

easy **LIV**

SAVORING THE SMALL PLEASURES OF LIFE

Beginner's Luck / 5-Minute



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Expert / Have It Your Way / Healthy Choices / Things that Make You Go Om / Party People





Back to the Future

Carol Fenster looks back at the day of her gluten-free diagnosis.

“Don’t eat wheat,” the doctor said. Seemed simple enough.

It was 1988, and I had a demanding corporate career that I loved and a fabulous husband and son I adored. Life was good, except for debilitating sinus infections that required endless rounds of antibiotics and many sick days. A self-confessed “foodie” and avid baker, I proudly ate everything—never suspecting wheat.

Then my doctor performed a blood test that showed IgG antibodies to wheat, but I didn’t

know enough to ask any questions. He didn’t give me a diet to follow and never mentioned gluten or any of the other wheat-related grains, like spelt or barley, that I later learned also made me sick. It would be years before I knew that I was gluten sensitive.

I left the doctor’s office happy to finally have an answer, but my euphoria lasted only until dinner, when I realized that everything I liked to eat had wheat in it. All of this was too ironic for a Nebraska farm girl whose father raised wheat

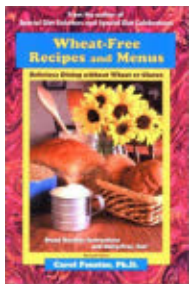
and who married into a wheat-farming family. My father-in-law was not just a Nebraska wheat farmer, but an internationally recognized University of Nebraska professor who specialized in wheat.

For five long years, I didn’t know anyone else who avoided wheat, and I didn’t tell anyone I did because at that time food sensitivities were thought to be “all in your head.” Worse yet, I avoided wheat only when it was convenient, which was not often. After all, wheat put food on the table when I was growing up,

Carol’s Defining Moments

1988

My doctor tells me, “Don’t eat wheat.”



1994

My personal wake-up call to completely avoid gluten, eat healthier and start my first cookbook after finally seeing my gluten-free diagnosis as a blessing.

2000

Bob’s Red Mill asks me to develop a line of gluten-free products.



2003

Realization that I was in a gluten-free business, not just a hobby, with my mission of helping people eat. This year was a tipping point: The FDA was formulating FALCPA, people started knowing what “gluten” was, and the market for gluten-free cookbooks and products was expanding.



FROM LEFT: 1987, my husband Larry and me at a banquet; age 5, riding my tricycle; age 1, on the family farm; 1988, Larry, me and our son, Brett, golfing.

I think one of the saddest things in life is to eat food that is safe but not gratifying. I deserved the same set of choices as everyone else.

paid for my college education and was, after all, a healthy whole grain. In total denial, I was sure the doctor was wrong. Of course, my sinus infections continued, along with a dull, lethargic feeling whenever I ate wheat.

And while I'm not one to play the "if only" game, looking back, if the Internet had existed in 1988, I would have Googled the words "gluten free," found a support group, subscribed to national association newsletters, opened up to others and realized that "no wheat" means

NO WHEAT. I would have been comforted knowing that I wasn't alone: Six percent of Americans are gluten sensitive and one percent has celiac disease. I would have gotten over my denial sooner. It took me six years to admit that I was tired of being sick—and that I had the power to be healthy by eating food that was safe for my body.

If I had found help early on, I wouldn't have had the resolve to quit my corporate job in 1994 so I could spend hours in the kitchen

reformulating my recipes. I was determined to eat my kind of food—upscale, boldly flavored, healthy food with a wide range of ethnic influences from my world travels. I used a trial-and-error approach and made up my own rules as I went along. I had many failures, but I loved eating and wouldn't give up. I also wouldn't have self-published my first cookbook, *Wheat-Free Recipes and Menus*, in 1995 or gone on to write another nine cookbooks. I'm thankful that I never looked back.

2005

Publishers came to me to write gluten-free cookbooks, rather than me going to them.

