your rice to fluff nicely and not be a sticky clump. With its lovely aroma and firm texture, jasmine rice is my personal favorite. Jasmine rice needs less water and a tiny bit more cooking time. For jasmine rice use 1½ cups of water to 1 cup rice. Follow the same cooking instructions but cook for 20 minutes with a 5-minute standing time. This will yield approximately 3 cups of cooked rice.

Package instructions typically suggest that you salt the water before you cook rice. I prefer to leave the water unsalted and adjust salt when I use the rice in my recipes. This is especially important if I plan to use the rice for breakfast cereal or rice pudding. Salted rice *does not* taste good in these recipes.

## About Vegetables

Writing a section about cooking vegetables seems a little overkill. I'm sure you can figure it out. But if you are one of the white bread and Jello set, maybe not so much. Actually, if you are part of that crowd, a word of advice. Just eat them! Vegetables as side dishes are super easy as well as being *very* good for you. (Remember trying to fake Mom out about the broccoli? Yea, tried that once with zucchini. FYI: Dogs don't like zucchini.) There's a reason Mom did all that nagging. If you're not accustomed to eating vegetables or you just don't like them, here are a few ideas that may help.

Frozen or fresh vegetables are always going to taste better than canned, so try to use those. For frozen, just follow the directions on the bag. You can use the stovetop, but I prefer the microwave; faster and no pan to clean. Put them in a microwave safe bowl with a lid or a piece of plastic wrap over the top. Follow directions on the bag and then let the vegetables stand, covered, for about 5 minutes to let them finish cooking. If you do use canned veggies, remember they will heat up very quickly in the microwave so don't overdo it.

Fresh vegetables require more prep time so think ahead if you choose these. Fresh vegetables also require different cooking times. Prepare the veggies by washing, peeling (if required), and cutting into slices, florets, etc. You can put the vegetables in a steamer basket or straight into a 2- quart sauce pan. Cover with water and bring to a boil over high heat. Turn heat down to medium low and simmer until vegetables are tender crisp. Don't overdo it on the cooking. Mushy vegetables are nasty. This preparation method works for cauliflower, broccoli, carrots, green beans and corn on the cob. Once the water begins to boil the vegetables will take about 5-10 minutes to reach tender crisp; with the exception of the green beans which will require about 15-20 minutes or possibly longer. Drain the vegetables immediately so they don't overcook.

Summer squash, such as zucchini or crook neck, mushrooms, asparagus and onions are better when they are cooked in a skillet, wok style over medium high heat with a little extra virgin olive oil. These are also best when tender crisp and not mushy; and are especially good served with the rice pilaf recipe in this book.

Yams or sweet potatoes should be baked (see instructions for baking russet potatoes). Wrap them in foil first or they will ooze sugary syrup onto the bottom of your oven. Bake at 375 for about 1 hour or until fork tender. Butternut or banana squash should be washed, seeds removed and cut into large chunks. Place the squash chunks in a baking pan (I use a 9" x 13" glass pan), add about 1/4 cup of water on the bottom and cover with foil. Bake at 375 for about an hour or until fork tender. Freeze single servings of sweet potatoes or squash if you can't use them up within 3-5 days.

Pairing vegetables with each other or with other foods makes them more interesting. Here are some of my favorite pairs for cooked vegetables:

corn, red bell peppers, cubed cheddar cheese and tomatoes  
broccoli florets and finely shredded cheddar cheese  
cauliflower florets, garlic and butter - cheese works too!  
cauliflower florets, green peas and butter  
carrots, butter, honey and cinnamon (no kidding!)  
carrots, green peas, corn and butter  
butternut squash, butter and brown sugar

sweet potatoes or yams, butter and cinnamon  
green beans, butter and mushrooms  
asparagus, zucchini or crook neck, butter and mushrooms  
green peas, tiny white onions and butter

Oh, and did I mention butter?

Raw vegetables make a quick side dish with any meal. Buy an already prepared tray of raw vegetables, make the dip in this book and you're good to go for lunch and dinner several times over. If you want to save some money, do the prep yourself on the weekend and put them in zipper seal bags. They last all week this way. Here are some of my favorite pairings for raw veggies:

tomatoes, avocados and black olives  
celery stuffed with cream cheese  
carrots, cauliflower, broccoli, radishes and celery with ranch dip  
raw yam slices (yup!) all by themselves

For salads I keep an assortment of greens on hand; green and red leaf lettuce, romaine lettuce and spinach, along with an assortment of salad toppings. Iceberg not so much, it's mostly just water, although it pairs nicely with other more flavorful greens. Baby spring mix, or 1/2 and 1/2 spring mix with spinach is also excellent! Here are some topping suggestions:

hard boiled eggs (keep a few of these in the fridge all the time)  
canned tuna (water pack, drained)  
cooked chicken  
cooked crumbled bacon  
black olives  
avocados  
sliced mushrooms  
radishes  
tomatoes  
cherry tomatoes  
grated carrots  
chopped red cabbage  
green onions or chives  
marinated artichoke hearts  
pickled asparagus  
pickled beets  
green olives (stuffed with garlic - oh. my. goodness.)  
grated parmesan cheese  
grated cheddar cheese  
roasted, salted sunflower seeds  
roasted, salted cashews

Baby spring mix or spinach paired with strawberries or mandarin oranges, pecans or pumpkin seeds, avocado and red onions, topped with a lemon or raspberry vinaigrette dressing is also delicious. Combining spinach or spring mix with any favorite fruit and nut combination is a nice change from standard savory salads.

