

Save Room for Dessert: Chocolate Cake, Doughnuts, Halloween Treats & More!

# easy eats

GOOD TO BE GLUTEN FREE

September/October 2011

5 Fast & Easy Meals

Best Gluten-Free  
Sandwich Bread

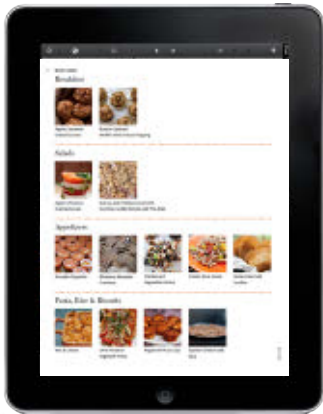
Less Stress,  
More Energy  
in 5 Minutes

Yes, You *Can*  
Have That!

**35 NEW RECIPES**

(ALL WITH PHOTOS AND NUTRITION INFO)

# Enjoy *Easy Eats* to the Fullest with These Easy Tips



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**ON OUR COVER**

Vanilla-Frosted Chocolate Chip Doughnuts from “Silvana’s Kitchen” (get the recipe, page 66).

Photograph by Stephen Scott Gross

Food Styling by Silvana Nardone

Prop Styling by Rose Seamens

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BY SILVANA NARDONE

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# easy eats

GOOD TO BE GLUTEN FREE

## EDITORIAL

Silvana Nardone

**EDITOR-IN-CHIEF**

@SilvanaNardone

Paperwhite Studio

**DESIGN DIRECTION**

@paperwhite\_nyc

Stephen Scott Gross

**PHOTOGRAPHY DIRECTOR**

Barbara Hauley Kempe

**COPY CHIEF**

Betsy Butler

**RESEARCH EDITOR**

Jackie Rothong

**FOOD STYLIST**

Rose Seamens

**PROP STYLIST**

Amy Howard

**EDITORIAL ASSISTANT**

## IN THIS ISSUE

Photography by

Stephen Scott Gross

(except where noted)

## CONTRIBUTING WRITERS

Dan Ahern, Shauna James

Ahern, Brittany Angell,

Elizabeth Barbone,

Jen Cafferty, Julie Dohrman,

Carol Fenster, Amy Green,

J.M. Hirsch, Maggy Keet

## RECIPE TESTERS

Anne Albanese, Jen Bansel,

Joleen Barrett, Alison Bickel,

Mary Blackburn, Dawn

Bloomberg, Joette Boehm,

Michi Dubes, Summar Evans,

Denise Garcia, Megan Glick,

Charlotte Goldberg, Kari

Grogan, Adam Grossberg,

Betty Hernandez, Brian

Knowles, Stacy Lane,

Micheline Lopez, Ashley

Martucci, Barbara Matulich,

Jessica Meadows, Kathleen

Moncrieff, Meredith Morgan,

Jessica Murdock, Penny

Nantell, Renee Nelson,

Kathy Nye, Wendy Reynolds,

Michelle Rossi, Annemarie

Rouleau, Cindy Silverman,

Rhonda Saling, Debi Smith,

Amy Valentine, M.K. Von,

Robin Waddell, Sherron

Watson, Mary Fran Wiley,

Carolyn Will, JoAnn Wilson,

Sarah Zaroubi

## ADVISORY BOARD

Alice Bast

Founder and president,  
National Foundation for  
Celiac Awareness (NFCA)

Susan Blum, MD, MPH

Founder, Blum Center for  
Health; Assistant Clinical  
Professor in the Department  
of Preventive Medicine  
at the Mount Sinai School  
of Medicine

Alice Domar, PhD

Executive Director, Domar  
Center for Mind/Body Health;  
author, *Be Happy Without  
Being Perfect*

Keri Gans, MS, RD, CDN

Author, *The Small  
Change Diet*

Danna Korn

CEO, Sonic Boom Wellness,  
GlutenFreedom and R.O.C.K.  
(Raising Our Celiac Kids);  
author, *Living Gluten-Free for  
Dummies* (2nd edition)

Sarah Rivkin, MS, LAc

Chinese medicine practitioner  
and acupuncturist; integrative  
gynecology instructor at  
Pacific College of Oriental  
Medicine

Stephen Wangen

Chief Medical Officer, IBS  
Treatment Center; author,  
*Healthier Without Wheat*

Donielle Wilson

Executive Director, New York  
Association of Naturopathic  
Doctors (NYANP)

## ADVERTISING & BUSINESS

Amie Valpone

**PUBLISHER &**

**MARKETING DIRECTOR**

Joel Wooten

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**HUMAN RESOURCES DIRECTOR**

Frank Wooten

**DATA & ANALYSIS**

Adam Hegedus

**WEB & TECHNOLOGY**

Laura Rowett

**INTERN, PUBLISHING**

Have a question or comment?

Please contact us at

[info@easyeats.com](mailto:info@easyeats.com).

The information in *Easy Eats* is for entertainment purposes only and is not meant to be a substitute for medical advice and care. Please consult a qualified health-care professional if you have any medical questions or concerns.