2007

I developed my famous Breakthrough Ready-to-Bake Yeast Bread (published in *1,000 Gluten-Free Recipes*)

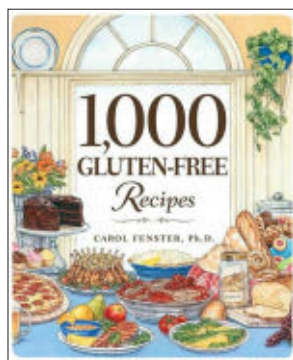


2011

Enjoyed an upscale, five-course, wine-tasting dinner specially designed for gluten-free diners at *Vesta Dipping Grill* in Denver, Colorado, with celebrity chef Matt Selby.

Always

Gratitude to those who bring creativity and imagination to our gluten-free world, moving us from a serious "medical terminology" mentality to a real-world, food-oriented approach.



How Can I Boost Healing?

Feel great fast with these easy healthy-living tips from our experts.

BREATHE EASY

Don't let stress suppress your natural ability to heal. Instead, do a mini relaxation. Start by taking a slow, deep breath, letting your chest and abdomen slowly rise as you inhale, then fall as you exhale. Close your eyes, and as you inhale, **count down slowly to yourself from 10 to zero**. When you get down to zero, slowly open your eyes. —*Alice Domar*

BALANCE YOUR pH

Move from acidic to alkaline and you'll strengthen your body. What's the fastest way to get your pH back in balance so your organs will function more efficiently? Get plenty of exercise and eat lots of fruits and green veggies. —*Danna Korn*

LOOSEN UP

Improve circulation while increasing blood flow to your muscles and brain with a few basic yoga moves. Loosening up your muscles for just five minutes can increase your flexibility, decrease stress and help you feel reenergized. (See page 38 for a complete yoga sequence.) —*Alice Bast*

EAT HALF, TWICE AS OFTEN

Enjoy breakfast, lunch and dinner twice a day without the extra calories. You'll beat fatigue and boost your health by eating half of a regular-sized meal (be sure to include protein) every three to four hours throughout the day. Set your phone alarm to remind you when to eat. —*Donielle Wilson*



CURB YOUR SWEET TOOTH

Improve your gut health by consuming less sugar. Healthy flora in your digestive tract is good for your immune system. Start by removing all gluten-free white flour products and obvious sugar from your diet for three days and pay attention to whether you feel better. Simultaneously, start taking a probiotic supplement or incorporate a cultured food like yogurt into your daily diet. —*Susan Blum*

STRETCH OUT STRESS

Make gradual changes to your daily routine to relieve tension and feel better all day. Good health starts with baby steps. Get on the right track by stretching for just five minutes each day, holding each position for 20 seconds. —*Stephen Wangen*

TURN BACK THE CLOCK

Increase your energy and feel more rested by going to sleep before 11 p.m. According to Chinese medicine, the hours between 11 p.m. and 3 a.m. are a dynamic time. On an earlier sleep schedule, you're likely to fall asleep easier and stay asleep all night. —*Sarah Rivkin*

COLOR YOUR DIET

Spend more time in your supermarket produce aisle. Shop for colorful fruits and veggies, which are naturally rich in immune-boosting antioxidants. For the biggest benefits, eat these foods raw or lightly steamed. —*Keri Gans*

"I NEED TO MAKE AN APPETIZER IN 10 MINUTES!"



When you have a Vitamix® machine on your countertop, you've got more than help in the kitchen. You've got endless possibilities. See amazing video demonstrations, additional recipes (many **gluten free**), and shop for a Vitamix at vitamix.com/ownavitamix.



HAVE IT YOUR WAY

The Proof Is in the Pudding

Jen Cafferty deconstructs a classic bread pudding, complete with allergen-free options. Plus, her foolproof tips for recipe success.

FLAVOR SAVER

Use plain bread in place of the cinnamon-raisin.

TIMESAVER

Soak the bread in the liquid for just 10 minutes. No need for it to sit overnight.

CAVEAT

Use sturdy bread, such as Rudi's—it'll hold up well to all the liquid and won't get mushy.