## Chicken Salad

*Makes 4 Servings*

Use up your leftover chicken as a salad topper or make it into a sandwich filling. Chicken salad is also a good choice for brown bag lunches. Add a bag of rice crackers, some raw veggies and you're good to go. This is yummy served on a slice of toasted rice bread as an open faced sandwich. We like to butter ours first (of course).

2 cups chopped cooked chicken  
1/2 cup sliced celery (about 1/2—1 stick)  
1/4 cup sliced black olives (optional)  
1/3 cup mayonnaise  
1/2 TBS prepared mustard (optional)  
1/2 tsp crushed, dried parsley flakes  
1/4 tsp granulated onion powder  
1/4 tsp salt, or to taste  
dash black pepper

***For Individual Chicken Vegetable Salads:*** tear or cut up your choice of greens; romaine, iceberg, spinach, green or red leaf lettuce. Top the lettuce with grated Parmesan or shredded cheddar cheese, black olives, avocado slices, chopped tomatoes, cooked cubed chicken and your favorite salad dressing. Use any of the salad toppings that sound good. Crumbled bacon is also very nice on a chicken salad.

## Taco Salad

Use your leftover taco meat for this salad along with the leftover Spanish rice in this book. Mexican food is even better the next day after the flavors mellow overnight. There's nothing I like better unless we're talking cold pizza of course.

***For Individual Taco Salads:*** tear or cut up your choice of greens; romaine, iceberg, green or red leaf lettuce. On a bed of tortilla chips, layer lettuce, leftover warmed taco meat, chopped tomatoes, olives, avocado slices, shredded cheddar cheese, sour cream and salsa. Again, you can add anything from the salad topping list that sounds good. Salad dressing is optional since the salsa and sour cream serve that purpose. If you want something more, ranch dressing is a good choice.

## Baked Potatoes

Potatoes rank right up there at the top of the list as a gluten free comfort food, assuming you tolerate them. They are very versatile and I always bake extra to make into pan fried potatoes. I prefer russet potatoes for these, but red are also good.

For baked potatoes: scrub the potatoes with a brush or dish scrubber and rinse well, pat dry. Using a fork, poke a couple of holes in the potatoes to let out steam as they bake. Preheat your oven to 375°. Place the potatoes directly on the rack about 2 inches apart from each other. Bake for about 45–60 minutes, depending on the size of the potatoes. Medium potatoes take about 50 minutes. To check for doneness just poke the potatoes with a fork. The fork should slide right into the potato without resistance. Move them to a bowl and cover it with a clean dishcloth to keep them warm. Serve immediately.

Potatoes can also be baked in the microwave but it's actually a bit tricky to get them just right. Wash, dry and prick the potatoes. Put them in the microwave about 2 inches apart. Bake on high about 1 minute per potato. So if you put in three potatoes, bake them for 3 minutes, four potatoes 4 minutes, etc. Let the potatoes stand on the counter or in the microwave for about 5–10 minutes to finish cooking. Don't test them right after that first 3 minutes baking time is up because you will think they are not done and try to cook them longer. Potatoes trying to masquerade as raisins...not so good. Keep in mind that microwaves vary significantly and these times might be too long. Experiment with one potato and see how long it takes, then multiple and decrease time slightly for extras.

Toppings for potatoes: granulated onion or garlic, dried parsley, black pepper, grated cheddar cheese, parmesan cheese, chopped green onions, sour cream, ranch dressing and butter.

**Note:** Cooked potatoes can be volatile if they spoil. Store them in the refrigerator and use them up as soon as possible, preferably about 3–4 days. And as my mom always used to say “When in doubt, throw it out”.



## Pan Fried Potatoes

*Makes 4 Servings*

My teenage daughter lives on these as long as there's ranch dressing alongside. In fact, if I run out of leftover baked potatoes, we toss a few in the microwave just to fry them (it's faster than starting with raw). If you do this, follow the microwave directions for baking potatoes, but for just a bit shorter cooking time so they don't crumble when sliced. After the 5—10 minute standing time, rinse the potatoes in cold water so you don't burn your fingers trying to slice them! Fully cooked potatoes crumble more when they are hot. They work better if you chill them first, but she's not usually patient enough for that.

6 leftover baked potatoes (about 1½ per person)  
1—2 TBS vegetable oil  
granulated onion powder  
paprika  
black pepper  
salt

Heat a nonstick or cast iron skillet on medium high heat. Coat the bottom of the pan with 1—2 TBS of vegetable oil. Make sure the surface is very hot before adding the potatoes. This will help to keep them from sticking. If the oil starts to burn and smoke, you've got it too hot!