*Spend your day with Easy Eats! From morning till night, here are 10 easy tips from this issue.*

- 7:00 A.M. Warm up with some fragrant genmaicha green tea. [Page 17](#)
- 7:15 A.M. Make lunch with your favorite gluten-free bread. [Page 26](#)
- 9:00 A.M. Snack on grapes for a quick immunity boost. [Page 12](#)
- 10:30 A.M. Be inspired by the defining moments of Carol Fenster's life. [Page 30](#)
- 11:00 A.M. Unwind with a mini relaxation. [Page 32](#)
- 4:00 P.M. Do something just for the joy of it, like relaxing with close friends and family. [Page 50](#)
- 6:00 P.M. Pop chicken tenders in the oven for an easy dinner. [Page 92](#)
- 7:30 P.M. Take pleasure in an intensely rich slice of chocolate cake. [Page 94](#)
- 9:00 P.M. Release your mind for a few minutes in goddess pose. [Page 49](#)
- 10:45 P.M. Turn in earlier. You'll fall asleep easier and stay asleep all night. [Page 32](#)

## Time for a Change

Almost five years ago, my now 14-year-old son Isaiah was diagnosed with gluten and dairy intolerance. It turned my world upside down. As a food magazine editor, cookbook author and former bakery owner, I've always communicated best through the language of food. I express my love for my family through everything I put on our table and pack in their lunch boxes. Maybe that's just me, but I still wasn't going to give all that up.

I've learned plenty since those first few years. And it was just a couple of months ago that my almost-5-year-old daughter, Chiara, was given the same diagnosis. I'm more than ready now. The most important lesson I've learned is that anything is possible. I've made it my life's purpose to teach myself how to make my kids' lives just as full — if not more — than anyone else's. And I know for sure that our lives post-diagnoses are richer than ever before.

I started *Easy Eats* magazine to prove that it's good to be gluten free. My intentions all originate from the same place: positivity. Yes, you can eat mac and cheese ([Healthy Choices](#), page 36). Yes, I will make cupcakes for your school birthday party ([Added Value](#), page 20). These days, my answer is always yes, and that can be true for you, too.

*Silvana*

Silvana Nardone  
Editor-in-Chief

Please enjoy our first issue and let me know what you think. Send me questions and comments at [silvana@easyeats.com](mailto:silvana@easyeats.com).



# easy ESS

WHAT'S NEW IN FOOD, HEALTH AND HOME





# SENTENTIALS

Fresh Start / Open Book / Added Value / Treat Yourself / Taste Test





FRESH START

*Ginger-Pear Cake  
with Chocolate Glaze*

**Pear of Kings**

When you think of fall fruits, it's easy to stop at the beloved apple, but don't overlook the elegant, buttery-sweet pear.

—BRITTANY ANGELL





**BUY** Peak season may be from August through October, but you'll find pears year-round because there are so many varieties. Look for pears that are firm to the touch, but not too hard.

**STORE** Keep pears at room temperature. You'll know they're ripe when the skin gives slightly to the touch. When pears are ripe, store them in the fridge for up to a week.

**BEST FOR SNACKING** Comice pears have intense flavor and smoother texture than other varieties, which makes them ideal for your next cheese platter.

**BEST FOR BAKING** Use multi-purpose pear varieties, including Anjou, Bosc, Bartlett and Seckel, which hold their shape under high heat.

**LOCAL STAT** Pears are Oregon's number-one tree fruit crop and the official state fruit.

**FUN FACT** Pears are one of the few fruits that don't ripen on the tree.

**GOOD TO KNOW** Pears are loaded with antioxidants, vitamin C and fiber. They help promote cardiovascular health by lowering cholesterol levels.



## Instant Gratification

10 ways to enjoy pears now.

1. Stir chopped pears into your pancake or waffle batter
2. Roast sliced pears with fennel and top with crumbled bacon
3. Mash baked sweet potatoes and pears with a sprinkle of sugar and cinnamon
4. Toss sliced pears into a spinach salad and crumble on some blue cheese
5. Top rice crackers with ricotta, sliced pears and a drizzle of honey
6. Stir chopped pears into your oatmeal, cottage cheese or Greek yogurt
7. Add chopped pears to chicken salad with walnuts and grapes
8. Top pizza with gouda, arugula, sliced pear and sweet balsamic vinegar
9. Swap pears for apples in your Mom's baked apple recipe
10. Press a sliced pear, brie and spinach panini

## Nature's Pharmacy

Fall produce isn't just delicious — experts believe it can make you feel better, too.



### Apples

Polyphenols help regulate blood sugar, aiding in digestion and lowering cholesterol.



### Beets

Because of their high carbohydrate content, beets can be energy-boosting, especially when eaten raw.



### Broccoli

For as much calcium as a glass of milk and more vitamin C than an orange, eat it raw or very lightly steamed.



### Celery Root

With its therapeutic properties, this veggie is known for its calming benefits, resulting in improved digestion.



### Daikon Radish

These radishes, common in Japanese cooking, are rich in digestive enzymes that help break down proteins and fat.



### Grapes

Red grapes have strong anti-inflammatory, antibacterial and antiviral properties that can keep you healthy.