PORTION CONTROL

Feeding a large crowd? Bake the pudding in a 9-by-13-inch baking pan and serve it family-style.



DAIRY FREE

Replace heavy cream with nondairy coffee creamer, such as Silk or SoDelicious.

BAKER'S PRIDE

For the full effect, make sure the bread edges get crunchy before you remove the pudding from the oven.

LOOKS MATTER

Before serving, shower with confectioners' sugar. It commands attention.

NUT FREE

Leave out the pecans. No one will miss them.

Pumpkin-Raisin Bread Puddings

MAKES 12

PREP TIME 10 MIN

COOK TIME 25 MIN

6 slices gluten-free cinnamon-raisin bread, cut into 1-inch pieces
 1 cup heavy cream or nondairy creamer
 ½ cup canned pumpkin puree
 2 eggs or equivalent egg replacement
 1 teaspoon vanilla extract
 1 cup packed light brown sugar
 1 tablespoon pumpkin pie spice
 ⅛ teaspoon salt
 ½ cup pecan pieces, toasted
 Confectioners' sugar, for sprinkling

- 1 Preheat the oven to 350°. Grease a 12-cup muffin pan.
- 2 Place the bread pieces in a large bowl. Whisk in the cream, pumpkin, eggs, vanilla, brown sugar, pumpkin pie spice and salt. Stir until combined. Pour the mixture over the bread pieces. Let sit until the liquid is absorbed, about 10 minutes.
- 3 Divide the bread pieces evenly among the muffin cups; pour the remaining custard mixture into each cup until about two-thirds full. Bake until the liquid has set, about 25 minutes.
- 4 Using a sieve, sprinkle each cup with confectioners' sugar. Gently run a knife along the edge of each cup to remove.

Return of the Mac

Don't settle for anything that's less than rich, creamy and full of flavor. We've cut calories, fat and cholesterol down to size without giving up any deliciousness. Now you can indulge in one of America's favorite dishes and eat healthier, too. — **AMY GREEN**





Mac & Cheese

SERVES 6

PREP TIME 15 MIN

COOK TIME 35 MIN

- 1 tablespoon olive oil
- 8 ounces gluten-free pasta
- 2 tablespoons unsalted butter
- 2 tablespoons arrowroot starch or cornstarch
- 2 cups 1% milk
- 1 cup shredded sharp yellow cheddar cheese, plus more for sprinkling
- 1 cup shredded swiss cheese
- 1 cup low-fat cottage cheese
- Salt and pepper
- 1 tablespoon dijon mustard

1 Preheat the oven to 350°. Lightly grease a 1½-quart baking dish. Bring a large pot of salted water to a boil over high heat. Add the oil and pasta. Cook, stirring, until the pasta is tender, but not overcooked; drain.

2 In a heavy-bottomed saucepan over medium heat, melt the butter. Add the arrowroot and cook, stirring constantly, until it stops foaming, 2 to 3 minutes. Whisk in the milk, pouring slowly in a steady stream. Continue whisking until smooth and thick enough to coat the back of a spoon. Remove from the heat and stir in the cheeses until melted. Season with salt and pepper, and add the mustard. Stir in the pasta and transfer to the prepared baking dish.

3 Place the dish on a baking sheet and cook until the cheese has started to brown and is bubbly around the edges, about 35 minutes. Let rest for 5 minutes before serving.

THE CHOICE IS YOURS

Make these fast food swaps and you'll be making changes for good.

INSTEAD OF	USE
Whole Milk	1% Milk
White Flour	Arrowroot Starch
Lots of Butter	50% Less Butter
More Cheese	Cheddar and Cottage Cheese Combo
White Bread Crumbs	No Bread Crumbs



THINGS THAT MAKE YOU GO

OM

Can yoga help your digestion? Teacher **Julie Dohrman** invites you to open your mind and body to the possibilities in just 12 poses.