Slice the potatoes about ¼ inch thick and place them flat on the pan. You don't need to peel them unless you want to. We like ours with the peelings left on. Using a very large pan is helpful because you don't want to crowd the potatoes. You want each slice to touch the pan surface. If potatoes start to stick, add a little extra vegetable oil.

Sprinkle the potatoes lightly with salt, granulated onion powder, paprika and black pepper. Wait for the first side to get crisp and golden. Then turn the slices over and brown the other side. Now you have a nice side dish to go with your salad, burgers, chicken, whatever. These pair well with just about anything.

## Mashed Potatoes

*Makes 4–6 servings*

My kids think it is absolutely criminal to serve instant mashed potatoes. They can spot them a mile away so I've stopped trying. But if you can get away with it, do it! There's no explanation needed here, just follow the instructions on the box. And yes, you can get them gluten free.

In keeping with the general theme of this book, I had to decide if making mashed potatoes from scratch really qualified as quick and easy. So I timed myself. It takes about 1 minute to peel and cube a potato (x 8 potatoes) plus about 20 minutes to boil and 2 minutes to mash. You can slide under the wire with this one if you multitask and do the rest of the meal while the potatoes are cooking. For die-hard mashed potato lovers, it's worth the extra effort and not really optional. Besides, I only do this one on Sundays when I am at my leisure. Case closed.

Two potatoes per person is probably overly generous but my crew easily puts this away. If you want less, just half the recipe. You can always use them as leftovers or make the potato cake recipe that follows this one.

8 medium russet or Yukon gold potatoes  
3 TBS butter + 1 TBS for the top  
about ¼ cup whole milk or half and half  
½ tsp salt  
½ tsp granulated garlic powder (optional)  
paprika (optional)

Peel and cube the potatoes and place them in a large cooking pot. Cover the potatoes with water. Cook over high heat until they come to a boil. Reduce the heat to medium high and cook for about 15–20 minutes, or until fork tender. Drain thoroughly. Return the potatoes to the pot. Add 3 TBS butter, salt, garlic powder if you are using that and the milk, starting with half and then adding the rest as needed to whip the potatoes until fluffy. You will need a hand mixer for this. *Do not* over-whip the potatoes or they will get very sticky. Smooth the top of the potatoes, then pour 1 TBS melted butter evenly over the top. Sprinkle with paprika for garnish if desired.

## Gravy

*Makes 4–6 servings*

Even before I went gluten free I was not too keen on doing broth the hard way. You know, boil the chicken, bone the chicken, strain the broth. Ugh. I used a lot of bouillon cubes instead. Lazy, I know. If you are the make it from a mix type, you probably are most familiar with making gravy from a packet or even opening a can. But we're gluten free, so now what?

You could buy gluten free bouillon, but finding one that is gluten free has proved to be a bit of a hassle. Too many questionable fillers. Prepared broth is a little more expensive, but well worth it in terms of convenience and taste and it's easy to find in gluten free varieties.

1 (14.5 oz.) can or 1¾ cups meat broth (beef or chicken)  
2½ TBS cornstarch  
3 TBS water

1/2 tsp salt, or to taste  
dash black pepper

In a small sauce pan, bring broth to a boil. In a small bowl, whisk the cornstarch into the water until no lumps remain. Slowly drizzle the cornstarch mixture into the boiling broth, whisking rapidly. Boil and stir about 1 minute or until it thickens. Add about 1/2 tsp salt or to taste, and a dash or two of black pepper. Broth varies in how much salt it contains so start slow and add until it tastes right to you. That's it. You're done.

We like meat in our gravy so I brown 1/2 lb. of hamburger first, drain the fat, then proceed with adding the broth and doing the cornstarch step. You can also do this with chicken if you like, using a cubed chicken breast, cooked until tender in about 1/2 TBS butter or vegetable oil before adding the broth.

## Potato Cakes

*Makes 4 servings*

A lot of mashed potatoes were going to waste at my house until I invented this recipe. Now we rarely throw them out. Serve these with ranch dressing, barbeque sauce or catsup, the same as you would potato fries. These make a nice side dish to go with a salad for lunch.

1 cup prepared mashed potatoes  
1 egg  
1/2 tsp granulated onion powder  
1/8 tsp granulated garlic powder  
1/4 tsp crushed, dried parsley flakes  
1 1/2 TBS sweet rice flour  
dash black pepper  
1—2 TBS vegetable oil  
salt  
paprika (optional)

In a small bowl, combine the potatoes, onion powder, garlic powder, parsley, pepper and rice flour. Mix until well combined. Heat a non-stick or cast iron skillet over medium high heat. Cover the bottom of the pan with about 1—2 TBS vegetable oil. Measure the potato mixture in 1/4 cups and using your hands, form the potatoes into patties. Place the patties in the pan and cover with a lid. Cook until one side is brown, then turn the patties and cook the other side until golden brown. Keep the lid on throughout cooking time so the egg will cook through. Sprinkle with salt and paprika. Serve immediately.