### Huckleberries

This superberry boasts more antioxidant power than any other fruit or vegetable. It also helps the pancreas digest sugars and starches.



### Leeks

Leeks have a concentration of folate, an important B-complex vitamin that supports cardiovascular health.



### Mushrooms

The only vegetable to provide vitamin D in edible form, along with much-needed minerals, potassium and selenium.



### Passion Fruit

When eaten with the seeds, this fruit is an excellent source of fiber. If eaten before bedtime, it can improve sleep.



### Pomegranate

Low in calories and high in vitamin C, potassium and fiber, this superfruit lowers bad cholesterol while raising good cholesterol.



### Quince

The dried pits of this fruit have long been used in herbal medicine to treat sore throats and coughs. Its antioxidants help reduce stress.



### Radicchio

The dark red color indicates phytochemical properties—beneficial in regulating blood pressure levels.



### Red Cabbage

This leafy vegetable contains significant amounts of polyphenols, providing anti-inflammatory benefits.



### Swiss Chard

Just 1 cup contains 300 percent of the daily value of bone-building vitamin K, along with immune-boosting vitamin A.



### Turnips

This root veggie is high in B vitamins, increasing metabolism and maintaining healthy skin and hair.



# GLUTEN-FREE JOY.



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## Words to Cook By

Besides the 100 mouth-watering recipes, here are some of the tastiest bits from **Laura B. Russell's** new cookbook, *The Gluten-Free Asian Kitchen*.

As you know, gluten can appear in the most unexpected places. Read every label, every time.

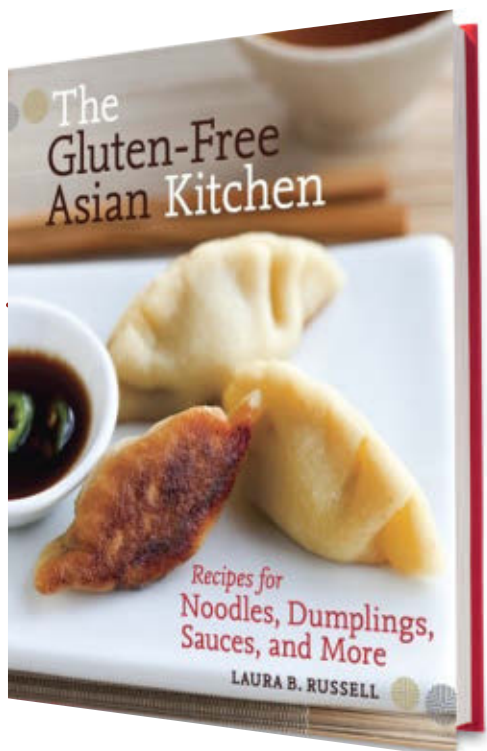
Use your buying power to ask for what you need. At the very least, every single supermarket should carry a gluten-free soy sauce or tamari.

As long as you have a large (preferably 14-inch) frying pan, you do not absolutely need a wok.

Many sources suggest soaking (rice) noodles before boiling them for a more even texture, though I haven't found that step necessary.

The most basic thing to remember about cooking chicken, especially white meat, is not to overcook it.

Many Asian cooks include small bits of pork in a vast array of dishes, and personally I can't think of a better condiment.



I found a way to reintroduce breaded pork or chicken cutlets (to my kids) by coating them with cornflake crumbs instead of the usual panko breadcrumbs.

Although I am generally a very ambitious eater, my taste buds just haven't adapted to many of the classic Asian desserts, often containing things like beans and corn.



## Chicken and Vegetable Yakitori

SERVES 4

PREP TIME 5 MIN

COOK TIME 12 MIN

$\frac{2}{3}$  cup gluten-free teriyaki sauce, plus more for basting  
Zest of 1 orange  
1½ pounds boneless, skinless chicken thighs, cut into 1-inch cubes  
6 green onions, white parts only, cut into ½-inch lengths  
1 green bell pepper, cut into 1-inch pieces  
 $\frac{1}{4}$  pound cremini mushrooms, wiped clean and halved  
2 tablespoons vegetable oil, plus more for oiling the grill  
Salt and pepper







1 In a small bowl, mix together the teriyaki sauce and orange zest. On bamboo skewers that have been soaked in water, thread the chicken, green onion, bell pepper and mushrooms, alternating the chicken and vegetables, leaving a bit of space between each piece. Transfer to a plate. Brush with oil and season with salt and pepper.

2 Preheat the grill to medium. Put some teriyaki sauce in a small bowl for basting. Oil the grill racks to keep the chicken from sticking. Grill the skewers, turning occasionally and basting with teriyaki sauce, until browned and cooked through, about 12 minutes. Serve with the teriyaki-orange dipping sauce.

Adapted with permission from *The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More*. Copyright © 2011 by Laura B. Russell, Ten Speed Press, an imprint of the Crown Publishing Group, Berkeley, CA.

## Where to Eat

Getting good gluten-free Chinese food — or any other Asian food, for that matter — has never been easier. Here are our favorite restaurants across the country.