Walk into one of Julie Dohrman's classes and you know you're in good hands. Her positive vibe and accessible style are addicting. But, don't be fooled by her petite frame and sweet smile. This girl's got attitude, and you can feel her intention in her voice and with every pose she carves out in a sequence. She wants to empower you with your breath and your body's innate strength to heal itself. As a certified Anusara Yoga teacher, she's drawn to yoga's therapeutic powers. She's seen peoples' ability to totally transform their well-being. Get ready to twist your way to better digestive health.

Cat/Cow

Benefit: This sequence begins movement of the spine, increases range of motion in the hip joint and encourages blood flow to stiff areas around the hips and lower back.

BREATH-BY-BREATH

1. Start on your hands and knees in a tabletop position. Line up your hands outer shoulder width apart, with the creases of your wrists parallel to the top of your mat, making sure that your knees are just past your hip line. Before moving, find your Ujjayi breath.
2. With your inhales, arch the spine for Cow, allowing your heart, spine and belly to soften toward the floor.
3. Exhale for Cat, bringing the belly and spine arched up toward the sky.
4. Do this for 5 to 10 breaths.



ANUSARA'S 5 UNIVERSAL PRINCIPLES OF ALIGNMENT

OPEN TO GRACE

Breathe deeply, and soften the mind so the body can begin to heal. On the inhales, breathe evenly up all four sides of the body so you feel full from the inside.

MUSCULAR ENERGY

Hug muscle to bone, firming the legs.

INNER SPIRAL

Draw the tops of the thighs back and the sit bones apart to open the pelvic floor, increasing the downward energy of the lower belly.

OUTER SPIRAL

Scoop the tailbone gently, toning the pelvic floor.

ORGANIC ENERGY

Lengthen muscles, increase blood flow and provide space between the joints through an extension of energy.

BENEFIT

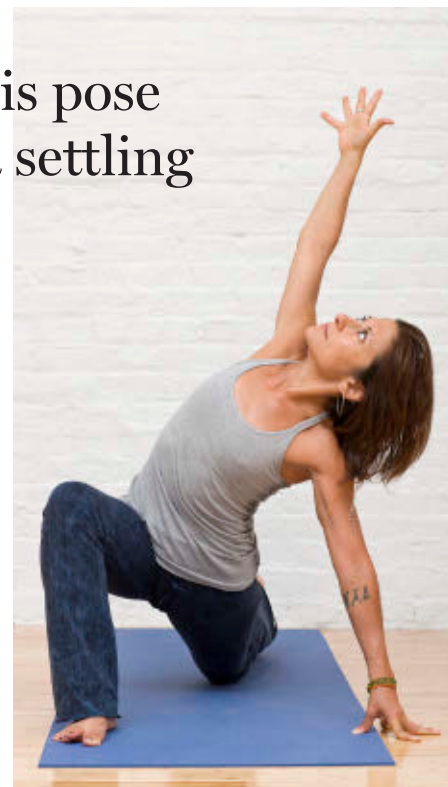
Neutralize your body with a twist. Do this pose anytime you need an energizing lift, or a settling down of anxiety.

Low Lunge (with back knee down)

Benefit: This pose begins to open the larger muscle groups in the body, quads, hamstrings and hip flexors.

BREATH-BY-BREATH

1. From tabletop, step your right foot to the outside of your right hand, and come up to fingertips. Take some deep breaths. Turn your front foot out 5 degrees, keeping the foot rooting through the four corners and let your knee track directly over the third toe. Tuck your back foot under.
2. With your inhales, begin to lift and spread all 10 toes, activating muscle energy in the legs to draw the muscles to the bones. With an exhale, let the pelvis settle with gravity.
3. With the next few inhales, sweep the legs in toward one another, and press the tops of the thigh bones and sit bones back, creating a curve in the lower back and an opening in the pelvic floor. With your exhales add a gentle scooping of the tailbone, creating a tone of the pelvic floor and an engagement of the lower abdominals.
4. Do this for 5 to 10 breaths adding organic extension.
5. Change sides through tabletop.