## Rice Pilaf

*Makes 4–6 servings*

What is a pilaf, you may be wondering. It's just a fancy word for rice cooked in broth with vegetables. Mine is a simple recipe for a side dish that pairs nicely with meat or vegetables, so we make this a lot. Leftovers can be mixed with vegetables such as mushrooms, zucchini, asparagus, whatever you have on hand.

2¼ cups chicken or beef broth  
1½ TBS minced, dried onions  
½ finely chopped, medium bell pepper  
2 TBS butter  
½ tsp crushed, dried parsley flakes  
¼ tsp salt  
⅛ tsp black pepper  
1 cup long grain white rice

In a large 2 or 3-quart sauce pan bring the broth, onions, chopped bell pepper, butter and spices to a boil over high heat. Add the rice, sprinkling it evenly across the bottom of the pan. Stir once to make sure it is evenly distributed. Cover with a tight lid and turn the heat to very low. Set a timer for about 20 minutes. *Do not* open the cover during this time. After the 20 minutes cooking time turn the heat off and let the rice stand for 5 minutes. Uncover and fluff with a fork.

If you find that your rice is still chewy after following these directions, try adding another ¼ cup broth to the rice. Set it back on the heat on medium low. Cover and heat for about 5 minutes, then turn off the heat and let it stand for another 5 minutes. That should do the trick. Just be careful that you don't leave it on the heat for too long. At this point it will burn easily.

You may need to adjust the salt in this recipe depending on the broth you buy.

## Spanish Rice

*Makes 4–6 servings*

This side dish is a personal favorite of mine and easy to overdo on. You can make it with or without the hot pork sausage. So yummy served alongside a soft shell taco or all by itself topped with black olives, avocado, sour cream and homemade salsa!

1/2 lb. hot ground pork sausage  
2 TBS minced dried onions  
1/4 cup water  
2 cups cooked rice  
1 TBS olive oil  
6–8 TBS jalapeno tomato sauce  
3/4 tsp chili powder  
1/4 tsp paprika  
1/4 tsp garlic powder  
1/8 tsp salt or to taste  
1/2 tsp crushed red pepper (optional)

In a skillet over medium high heat, brown the pork sausage and drain the excess fat. Add the minced dried onions and water, cover the pan and return to the heat. This will allow the onions to rehydrate, which takes about 2 minutes. Add the cooked rice and all of the other ingredients. Fold all the ingredients together until combined. If the rice you are using is cold, cover the pan and heat it gently over medium low heat, stirring occasionally to keep the rice from sticking. This won't take long so watch it carefully. Serve as a side dish with tacos or taco salad. You can also serve this as a main dish, in which case I use a pound of sausage instead of the half pound.

Regarding jalapeno tomato sauce, choose a variety that is tomato and jalapeno combined in a smooth sauce. Sometimes you can find this under different names such as Mexican tomato sauce. The hot pork sausage, jalapeno sauce and crushed red pepper make this about a medium hot spicy dish. If you prefer mild, use regular sausage, mild sauce and leave out the red pepper.

## Garlic Toast

*Makes about 12 slices*

Here's a quick way to add a side of bread to your meal without baking; pairs nicely with soups, stew and pasta dishes. Reheat it in the microwave for about 10—15 seconds if you end up with leftovers. But I doubt it. This usually flies off the plate at my house.

1/2 cup butter, softened  
1 TBS extra virgin olive oil  
3/4 tsp granulated garlic powder  
1/4 tsp Italian herb seasoning (no salt variety)  
pinch paprika  
gluten free bread

Preheat oven on broil. In a medium bowl, whip all of the ingredients until smooth. Spread the butter generously over sliced gluten free bread. Place the buttered bread on an ungreased baking sheet butter side up. Put the baking sheet on the top rack below the heating element. Watch this carefully! It will brown very quickly. After about 2 minutes, check the bread. It should be toasted and golden brown. Serve immediately.

This amount of butter will cover about 12 slices of bread so keep the rest in a tightly covered container in the refrigerator for the next time.

## Italian Herb Salad Dressing

*Makes 2 cups*

This Italian herb vinaigrette is suitable on any combination of salad vegetables. Use it anywhere you would use an oil and vinegar dressing.

2/3 cup apple cider vinegar

1/3 cup water

1 cup extra virgin olive oil

1 1/2 TBS sugar or honey

1 tsp granulated onion powder

1/2 tsp granulated garlic powder

1/2 tsp Italian herb seasoning (no salt variety)

1/4 tsp salt

1/4 tsp xanthan gum

1/8 tsp black pepper

Measure all ingredients into a bowl and whisk until combined. This dressing does not need to be refrigerated; in fact, it is preferable if you don't chill it, as the olive oil will clump if it gets cold. Here's my super quick prep tip for this one: using an empty 1-quart plastic or glass vinegar bottle with a funnel inserted in the top; measure all of the dry ingredients into the funnel, then add all of the wet ingredients. Cap the bottle and shake hard until ingredients are combined. Super easy and you can mix and store dressing in the same bottle.