### JADE BISTRO TEAHOUSE & PATISSERIE

This Portland bistro is famous not only for its tea selection, but for its blend of Vietnamese-Southeast Asian cooking. Don't miss the fried tapioca flour-dusted salt and pepper squid and the chicken udon soup with handmade rice noodles. (7912 SE 13th Ave., Portland, OR; 503-477-8985; [jadeportland.com](http://jadeportland.com))

### LILLI AND LOO

If you love Chinese, this New York City restaurant brings classics like crispy General Tso's chicken and pork dumplings back to the table. And it doesn't stop there: You'll also find your favorite Thai and Japanese dishes, too. (792 Lexington Ave., New York, NY; 212-421-7800; [lilliandloo.com](http://lilliandloo.com))

### IMPERIAL CHINESE

Rated best Chinese restaurant in Denver by Zagat for 13 years, chef Johnny Hsu now offers a gluten-free menu, made up of naturally gluten-free dishes, including sizzling rice soup and grilled salmon with lemongrass. (431 S. Broadway, Denver, CO; 303-698-2800; [imperialchinese.com](http://imperialchinese.com))

### DEL MAR RENDEZVOUS

You'll find wonderfully delicate konnyaku noodles, made from a Japanese root vegetable, in many dishes, like Singapore chow: chicken, shrimp and vegetables in a yellow curry sauce. (1555 Camino Del Mar, #102, Del Mar, CA; 858-755-2669; [delmarrendezvous.com](http://delmarrendezvous.com))

### BETELNUT

This is Asian street food at its best in San Francisco. Local ingredients take center stage next to Asian regional spices. The show-stopper: sea bass cha ca la vong, which is prepared tableside with rice noodles and fresh herbs. (2030 Union St., San Francisco, CA; 415-929-8855; [betelnutrestaurant.com](http://betelnutrestaurant.com))

### CHIANG MAI THAI

One of Minneapolis' top Thai restaurants, don't miss the spicy nam prig ong — pork and roasted tomatoes sautéed in red curry paste — and the shredded fresh ginger-coated fried fish. (3001 Hennepin Ave. S., Minneapolis, MN; 612-827-1606; [chiangmaithai.com](http://chiangmaithai.com))

### P.F. CHANGS

From starters to desserts, this restaurant offers the largest gluten-free menu, and details exactly which ingredients are in their sauces. Go for the classic shrimp in lobster sauce, but save room for the flourless chocolate cake. (*locations nationwide*; [pfchangs.com](http://pfchangs.com))

### PEI WEI ASIAN DINER

You're likely to bump into one of Pei Wei's 23 locations. Standout: the Vietnamese rolls — rice wrappers stuffed with chicken, rice noodles and vegetables seasoned with sweet chile sauce and lime. (*locations nationwide*; [peiwei.com](http://peiwei.com))



## Home Plate

Stock your pantry with these Asian staples and you'll be ready to knock out your next meal faster than you can order takeout.

### 1. Huy Fong Sriracha Hot Sauce

This isn't your average hot sauce. Sun-ripened chilies and garlic are ground until smooth, releasing its distinctive spiciness. ([huyfong.com](http://huyfong.com), \$2.99 for 17 oz.)

### 2. Explore Asian Gluten-Free Black Bean Spaghetti

Made with just black beans and water, this grain-free Chinese pasta cooks to a perfect al dente texture. ([navanfoods.com](http://navanfoods.com); \$4.69 for 7.1 oz.)

### 3. Takara Mirin Gourmet Seasoning Sake

Stir Japan's number-one selling cooking sake into your dishes for a hint of sweetness and a beautiful glaze finish. ([takarasake.com](http://takarasake.com), \$6.25 for 750 ml)

### 4. O Yuzu Rice Vinegar

Yuzu, Japan's sweet-tart citrus fruit, is steeped in barrels with California rice vinegar and aged over time. ([ooliveoil.com](http://ooliveoil.com); \$12 for 6.8 fl. oz.)

### 5. Pacific Natural Foods Organic Vegetarian Pho Soup Starter

Just add vegetables, rice noodles, fresh herbs and a squeeze of lime, and you have a vegetarian Vietnamese noodle soup in minutes. ([pacificfoods.com](http://pacificfoods.com), \$4.29 for 32 fl. oz.)

### 6. San-J Organic Tamari Gluten Free Soy Sauce

Similar, but thicker than regular soy sauce, tamari is made with more soybeans, giving it a richer, more complex flavor. ([san-j.com](http://san-j.com), \$3.69 for 10 fl. oz.)

### 7. Eden Organic Shiro Miso

This small-batch, light golden miso handcrafted in Japan has a delicate sweetness. ([edenfoods.com](http://edenfoods.com); \$10.25 for 12.1 oz.)

### 8. Thai Kitchen Original Pad Thai Take Out Box

Now you can enjoy sweet, tangy pad thai to go in just three easy steps: Add water, heat in the microwave and let steep. ([thaikitchen.com](http://thaikitchen.com); \$3.19 for 5.9 oz.)





### 9. Premier Japan Gluten-Free Organic Teriyaki Sauce

This classic Japanese marinade and barbecue sauce has a nice tang from ginger and just a touch of heat from black pepper. ([edwardandsons.com](http://edwardandsons.com); \$4.99 for 8.5 oz.)