Low Lunge (with a twist)

BREATH-BY-BREATH

1. From tabletop, step the right foot to the outside of the right hand, and turn the foot out 5 degrees, tracking the knee over the third toe. Tuck your back foot under. Take some breaths in and out. Repeat the actions in the last pose.
2. Stay balanced on your left hand and with an inhale, sweep your right arm up to the sky for a twist. Exhale deeper.
3. Keeping the legs strong, take 3 to 5 breaths, lengthening the torso with breath on the inhales and deepening the twist on the exhales.
4. Return to tabletop with an inhale.
5. Rest in child's pose with the knees wide, if needed, between sides. Repeat on the other side.



Standing Forward Bend

BREATH-BY-BREATH

1. Line up the feet sit-bone-width apart and parallel to each other. Place a block or two under your hands and bend your knees 6 inches, letting some weight fall onto the blocks. Stay grounded in your feet. Take some breaths.
2. With your inhales, lift and spread all 10 toes and firm the legs with muscle energy, keeping the knees bent and tracked over the third toe.
3. Firm the big toe down into the mat and draw up the inseams of the legs beginning inner spiral. Move the tops of the thighs and sit bones back until you feel an opening in the lower back and a softening of the belly.
4. Add outer spiral: Scoop the tailbone gently to tone the pelvic floor and lower belly. Try to straighten your legs, keeping the tops of the thighs back.
5. Take 3 to 5 breaths.

BENEFIT

This pose improves your digestion by putting slight pressure on the belly, giving more space to release downward and resume flow.



Mountain Pose

Benefit: This pose makes it easier to find your breath and builds a connection to confidence and spirit.

BREATH-BY-BREATH

1. Stand with your feet sit-bone-width apart and parallel to each other.
2. Relax your arms by your sides and find Ujjayi breath.
3. With every inhale, feel the sense of healing and well-being that is naturally inside you. As you exhale, let your pelvis and legs settle downward.
4. Take 3 to 5 breaths.

Crescents

Benefit: This movement opens up the side waistline, sides of the abdominals and psoas muscle. Like twisting, they can be neutralizing.

BREATH-BY-BREATH

1. From Mountain Pose, inhale and stretch your arms above your head, clasping your right hand around your left forearm. Exhale to settle the pelvis and get strong and steady.
2. Inhale again. On the exhale, crescent your upper body to the right, keeping your hips balanced over the heels.
3. Inhale to rise to center and switch hands. Inhale in the middle, exhale to crescent to the left.
4. Repeat for 3 to 5 breaths.





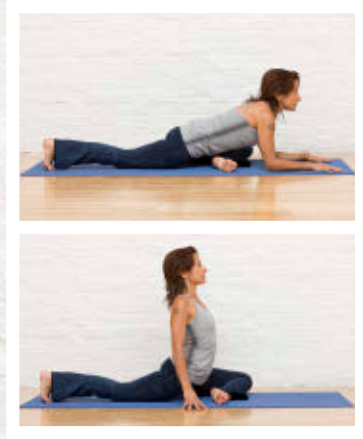
Wide-Legged Forward Bend

BREATH-BY-BREATH

1. Stand with your feet parallel and wide apart, about one legs' length. Rest your hands on your hips. Center your breath, filling up with healing light on the inhales and letting the pelvis and legs settle on the exhales.
2. With the next few inhales, firm the legs by lifting and spreading the toes, drawing muscle energy up the legs to the belly. Begin to press the thighs back and sit bones apart with inner spiral until you feel a release in the pelvic floor and lower back. Add outer spiral by scooping the tailbone, firming the floor of the pelvis and toning the lower belly.
3. From the pelvis, begin to extend energy down through the legs to the floor and bow forward onto fingertips.
4. With each inhale, hug the legs together, sweeping the sit bones back.
5. With every exhale, lengthen and scoop the tailbone down, extending from pelvis to legs to earth.
6. Repeat for 5 breaths.

BENEFIT

This is a great all-in-one pose since the head goes below the heart, calming the mind. The feet are firmly planted, giving you groundedness.