## Sour Cream Ranch Dip

*Makes 1 cup*

The perfect dip for raw vegetables or serve it as a topping for baked potatoes.

1 cup sour cream  
1½ tsp crushed, dried parsley flakes  
½ tsp granulated onion powder  
¼ tsp granulated garlic powder  
¼ tsp salt or to taste  
dash black pepper

In a small bowl, whisk all ingredients together until smooth. Serve with all of your favorite raw veggies, baked potatoes, etc. Store leftovers in a tightly covered container in the refrigerator.

## Vegetable Beef Soup

*Makes 4–6 servings*

1 lb. beef stew meat, cubed  
1 TBS olive oil  
2 TBS minced dried onions  
¼ cup water  
2 medium carrots, sliced  
4 potatoes, peeled and cubed  
2 cans (14.5 oz.) beef broth  
salt to taste  
pinch black pepper

In a large 6 or 8-quart stock pot over medium high heat, cook the beef in the olive oil until the meat begins to brown and crisp, about 10 minutes. This will give your soup more flavor. Add the dried onions, water and broth. Cover and bring to a boil over high heat, simmering for about 15 minutes. Add the vegetables and return to a boil over high heat. Cover the pot, reduce heat to medium low and simmer until vegetables and beef are fork tender, about 15–20 minutes. Salt and pepper to taste.

To save extra time, use 1 lb. of frozen stew vegetables instead of the fresh ones.

## Oven Baked Chicken

*Makes 4–6 servings*

Apparently it's become quite popular among working moms to pick up a cooked rotisserie chicken to prepare a quick meal. I'm going to show you how to get the convenience of that option without risking the dreaded gluten contamination. Cooking whole chicken is a breeze, you just have to remember to think ahead a little. I cook this kind of thing on Sunday when I have more time. The prep time is minimal but baking time is 1–2 hours, so this isn't a good choice for an evening when everyone is screaming for dinner the minute you walk in the door.

One whole roasting chicken (about 3.5–4 lbs.)  
1–2 TBS melted butter or olive oil  
¼ tsp granulated garlic powder  
¼ tsp poultry seasoning  
black pepper  
salt

Preheat oven to 375°. Rinse the chicken in cold water and pat dry. Make sure to remove any giblets or extra chicken parts from the body cavity first. You can use these to make broth but I just throw them away. Me wasting stuff? I know, shocking. We just don't like them.

Rub the chicken all over with the melted butter or olive oil. Place it breast side up in a shallow baking pan. I use a 11" x 7" glass baking pan. Sprinkle the chicken generously with granulated garlic powder and poultry seasoning, lightly with black pepper and salt. Cover with foil and place on an oven rack that has been positioned in the middle of the oven.

Bake about 1½–2 hours, removing the foil to brown the skin in the last 30 minutes of baking time. Chicken is done when the thickest parts are fork tender and drumstick meat feels very soft when pressed between fingers. Cooking times will vary depending on the size of the bird.

## Soft Shell Tacos

*Makes 4–6 servings*

Tacos are a go to meal at my house whenever I'm too exhausted to pull anything else together. These are about as easy as it gets. If you already know how to make these, I'm guessing you use a commercially prepared packet of spices. Some of those contain questionable fillers so I spice my own.

1½ lb. ground beef  
3½ tsp chili powder  
1 tsp granulated onion powder  
1 tsp cumin  
½ granulated garlic powder  
¼ tsp salt, or to taste  
⅛ tsp black pepper  
½ cup water

In a large skillet over medium heat, crumble the ground beef and cook until brown. Drain excess fat. Add all of the spices, salt and water. Stir until evenly coated. Turn heat down to low, cover and let cook about 5 more minutes. The spices will absorb the water and you will have a nice, spicy taco meat to serve on corn tortillas.

***Assembling Tacos:*** warm the corn tortillas in a skillet or on a nonstick griddle over medium high heat. You can use a little vegetable oil if you like, particularly if your skillet doesn't have a nonstick surface. Fill warm tortillas with meat, picante sauce or salsa, shredded cheddar cheese, shredded lettuce, sour cream, chopped avocado and sliced black olives. Roll them up and enjoy! The Spanish rice recipe makes a lovely side dish to serve with these.

Use your leftover taco meat for taco salad, on corn chips for macho nachos or reheat and have the soft shell tacos again.

## Chicken Rice Soup

*Makes 4 servings*

My mother used to make chicken soup from scratch and it was quite a lengthy process; boiling the chicken (this took a *long* time), chopping all the vegetables, boning the bird, etc. I've done it that way and it tastes wonderful. But seriously, who has time for that? If you want to do it that way, get a slow cooker. Indispensable for gluten free cooks. But this book isn't about slow cooker recipes. So I'm going to show you the lazy way to do it.