### 10. Thai Taste Sweet Chilli Dipping Sauce

You already know this versatile sauce is great as a marinade. It also makes a great substitute for ketchup. ([thaitaste.us.com](http://thaitaste.us.com); \$6.79 for 15.2 fl. oz.)

### 11. Yakami Orchard Yuzu Marmalade

Sweet-and-sour yuzu and honey make this jam ideal for salad dressings, pan sauces or just plain buttery toast. ([markethallfoods.com](http://markethallfoods.com); \$12 for 10 oz.)

### 12. Domatcha Genmaicha with Matcha Blend

A blend of roasted rice, tencha leaves and matcha gives this green tea its addictively smooth, nutty flavor. ([domatcha.com](http://domatcha.com); \$18.99 for 20 bags)

### 14. Alter Eco Fair Trade Purple Jasmine Rice

This sustainably harvested rice has a fragrant, delicate flavor and striking purple color. ([altereco-usa.com](http://altereco-usa.com); \$4.99 for 1 lb.)

### 13. Feel Good Foods Handmade Asian-Style Pork Dumplings

These tasty, handmade pork dumplings are stuffed with a classic combination of cabbage, ginger, garlic and scallions. Tucked inside the box is the equally delicious dipping sauce. ([feel-good-foods.com](http://feel-good-foods.com); \$7.50 for an 8-count box)

### 15. Taste Nirvana Real Coconut Water with Pulp

The only ingredients in this water are coconut water and crunchy coconut bits. It's so fresh and flavorful—you'll feel like you're drinking it on a lush Thai beach. ([tastenirvana.com](http://tastenirvana.com); \$26.64 for twelve 16.2-fl. oz. cans)







## Sayonara, Gluten. Hello, Genuine Asian Flavors.

Let lucky kitty introduce you to San-J Tamari Gluten Free Soy Sauces made with 100% soy, Asian Cooking Sauces, and Salad Dressings all made with no wheat. They may be certified gluten-free, but they are also rich and delicious. It starts with our traditional brewing process, and ends with the most mouthwatering creations imaginable. Bring home San-J today, and make everyone at your dinner table feel lucky.



**Authentic Taste. Naturally Gluten-Free.**

**Visit us at [www.san-j.com](http://www.san-j.com) for  
gluten free recipe ideas, coupons  
and much more!**



# Leaders of the New School

Step up this year's lunch routine with these fresh takes on old-school favorites. Plus, snacks and desserts to match.

—**J.M. HIRSCH**



ADDED VALUE

TURKEY CLUB

**NEW SCHOOL**

### Turkey Club “Sushi”

Use deli-sliced turkey breast to wrap thinly sliced tomatoes, shredded lettuce, cheese and carrot; cut into maki-size rolls. Dip in your favorite salad dressing.

**SNACK**

**MAKE IT:** Toss leftover steamed broccoli with sesame oil, a sprinkle of salt and a few sesame seeds.

**BUY IT:** Veggie Booty (\$27.94 for a 24-pack of 1-oz. bags; [piratebrands.com](http://piratebrands.com))



**DESSERT**

**MAKE IT:** Dip orange segments in Nutella.

**BUY IT:** Brothers-All-Natural Mandarin Orange Crisps (\$1.92 for a ½-cup bag; [brothersallnatural.com](http://brothersallnatural.com)) and Justin’s Chocolate Hazelnut Butter (\$9.99 for a 10-pack of 1.15-oz. packets; [justinsnutbutter.com](http://justinsnutbutter.com))



CLASSIC BLT

**NEW SCHOOL**

### Lunch Taco Kit

Pack shredded lettuce, tomato wedges, cooked bacon strips and shredded cheese in multiple small containers along with corn tortillas and salsa.

**SNACK**

**MAKE IT:** Toss raw corn kernels with quartered cherry tomatoes, crumbled feta cheese, oil, cider vinegar, salt and pepper.

**BUY IT:** Original A-Maizing Corn Snacks (\$1.78 for a 1.25-oz. bag; [gladcorn.com](http://gladcorn.com))



**DESSERT**

**MAKE IT:** Toss apple slices with lemon juice, cinnamon and maple sugar.

**BUY IT:** Annie’s Homegrown Organic Bunny Fruit Snacks (\$2.99 for a 5-pack of .8-oz. pouches; [annies.com](http://annies.com))



PB&J

**NEW SCHOOL**

### Cold Peanut Noodle Salad

Mix peanut butter with a splash each of soy sauce and rice vinegar. Toss with gluten-free pasta and top with chopped scallions.

**SNACK**

**MAKE IT:** Blend your favorite berry jam with a 3-to-1 ratio of olive oil and balsamic vinegar. Toss with romaine, shredded carrots, raisins and cherry tomatoes.

**BUY IT:** Organic Baby-Cut Peeled Carrots (\$1 for a 2.25-oz. bag; [wildharvestorganic.com](http://wildharvestorganic.com))



**DESSERT**

**MAKE IT:** In a food processor, blend your favorite gluten-free breakfast cereal, peanut butter and jam until smooth and thick. Roll the PB&J truffles into small balls, then coat with confectioners’ sugar.