One-Legged Pigeon Pose (with a thigh stretch)

Benefit: This quintessential hip opener frees any lower back stiffness and increases range of motion in the hips.

BREATH-BY-BREATH

1. Line up the front knee wide, toward the edge of the mat, making sure the hips are squared off and the back leg is straight behind you. Tuck the back toes under and engage the legs, resting forward on the forearms. Focus on engaging the knees toward each other to press the sit bones back and apart, creating a widening in the lower back and a release in the belly and pelvis.
2. After a few breaths, come to a more upright position.
3. Bend the back knee and hold the foot, drawing it in close to the hip. Focus here on hugging the knees together, and trying to bring the top of the thigh back to the foot as much as pulling the foot in close.
4. Take 3 to 5 breaths in this position, creating extension downward by scooping the tailbone.



Reclining Hero Pose

Benefit: A deep knee bend, this pose opens the quad muscles, releasing tension in the legs, hips and abdomen.

BREATH-BY-BREATH

1. Begin this pose with a blanket roll. Stand on your knees aligned hip-width apart, and your feet/shins aligned outer hip width apart to keep undue pressure off the knees.
2. Place the blanket roll behind you lengthwise on the mat (this will support your spine as you lay back). Spread your toes and engage your legs, press the tops of the thighs back as you sit on the blanket.
3. Take 3 to 5 breaths.
4. Keeping the legs active and the thighs rooted down toward the floor, walk your hands behind you to balance on your forearms. The stretch will increase to your quads, but as it may also put pressure on your lower back. It's important here to begin to lengthen/scoop your tailbone toward your knees.
5. If you can lay all the way back, move the blanket out from underneath your pelvis to support your spine. Keep the feet and legs active as you take 3 to 5 breaths anywhere along the way to fully reclined.





Seated Spinal Twist

Benefit: This twist encourages proper functioning of the organs, ringing them out and providing fresh blood and fluid.

BREATH-BY-BREATH

1. Sit on the mat with your legs extended in front of you. Sit tall, find your breath and engage the legs. Draw from your feet up toward your pelvis and root the tops of the thighs back, creating a curve in the lower back and opening the pelvic floor.
2. Bend the right knee and place the foot across the extended left leg, placing the foot to the floor. Sit up tall. Breathe to lengthen the sides of the body. Let the pelvis settle.
3. Place the left hand on the right knee, keeping the pelvis level and grounded.
4. Take an inhale and twist the upper body to the right, exhaling deeper into the twist. Continue breathing, focusing on the inhales lifting the inner body and the exhales grounding the pelvis while you twist deeper.
5. Take 3 to 5 breaths.

Squat Pose

Benefit: The wide stance of the feet and legs opens the pelvic floor and increases the energy in the lower belly, while giving some gentle pressure to the abdomen.

BREATH-BY-BREATH

1. Separate the feet almost mat width apart, aligning them parallel to each other. Lift and spread the toes to engage the legs, and begin to bend the knees, aiming to bring the sit bones closer to the floor. If the heels lift, use a blanket underneath the heels so the legs can ground.

2. Place the elbows to the inside of the knees, folding the hands in front of the heart.

3. Hold 3 to 5 breaths.





Goddess Pose (on a blanket roll)

BREATH-BY-BREATH

1. Roll a blanket lengthwise and thick. Place it on the center of the mat aligned with the long edge.
2. Sit with the blanket behind you and place the feet together in bound angle pose, knees out wide. Lay back on the blanket so it supports the spine. Open the arms out to the side, palms facing upward and close your eyes.
3. Stay in this pose for 5 to 10 minutes.

BENEFIT

This pose gently releases the legs in an open position, reviving the whole body and offering a downward flow of energy to the abdominal area.

PARTY PEOPLE.



Food bloggers come together for the season's biggest potluck party.