1/3 cup chopped celery (about 1/2 stick)  
1/2 TBS olive oil  
1 TBS minced dried onions  
1/4 cup water  
1 boneless, skinless chicken breast, cubed  
1 medium carrot, sliced  
2 cans (14.5 oz.) chicken broth  
1/4 tsp granulated garlic powder  
1/2 tsp crushed, dried parsley flakes  
1 cup cooked rice  
salt to taste  
pinch black pepper

In a large soup pot, combine the celery, olive oil, water and dried onions. Cook these over medium high heat for about 5 minutes, or until onions have absorbed all the water. Add the cubed chicken breast, cover and cook until meat juice runs clear, which only takes about 5–10 minutes. Add all the other ingredients except the rice. Over high heat, bring soup to a boil. Cook for another 5–10 minutes or until vegetables are tender. Remove from heat, add the cooked rice, salt and pepper to taste.

Remember, I said keep cooked rice on hand? Yup, for this. Leftover rice pilaf works too. You can also use leftover chicken breast and substitute 1 cup of cubed cooked chicken if you have it on hand.

## Grilled Salmon Fillet

*Makes 4 servings*

This is ridiculously easy but so delicious. If I could get away with it all of our meals would be this easy. Pair this with a baked potato and sour cream, or a side of rice pilaf and summer vegetables. Yum!

1—1 ½ lb. salmon fillet  
1 TBS olive oil  
1 TBS lemon juice  
¼ tsp granulated garlic powder  
¼ tsp crushed, dried parsley flakes  
salt and pepper

Preheat the oven to broil. Rinse the salmon fillet in cold water and pat dry. Place the fillet skin side down in a glass baking dish coated with olive oil or sprayed with non-stick cooking spray. I use an 11 "x 7" pan. Drizzle 1 TBS olive oil and 1 TBS lemon juice evenly over the fillet. Sprinkle the garlic powder and crushed parsley evenly over the fillet and then sprinkle lightly with salt and pepper. Place under the broiler. Rack should be positioned about 6" from the baking dish. Broil for 10—15 minutes or until fish flakes with a fork and fish is crispy and golden at the edges.

## Spaghetti & Sauce

*Makes 4–6 servings*

Spaghetti is another one of those go to meals for nights when you're wiped out. Gluten free pasta comes in a variety of shapes and sizes, just like regular pasta; quinoa and corn, just corn, or rice pasta. We've tried them all and for spaghetti we like the corn or corn and quinoa variety. Read your spaghetti sauce labels to find one that is gluten free. You could spice this from scratch but why bother when they've already done it for you?

16 oz. gluten free spaghetti pasta  
1 (24 oz.) can or jar prepared spaghetti sauce  
1 lb. ground beef

In a large stock pot bring about 3 quarts of water to a boil. Add the spaghetti and stir to prevent pasta from clumping. Boil for about 10–12 minutes or as long as the package directions indicate. Stir occasionally to keep pasta from sticking to the bottom of the pot or to itself. You can add about ½ TBS of vegetable oil to the water to help with this. Meanwhile...

In a large skillet, crumble the ground beef and cook over medium high heat until brown. Drain the excess fat. Add the spaghetti sauce, turn the heat to medium, cover and heat until very warm.

When the pasta is done drain the water through a colander placed on the bottom of your kitchen sink. Rinse the spaghetti with warm water to remove the stickiness and drain thoroughly (shaking the colander lightly up and down helps with this). Rice and corn pasta tend to shed a lot of starch while cooking so this is important. Serve with grated Parmesan cheese or shredded cheddar cheese on top if you wish.

## Grilled Chicken Breast

*Makes 4–6 servings*

Nice main dish but also very good as leftovers to add to chicken salad or use in sandwiches. Make extra and you'll have lunch covered for a couple of days. You can grill chicken breasts without marinating them first but the marinade adds extra flavor and juiciness to the meat. Make sure your soy sauce is gluten free, some are not.

4 boneless, skinless chicken breasts (about 2.5 lbs.)  
1/2 cup GF soy sauce  
1/2 cup vegetable oil  
1/2 cup water  
4 TBS lemon juice  
1 TBS sugar  
1 1/2 tsp granulated garlic powder  
1/4 tsp black pepper

Combine all of the ingredients except the chicken breasts in a large bowl and whisk together. Rinse chicken breasts and pat dry. With a sharp knife cut breasts lengthwise into 4 strips, about 1–1 1/2 inch thick. Put the chicken strips in the marinade and stir until all of the strips are coated. Set aside and let them sit for about 10–15 minutes while you prepare the rest of the meal. If you're working from my menu, that would be the rice pilaf and steamed broccoli.

Heat the oven to broil. Place chicken strips on a baking sheet or glass baking pan coated with vegetable oil or sprayed with non-stick baking spray. I use a 15" x 10" glass baking pan to fit all of the strips. Put the pan in the oven under the heating element with a space of about 6" between the heat and the chicken. Grilling in your oven can be tricky so watch them carefully.