**BUY IT:** Luna Protein Chocolate Peanut Butter Bar (\$14.95 for a box of 12 bars, [lunabar.com](http://lunabar.com))



## ADDED VALUE

**Pretty in Pink****CUPCAKE** Vanilla cake**TOPPING** Vanilla frosting**BEST CHARACTERISTIC** Versatility**WHO'S YOUR BAKER?** Karina Alrich of [Gluten-Free Goddess](#)**LAST BITE** This cupcake easily adapts to your kid's favorite color or flavor and frosting style is up to you — spread it across the top or pipe away.**Death by Chocolate****CUPCAKE** Chocolate cake**TOPPING** Chocolate frosting**BEST CHARACTERISTIC**

Flavor memory enhancer

**WHO'S YOUR BAKER?**Erin Swing of [The Sensitive Epicure](#)**LAST BITE** This blast-from-the-past, Hostess-style cupcake gives you the same giddy chocolaty sensation you had as a kid. That's worth everything.**Hello, Cupcakes!**

These all-stars will make the grade at your kid's next classroom birthday party. From simple to spectacular, we decode all of the cupcake and topping options. Now, it's up to the kids to decide. —ISAAC GERTMAN



## The Big Apple

**CUPCAKE** Buttermilk cake

**TOPPING** Whipped cream and caramel sauce

**BEST CHARACTERISTIC**

Surprise cinnamon apple filling

**WHO'S YOUR BAKER?** Kelli and Peter Bronski of [No Gluten, No Problem](#) and authors of *Artisanal Gluten-Free Cupcakes: 50 From-Scratch Recipes to Delight Every Cupcake Devotee* (The Experiment, 2011)

**LAST BITE** If you like apple pie, then you'll love these caramel apple pie cupcakes. The caramel sauce sends these treats over the top.

## Go Bananas

**CUPCAKE** Strawberry cake

**TOPPING** Chocolate ganache, whipped cream, chocolate sprinkles, banana and cherries

**BEST CHARACTERISTIC**

Sundae, anyone? Yes, please!

**WHO'S YOUR BAKER?** Elana Amsterdam of [Elana's Pantry](#) and author of *Gluten-Free Cupcakes: 50 Irresistible Recipes Made with Almond and Coconut Flour* (Celestial Arts, 2011)

**LAST BITE** These cupcakes are infinitely customizable, and if you set out bowls with the toppings, the kids will get in on the decorating fun!