BY MAGGY KEET

THE MENU

- Frozen Chambord Margaritas
Avocado Gazpacho
Classic Texas Caviar
Spicy Chicken Enchiladas
Lemon Polenta Cake
-



Colleen's Frozen Chambord Margaritas

SERVES 12

PREP TIME 5 min

4 cups cold water
1 can (12 ounces) frozen
limeade concentrate
1½ cups tequila
1 cup Chambord
¾ cup triple sec
1½ tablespoons lime juice

In a large bowl, whisk together all ingredients until completely combined. Divide among 12 six-ounce mason jars, filling each to just below the rim. Cover and freeze until ready to serve. Stir with a fork to break up any large ice chunks.

“I brought frozen Chambord margaritas,” my friend and first potluck guest Colleen announced, holding up a small mason jar of what looked like pink jelly in one hand and a fist full of brightly colored straws in another. “Do you think 70 is enough?” she asked, pointing to an enormous ice chest. Okay, I thought, let the Mexican-themed potluck begin!

We hosted the dinner at my parents' home in Bucks County, Pennsylvania. The table was overflowing with handmade enchiladas, Texas caviar, Mom's famous tastes-like-fried tortillas, gazpacho shooters and fresh peach salsa. By dessert, people were having a blast—passing around raspberry mojito sorbet, espresso brownies, brown-butter crispy rice treats and creamy flan. The best part? Everyone—gluten-free or not—could eat everything. This remarkable meal we created together was a collective eating experience—a real community event—where we could all enjoy the same food from the same table. We basked in the warm glow of summer's setting sun and each other's company until our hearts were as full as our stomachs.

10 Tips for the (Almost) Perfect Potluck

N^o 1 Lay the table and clear the surfaces that will hold the food. Make sure you're prepared to receive food when your guests arrive. The appearance of readiness is everything.

N^o 2 Before guests arrive, preheat the oven for anything that needs to be warmed.

N^o 3 Clear a couple of shelves in the fridge for food that needs to be kept cold.

N^o 4 Delegate all dishes except for the main course — it sets the theme for the evening and anchors the rest of the food.

N^o 5 Create an online sign-up sheet so that you can see who's bringing what. Then you won't end up with 12 salads and one dessert.

N^o 6 We all have *that* friend. Ask anyone who isn't such a great cook to bring cheese, ice cream, bread or drinks.

N^o 7 Don't assign drinks or appetizers to friends who are chronically late. Just in case, though, have a bowl of nuts and a back-up beverage ready to go.

N^o 8 Ask people to bring their own serving utensils just in case you don't have enough ladles, spatulas or salad tongs.

N^o 9 Keep things relatively classy by mixing disposable items with the real deal. For example, use paper plates and cups with cloth napkins and real silverware.

N^o 10 Don't panic. Your party may not be perfect, but no one will go home hungry.





Sally's Avocado Gazpacho

SERVES 8

PREP TIME 15 min (plus chilling)

- 3 large tomatoes (about 2 pounds), cored and chopped
- 1 large cucumber — peeled, seeded and chopped
- 1 large yellow bell pepper, seeded and chopped
- 1/3 cup chopped red onion
- 3 cups tomato juice
- 2 tablespoons sherry or red wine vinegar
- Salt and pepper
- Hot sauce
- 2 cups cooked corn kernels
- 2 avocados, peeled and chopped
- 1/2 cup fresh cilantro, chopped, for garnish
- 2 limes, quartered, for garnish

1. Place the tomatoes, cucumber, bell pepper and onions in a food processor and puree, in batches if necessary, until chunky. Transfer to a large bowl. Stir in the tomato juice and vinegar. Season with salt and pepper; add hot sauce to taste. Stir in the corn and avocado. Refrigerate until chilled completely, about 3 hours.

2. If the soup is too thick, gradually add ice water until it reaches the desired consistency. Season with more salt, pepper and hot sauce if desired. Garnish with the cilantro and lime wedges.





Pam's Classic Texas Caviar

This all-purpose dish will keep for weeks in the fridge. Enjoy it sprinkled over a salad or with chips as a quick weeknight appetizer.