Grill the first side about 5–6 minutes then turn the strips over with a fork and grill the other side another 5–6 minutes. Meat is done when tender and when poked with a fork, the juices run clear. Make sure you don't overdo it on the cooking time or your meat will be dry. These grill very quickly.



# Eating Out Gluten Free

Let me just say right from the start, this is not my area of expertise. I do eat out occasionally but certainly not enough to be considered anything more than a novice in this arena. So I went to the experts for advice.

Dining out is stressful for two reasons. First you have to assert yourself and be willing to navigate whatever responses may come up from servers and chefs. Not everyone speaks gluten free, although this is much rarer than it used to be. Second, once you've haggled with the waitress and asked numerous questions, you get your meal and just hope that no one messed up back in the kitchen.

The [National Foundation for Celiac Awareness](#) suggests that you start by calling ahead. Ask if the restaurant is Great Kitchens trained. [Great Kitchens](#) is an online comprehensive training program that prepares food service establishments to meet the needs of the gluten free crowd. If you get an answer in the affirmative, you've hit gold.

If not, the next question to ask would be whether or not the restaurant has a gluten free menu. A restaurant that does not cater to the gluten free population should probably be avoided. Your choice of meals from an establishment such as this would be limited to what looks safe on the menu and lots of questioning to the staff about ingredients, preparation and so forth. Better to start with a meal from a gluten free menu and then ask questions about preparation and the like. In addition to asking if there is a gluten free menu, ask what gluten free meal options are available. Some restaurants will have several while others may only have one or two. If you want variety, you may wish to keep looking.

When looking for a suitable restaurant consider the foods that they primarily purvey. A pasta or pizza restaurant for instance, may not be a good choice. A steak house on the other hand, is likely to have a menu that includes plain meats and vegetables. Narrowing your choices down before you start calling could save you some time and frustration.

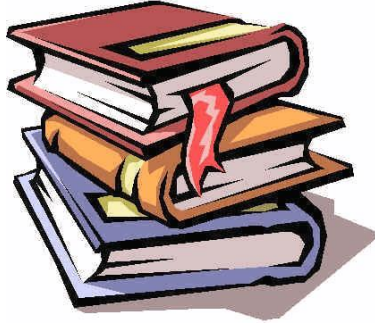
When you arrive at the restaurant, before ordering ask detailed questions. These should include inquiries about ingredients used in preparation; i.e., spice blends or mixes, flour or soy sauce in dressings or sauces, as well as breading on meats. Questions should also include those related to cross contamination. Are separate utensils, bowls, etc., used during preparation, as well as a separate prep space? Are dedicated fryers used and grills cleaned? The more detailed you are, the more likely you are to get a safe meal. If the server doesn't have answers to these questions, ask to speak directly to the chef.

You are more likely to get a positive response to your questions if you first explain your situation. Knowing you have a medical condition that requires strict adherence to a gluten free diet is a clear message that tells staff members you are not just being finicky or difficult. Remember, people are more likely to respond well if you are respectful and sincere. Be polite and friendly but assertive and concise.

When your meal arrives double check to make sure it was prepared as requested. If someone has slipped up and put croutons on your salad or toast on your plate, explain that even a tiny bit of contamination will make you sick. Ask to speak with the manager or chef and request that the meal be prepared again. At this point you might consider making the manager aware of the Great Kitchens program. Be proactive. Advocate for yourself as well as the gluten free

community of which you are now a part. There are also phone apps to help with the eating out challenge. Find them in the [Additional Resources](#) section.

The dining out suggestions presented herein are taken from a handout prepared by the National Foundation for Celiac Awareness. Take it with you if you need memory cues about what to ask. The handout also includes a tear off portion that you may present to establishments detailing the Great Kitchens program. Find it here: [“Dining Out Tips From NFCA”](#)



## Suggested Reading

Find more information about the gluten free diet and life-style by reading these excellent books and reference materials. There are many more available, but these are some of the best.

“Jump Start Your Gluten Free Diet” by Kim Koeller.

Download a free copy here:

[Jump Start Your Gluten Free Diet! Living With Celiac/Coeliac Disease and Gluten Intolerance.](#)

“Gluten Free Diet Guide For Families”, Children’s Digestive Health and Nutrition Foundation.

Download a free copy here:

[Gluten-Free Diet Guide for Families.](#)

“Quick Start Gluten Free Diet Guide for Celiac Disease & Non-Celiac Gluten Sensitivity”, Gluten Intolerance Group.

Download a free copy here:

<http://www.gluten.org/wp-content/uploads/2015/01/QuickStartGuide-Website.pdf>

“3 Tips for Gluten Free Label Reading”, Gluten Intolerance Group.

Download a free copy here:

<http://www.gluten.org/wp-content/uploads/2015/03/Label-reading.pdf>

“Step-by-Step Guide to Reading Gluten Free Labels”, National Foundation for Celiac Awareness

Download a free copy here:

<http://www.beyondceliac.org/SiteData/docs/ReadingLab/f394a38289b39519/Reading%20Labels.pdf>

FREE Printable PDF Guides & Tip Sheets on multiple celiac and gluten free subjects.