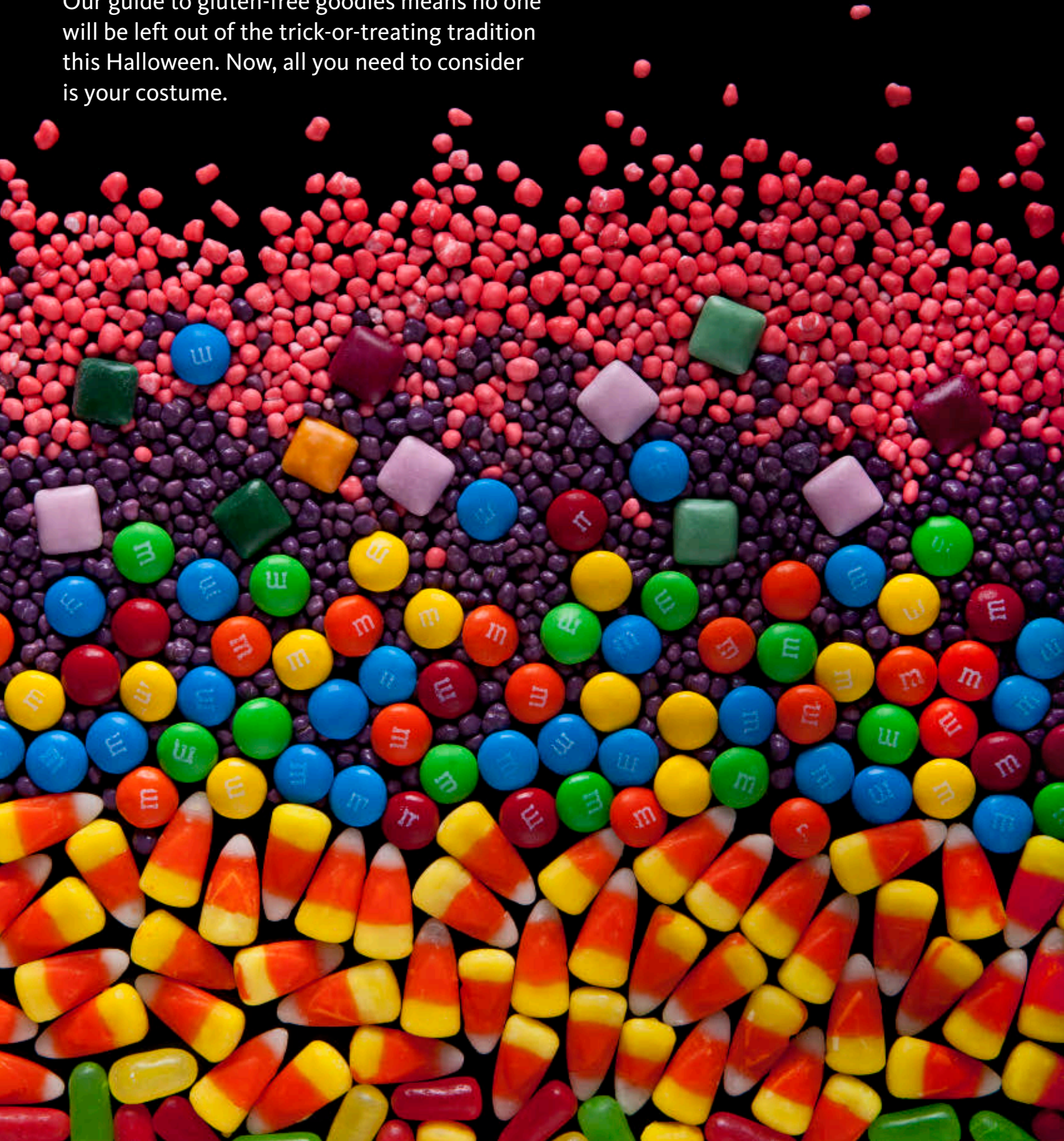




TREAT YOURSELF

## Totally Sweet

Our guide to gluten-free goodies means no one will be left out of the trick-or-treating tradition this Halloween. Now, all you need to consider is your costume.







**Candy Corn**  
Who doesn't recognize this quintessential classic—still one of America's favorite treats. ([farleysandsathers.com](http://farleysandsathers.com), \$7.99 for a 70-count bag)



**Surf Sweets Gummy Worms**  
Gummy worms—all made with organic fruit juice—get in on the spooky fun in both sweet or sour flavors. ([surfsweets.com](http://surfsweets.com), \$1.99 for a 2.75-oz. bag)



**Blow Pops**  
Walk down memory lane with these lollipops. Your kids might love them as much as you. ([tootsie.com](http://tootsie.com), \$3.79 for a 13.2-oz. bag)



**Glee Gum**  
Made with sustainably harvested rainforest chicle, this all-natural gum is one you can feel good about. ([gleegum.com](http://gleegum.com), \$20 for an 80-count bag)

90% of parents admit to sneaking goodies from their kids' trick-or-treat Halloween bags.

SOURCE: National Confectioners Association



**Indie Candy Lollipops**  
Choose chocolate or candy crystal pops. Either way, you'll be eating all-natural, allergen-free treats handmade in Alabama. ([indiecandy.com](http://indiecandy.com), \$1.99 for a lollipop)



**M&M's**  
You can't resist these go-to classic chocolate candies, available in fun Halloween colors. ([mms.com](http://mms.com), \$8.99 for a 50-count bag)



**Peeps**  
Not just for Easter anymore! Now you can enjoy the marshmallow bites in ghost and pumpkin shapes, too. ([marshmallowpeeps.com](http://marshmallowpeeps.com), \$9.99 for a 3-count package)



**Nerds**  
Willy Wonka brings kids of all ages these tiny candies that crunch in your mouth. ([wonka.com](http://wonka.com), \$7.50 for a 50-count bag)



**Yummy Earth Organic Gummy Bears**  
The world's first and only organic gummy bears, these all-natural gummies are made with real fruit juice. ([yummyearth.com](http://yummyearth.com), \$15.98 for a 24-count bag)



**Mike and Ike**  
These childhood favorites come in a rainbow of flavors, including cherry, orange, lime, lemon and strawberry. ([justborn.com](http://justborn.com), \$20 for a 24-count bag)

68% of kids prefer homes that give anything made with chocolate.

SOURCE: National Confectioners Association

TREAT YOURSELF

## Peanut Butter Crunch Cups



MAKES 18

PREP TIME 10 MIN

COOK TIME 5 MIN

½ cup natural creamy peanut butter,  
or almond butter

½ cup confectioners' sugar

½ cup gluten-free crisp rice cereal

4 tablespoons shortening

½ teaspoon salt

2 cups semisweet chocolate chips

Sprinkles, for topping

- 1 Line two 12-cup and one six-cup miniature muffin pans with paper liners. In a medium bowl, using an electric mixer, beat the peanut butter, confectioners' sugar, cereal, 2 tablespoons shortening and salt until smooth.
- 2 In a double boiler over low heat, melt the chocolate chips with the remaining 2 tablespoons shortening until melted. Drop 1 teaspoon of the chocolate mixture into a prepared muffin cup, then 1 teaspoon of the peanut butter mixture and another 1 teaspoon chocolate mixture. Repeat until all cups are full. Top each with sprinkles. Let set, about 15 minutes.

**HAVE A FAVORITE  
WAY TO USE CEREAL  
IN A HALLOWEEN TREAT  
OR HOLIDAY RECIPE?**

Take the Attune Foods recipe challenge for your chance to win prizes, including a \$300 grocery store gift card!

For official rules, visit [attunefoods.com](http://attunefoods.com); begins October 1, 2011.