SERVES 8

PREP TIME 10 min (plus chilling)

- 2 cans (15.8 ounces each) black-eyed peas, drained
- 1 can (14.5 ounces) petite diced tomatoes, drained
- 2 jalapeño chiles — stemmed, seeded and finely chopped
- 1 small yellow onion, chopped
- Half of a yellow bell pepper — stemmed, seeded and chopped
- ¼ cup chopped cilantro
- 6 tablespoons red wine vinegar, plus more to taste
- 6 tablespoons olive oil
- 1½ teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- Salt and black pepper

In a medium bowl, mix together all of the ingredients. Season with salt and pepper; cover and refrigerate at least 2 hours. Add more salt, pepper and vinegar before serving if desired.







Pam's Spicy Chicken Enchiladas

SERVES 8

PREP TIME 10 min

COOK TIME 30 min

3 ¼ cups salsa, plus more for serving
4 cups shredded cooked chicken breast
3 cups shredded Monterey Jack cheese
½ cup chopped fresh cilantro
Salt and pepper
16 corn tortillas
Gluten-free nonstick cooking spray
Half of a white onion, thinly sliced
Sour cream, for serving

1. Position a rack in the center of the oven and preheat to 400°. Spread 1 cup salsa over the bottom of a 13-by-9-inch baking dish. In a large bowl, mix the chicken with ¾ cup salsa, 1 ½ cups cheese and ¼ cup cilantro. Season with salt and pepper.

2. Wrap the tortillas in two damp paper towels and microwave on high power until warm and flexible, about 45 seconds. Spoon about ¼ cup chicken filling into a tortilla. Roll into a cylinder and place, seam-side down, in the prepared baking dish. Repeat with the remaining tortillas and filling. Top the enchiladas with the remaining 1 ½ cups salsa and 1 ½ cups cheese. Coat a sheet of heavy-duty foil with cooking spray; cover the baking dish with the foil, spray-side down. Bake until heated through, about 30 minutes.

3. Remove foil; sprinkle the enchiladas with onion slices and the remaining ¼ cup cilantro. Let stand for a few minutes, then serve with sour cream and more salsa.



What's the Big Summer Potluck?

WHO The event is hosted by @ThreeManyCooks (Pam Anderson, Sharon Anderson and Maggy Keet) and @ivoryhut (Erika Pineda).

WHAT An annual weekend gathering of food bloggers and writers from across the U.S. and Canada.

WHERE Bucks County, Pennsylvania

WHEN For information about next year's potluck, check out bigsummerpotluck.com.

NEW BOOK! Look for Pam Anderson's *Cook without a Book, Meatless Meals: Recipes and Techniques for Part-Time and Full-Time Vegetarians* (Rodale Books, 2011).





Stephanie's Lemon Polenta Cake

MAKES One 8-inch cake

PREP TIME 12 min

COOK TIME 45 min

- ¾ cup plus 2 tablespoons finely ground polenta
- ½ cup sorghum flour
- ⅓ cup white rice flour
- ¼ cup tapioca flour
- ¼ teaspoon salt
- ¼ teaspoon xanthan gum
- 2 teaspoons baking powder
- 1 cup vegetable oil
- 3 tablespoons unsweetened applesauce
- 1 cup confectioners' sugar
- Zest and juice of 3 lemons
- 4 eggs or equivalent egg replacement, at room temperature

1. Preheat the oven to 325°. Grease an 8-inch square baking pan. In a large bowl, whisk together the polenta, sorghum flour, white rice flour, tapioca flour, salt, xanthan gum and baking powder. In the bowl of a standing mixer fitted with a paddle attachment, blend the oil, applesauce and sugar until smooth, about 1 minute. Stir in the lemon zest and juice. Add one egg at a time, mixing for 10 seconds between each addition. Slowly add the polenta mixture until just combined.

2. Pour the batter into the prepared baking pan and bake until the top is golden and a toothpick inserted into the center comes out clean, 40 to 45 minutes. Let the cake cool for at least 10 minutes before slicing.



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