Find them here: <http://www.celiaccentral.org/Resources/Printable-Guides/373/>

“Dining Out Tips From NFCA”, National Foundation for Celiac Awareness

Download a free copy here:

<http://www.celiaccentral.org/SiteData/docs/NFCADining/b89fea16d63b622b/NFCA%20Dining%20Tips%20white%20background.pdf>



## Additional Resources

The following links will take you to reliable sources of information for the gluten free lifestyle including dietary guidelines, sample menus, support groups, magazines, recipes, etc. There are many more to be found by googling “gluten free” but these are some of the best.

[Celiac Disease and Gluten-Free Diet Information](#)

[Celiac Disease Foundation](#)

[Celiac Support Association USA](#)

[Canadian Celiac Association](#)

[GlutenFree.com](#)

[Gluten Intolerance Group](#)

[Gluten Free Living](#)

[Gluten Free and More](#)

[National Foundation for Celiac Awareness](#)



## Gluten Free Phone Apps

A reliable gluten free phone app is a godsend! These programs help you find products and brands that are gluten free, many in real-time. Don't leave home without it!

### **Gluten Free Overflow**

ScanAvert

An app that allows you to scan the barcode on food labels for information about gluten free status; and warns you if a food is not safe for consumption.

Find it here: <http://www.scanavert.com/>

### **Gluten Free Food**

by Thomas Benner

Find it here: <https://itunes.apple.com/app/id799242149>

### **Is That Gluten Free?**

by Garden Bay Software

Find it here: <https://itunes.apple.com/us/app/is-that-gluten-free/id324483597?mt=8>

### **iCanEat Fast Food Gluten Free and Allergy Free**

by AllergyFree Passport

Find it here: <https://itunes.apple.com/us/app/icaneat-onthego-gluten-allergen/id325088575?mt=8>

### **Gluten Free Registry XD**

by Gluten Free Registry LLC

Find it here: <https://itunes.apple.com/us/app/gluten-free-registry-xd/id963976042?mt=8>

# Printable Worksheets

For your convenience, all of the printable materials included with this book can be found here:

[Printable Menu Worksheet](#)

[Printable My One Week GF Menu](#)

[Printable Blank One Week GF Menu](#)

[Printable My Master Shopping List](#)

[Printable Blank Master Shopping List](#)

# References

Celiac sprue and gluten sensitivity

<http://www.cureceliacdisease.org/>

GF diet guidelines

<http://www.gikids.org/files/documents/resources/Gluten-FreeDietGuideWeb.pdf>

<http://www.gluten.org/wp-content/uploads/2015/01/QuickStartGuide-Website.pdf>

GF labeling information

<http://www.gluten.org/wp-content/uploads/2015/03/Label-reading.pdf>

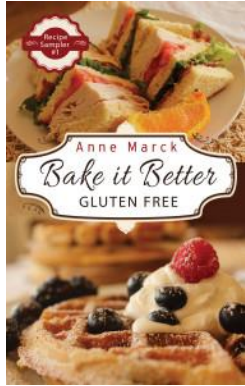
FDA: Q&A Gluten Free Food Labeling

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm362880.htm>

Dining Out Gluten Free

<http://www.celiaccentral.org/diningtips/>

## More Books by Anne



### ["Bake It Better Gluten Free Sampler #1"](#)

Learn how to bake gluten free breads, pizza crust, cookies, cakes and more...foods you thought you couldn't have on your gluten free diet! Using a gluten free all-purpose flour recipe and simple, easy to follow instructions, you can get baked goodies back on your menu. The gluten free all-purpose flour is versatile, economical and easy to prepare; and it can be used to convert your own favorite recipes to gluten free.

Full of beautiful photographs and step by step instructions, plus special Cook's Notes with extra tips, you can't help but be successful. Also provided with many of the recipes are instructions on how to bake egg and dairy free.



### ["Gluten Free Baking 101: How to Make and Use Gluten Free All Purpose Flour"](#)

This 22-page FREE PDF includes my Gluten Free All Purpose Recipe and five starter recipes (including pictures!) using the flour. You'll also learn the best tips and tricks for successful gluten free baking and how to convert your own recipes to gluten free.

This is a great way to start learning the art of gluten free baking.

**Happy Gluten Free Living! ☺**



## About the Author



Anne Marck is an entrepreneur, writer, gluten free baker and mom, although not necessarily in that order. In her spare-time she has homeschooled and raised seven kids and managed three successful businesses; among them a gluten free baking mix company. Her favorite things include entertaining family (translation: cooking and baking for them), reading voraciously, music and chocolate. Yes, in that order. Publishing gluten free recipes has been a life-long dream; the fulfillment of a promise to many people who have requested these recipes for years.

## Dedication

To my seven kids who have tried countless gluten free concoctions over the years without complaint; and to Robert, my tech savvy son, without whose support and encouragement my books would have been just another one of Mom's unfinished projects gathering dust.

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