# INDULGE WITH GLUTEN [and guilt] FREE SNACKING

With more and more gluten-free products being added to grocery store shelves every day, it can be more overwhelming than ever to find great-tasting options that meet your unique dietary needs. In fact, according to the market research group, Packaged Facts, the U.S. market for gluten-free foods and beverages is projected to exceed \$5 billion by 2015.

## SO WHAT'S A GLUTEN-FREE GIRL TO DO? ESPECIALLY WHEN SHE'S SUFFERING FROM A SNACK ATTACK?

Enter riceworks®, a line of whole grain brown rice crisps that are gluten-, cholesterol- and wheat-free; contains no MSG, preservatives or trans fat; and is vegan- and celiac-friendly. What began as a quest by one of the largest rice growers in California to create a unique snack has evolved into one

of the most trusted gluten-free snacks on the market today. These whole grain brown rice crisps have even been praised by the likes of *O, The Oprah Magazine*, *Rachel Ray*, *Real Simple*, and *Health* magazine.



Enjoy riceworks right out of the bag, but for a twist, try your favorite snack at mealtime with these delicious [recipes](#).

Riceworks are available in Sweet Chili, Sea Salt, Salsa Fresca, Tangy BBQ, Parmesan Tomato and Sea

Salt and Black Sesame. They are sold throughout the United States, Canada and Great Britain.

While riceworks fans recognize these whole grain brown rice crisps as “sinfully delicious,” this gluten-free snack still offers guilt-free enjoyment, and is an ideal solution for your daily struggle between good and evil snacking.

In fact, riceworks has recently launched a Facebook app allowing consumers to release their snacking guilt. When consumers visit the riceworks Facebook page, they can confess their snacking sins via Webcam, by uploading a video or submitting text. And don't worry; everyone's snacking sins will be secret – users are able to conceal their identities. With a clear conscience, confessors receive a coupon for \$1 off a bag of riceworks to help stave off the next snack attack.



You can help others confess their snacking sins by sharing your confession with your Facebook friends and Twitter followers, and help spread the word that riceworks®—Tastes Evil, But Isn't™.

For more information, please visit [riceworks.com](http://riceworks.com)

**CONFESS YOUR SNACKING SINS ▶**



TASTE TEST



**BEST  
WHOLE  
GRAIN**



**BEST  
CINNAMON  
RAISIN**



**BEST  
VEGAN**

## Who's the Big Breadwinner?

Loaf to loaf, here's how our gluten-free sandwich bread competition stacked up.

In a blind taste test of sandwich breads flown in from all across the country, the Gluten Intolerance Group of Greater Chicago support group rated more than three dozen loaves. The rules were simple: Each loaf had to be pre-sliced and could not be toasted before sampling. After much debate between group leaders and members, here are the winners. —**JEN CAFFERTY**



**BEST  
SEEDED**



**BEST  
WHITE**



**BEST  
CHALLAH**



**BEST WHITE****Canyon Bakehouse Mountain White**

Taste-testers agreed that this loaf tastes as close to its gluten-full white bread counterpart as they have ever had. “It’d be a definite home run with my kids,” said one tester. The bread’s soft, moist texture was so good that “it doesn’t even need toasting,” explained another. (*dairy free; \$5; [canyonbakehouse.com](http://canyonbakehouse.com)*)

**BEST WHOLE GRAIN****Udi's Whole Grain Bread**

One tester said that they “loved that this bread was healthy for a sandwich” while another gave this loaf a thumbs-up for its “light texture,” especially given its whole grain status. This bread was considered an “easy breakfast option.” (*dairy free; \$5; [udisglutenfree.com](http://udisglutenfree.com)*)

**BEST CINNAMON-RAISIN****Rudi's Cinnamon-Raisin Bread**

“You forget you’re eating gluten-free,” announced one tester, adding that the bread had the “perfect balance of cinnamon and raisins.” Another offered that its hearty texture would “hold up nicely for French toast or in a bread pudding” (*get our [Pumpkin-Raisin Bread Puddings recipe](#)*). (*dairy free; \$5.99; [rudisbakery.com](http://rudisbakery.com)*)

**BEST SEEDED****Whole Foods Market Gluten Free Bakehouse Prairie Bread**

One tester noted that, “there was surely no skimping on seeds in this loaf,” which is packed with pumpkin seeds, sunflower seeds, sesame seeds, flax seed and poppy seeds. Another said that the “super-crunchy” bread tastes great toasted and would also be a good choice for stuffing. (*\$7.99; [wholefoodsmarket.com](http://wholefoodsmarket.com)*)

**BEST CHALLAH****Katz Gluten Free Sliced Challah Bread**

Tasters loved this bread’s “soft and fluffy” texture. Its “delicately simple flavor” gave this loaf a high score for “versatility” and “perfect for kids.” Others loved that you could enjoy the bread “straight from the bag.” (*dairy free; \$5.79; [katzglutenfree.com](http://katzglutenfree.com)*)

**BEST VEGAN****The Sensitive Baker Vegan Oat Loaf**

This “nutty” loaf “satisfies me like a warm bowl of oatmeal,” declared one tester. The blend of oat, brown rice and amaranth flours gives the bread “just the right amount of sweetness.” (*dairy free; \$8; [thesensitivebaker.com](http://thesensitivebaker.com)*)