

SAY "YES" TO THE DRESS Your gluten-free wedding planner

# easy eats

GOOD TO BE GLUTEN FREE

May / June 2012

## THE Paleo Diet

*Is it right for you? Robb Wolf thinks so.*



BONUS!

120

PALEO RECIPES  
TO MAKE  
ALL MONTH

**SAVE ROOM FOR DESSERT!**

Sticky buns, chocolate chip cookies, strawberry pie & more

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



**Find a recipe fast.**  
Click on the Recipe Index and tap any photo to go right to the recipe.



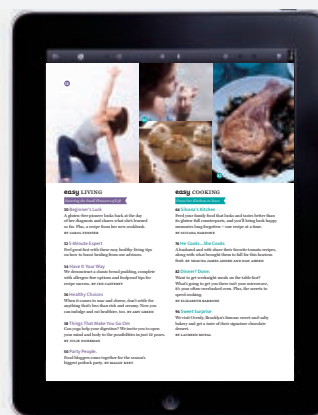
**Interact with editors and writers.**  
Click on the Masthead or a story's byline to go beyond the story and get to know editors and writers through their blogs and Twitter feeds.

**Get more out of the magazine.**  
Tap on these interactive buttons throughout the issue to get a recipe, nutritional info and story extras.



**Customize your reading experience.**  
Zoom in and out to adjust font size, and to enter full-screen mode.

**Clip, email and print your favorite things.**  
Click on download or print to save your favorite stories and recipes for easy reference.



**Read the story you want instantly.**  
Click on the Story Index and tap any photo or headline to go right to the article.

**Share stuff with your friends.**  
Share content through Facebook and Twitter.



**Connect instantly.**  
Every website URL is live. Just click to visit a website or blog, and to shop for a product.

## easy ESSENTIALS

*What's New in Food, Health and Home*

### 14 Fresh Start

Perk up your early summer menu with colorful, aromatic bell peppers.

BY AMY HOWARD

### 20 Natural Beauty

Pamper yourself with eight fantastic products, each less than 10 bucks.

BY JACQUELINE RAPOSO

### 22 5-Minute Expert

How do you keep up your energy level when leading a busy life? Our experts weigh in.

### 25 Treat Yourself

Grow your own herbs! Then use them to make sangria.

BY AMY HOWARD

### 28 Open Book

Allyson Kramer shares some of the tastiest bits from her cookbook *Great Gluten-Free Vegan Eats*.

BY SILVANA NARDONE

### 31 Taste Test

We taste-tested dozens of salad dressings to find the best bottle in every category.

BY JACQUELINE RAPOSO



## easy LIVING

*Savoring the Small Pleasures of Life*



### 52 Have It Your Way

We put a new spin on strawberry icebox pie and show you how to make it your own. BY AMY GREEN

### 54 Healthy Choices

Mango-bean salad and tortilla chips make an awesome snack, appetizer or light dinner.

BY JEN CAFFERTY



### 56 Should You Go Paleo?

Try it for 30 days, using Robb Wolf's tools and tips and our menu calendar. BY BRITTANY ANGELL

### 72 I do.

A determined bride refuses to let her dietary restrictions limit her on her wedding day.

BY AMY HOWARD





**86 Silvana's Kitchen**

Family memories inspire four recipes dedicated to moms and dads.

BY SILVANA NARDONE

**98 The New Standbys**

Six experts share their best recipes for classic dishes you'll make again and again. BY JACQUELINE RAPOSO

**120 Sweet Surprise**

Chris Gumke of New Cascadia Traditional bakery in Portland, Oregon, shares his recipe for sticky buns. BY JACQUELINE RAPOSO



# Gluten-free, Goodness Loaded

Rudi's Gluten-free Bakery bread is certified  but very worthy of your ♥. Each delicious slice has real fresh-bread taste to make the whole  happy, bring a  to your day and add  to your life.

## Pizza Crust



## Buns & Rolls

## Breads



All-natural ingredients. ♥ No artificial ingredients or preservatives.  
Soy and dairy free. ♥ Soft delicious texture.

  
**Rudi's**  
gluten-free bakery

[www.rudisglutenfreebakery.com](http://www.rudisglutenfreebakery.com)  [rudisglutenfreebakery](https://www.facebook.com/rudisglutenfreebakery)

Certified  
  
Gluten-Free





## LIVING AND LEARNING

Back when I was a bakery owner and Italian food writer, I never would have thought in a million years I'd be cooking gluten-free for my family — let alone people everywhere. It all started with a casual conversation with my friend Doe about Isaiah's diagnosis and how I had to rethink most of the recipes in my repertoire. She suggested that I write a gluten-free, dairy-free cookbook. "You know," she said, "you could really help a lot of people with your recipes." That's all it took, and my life has been full of surprises ever since. That was five years ago.

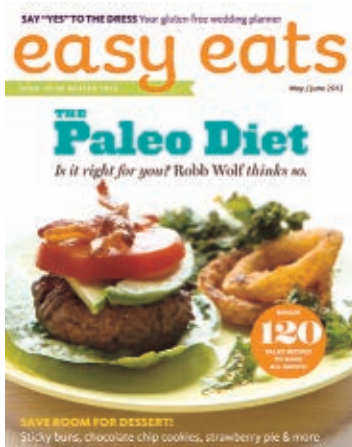
Since then so much has changed, not just for me, but within the gluten-free community. What I've found most compelling goes beyond my kitchen. So many people have written me about other dietary issues they have. Each one of us has such individual needs: Some also need to be dairy-free, refined sugar-free, grain-free and so much more, which has led me to the Paleo diet, a lifestyle free from all of these foods.

The possible health benefits of following the Paleo diet include increased energy, reduced inflammation and improved sleep. To learn the basics, we went straight to the source—Robb Wolf, bestselling author of *The Paleo Solution*. Plus, we gathered more than a month's worth of recipes from bloggers across the country so you can see for yourself if the Paleo diet is right for your body. As for me, I've always been a big believer in eating whatever makes you feel good. Sometimes, just slowing down and listening to our bodies can be just what we need.

*Silvana*

Silvana Nardone  
Editor-in-Chief

Send me questions  
and comments at  
[silvana@easyeats.com](mailto:silvana@easyeats.com)



### ON THE COVER

Bacon Burgers, Grain-Free Onion Rings and Ranch Kale Chips from "Should You Go Paleo?" (Get the recipes, page 47). Photograph by Stephen Scott Gross. Food styling by Joyce Sangirardi.



## 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 [www.san-j.com](http://www.san-j.com) for recipe ideas and coupons





# 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

**EXECUTIVE EDITOR**

Betsy Butler

**RESEARCH EDITOR**

Joyce Sangirardi

**FOOD STYLIST**

Amy Howard,

Jacqueline Raposo

**EDITORIAL ASSISTANTS**

Shannon Rosell

**INTERN**

## IN THIS ISSUE

Photography by

Stephen Scott Gross

(except where noted)

## CONTRIBUTING WRITERS

Brittany Angell, Jen Cafferty,

Amy Green

## RECIPE TESTERS

Tamara Anderson, Amanda

Barcus, Hazel Clements,

Patricia Conte, Porscha

Doucette, Heidi Franke,

Becky Gibbert, Joyce Hendley,

Betty Hernandez, Tami

Heyse, Maryann Jordan,

Caitlin Leyden, Erin Morris,

Angelynn Nakaguchi,

Connie Ortiz, Karna Pennings,

Susan Prynne, Jenni Schneider,

Marla Simon, Karen Taylor,

Matt Thomas, Mary Wikle

## 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

**BUSINESS MANAGER**

Ellen Spiller

**HUMAN RESOURCES DIRECTOR**

Frank Wooten

**DATA & ANALYSIS**

Adam Hegedus

**WEB & TECHNOLOGY**

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.



# Satisfy your appetite for *Easy Eats*.

We'll keep you updated on the latest  
events, delicious recipes and more!

 Facebook

 Twitter

 [easyeats.com](http://easyeats.com)





SAY ANYTHING

EMAIL

Could you substitute the potato starch in your flour blend for something else? My son has intolerances to soy, olive oil, potato, wheat and dairy. —Cristina

Sure! You can substitute sorghum flour for potato starch in most gluten-free all-purpose flour blends, or try a combination of sweet rice flour, sorghum flour, and cornstarch. Hope that helps!



Is there a mistake in the nutrition information for the Lentils with Butternut Squash and Kale recipe in the March/April issue? The breakdown listed is mathematically impossible. —Marjorie

Yes. The nutritional information for red lentils in our nutrition database was originally both inaccurate and incomplete. We have now fixed the problem. Thank you for pointing it out!

I know that you often highlight GF-friendly restaurants, so I wanted to share two of my Brooklyn faves, Fabiane's, which has crazy French pastries, and



Cochinita, the only totally gluten-free spot I know about in Brooklyn. Delicious tacos! —Carolyn

This is my first issue of the magazine and I love it! I think this is one of the best gluten- and dairy-free recipe publications out there! I'm looking forward to many more. —Margie Malloy, M.D.

FACEBOOK

I'm in the midst of selling Girl Scout cookies with my troop, and I can't wait to make these GF Girl Scout-type cookies for my family, who miss being able to eat the cookies we sell. —Elaine Maahs MARCH 10

When I got the latest issue with the Samoa look-alikes on the cover, my jaw dropped! My favorite cookie, now back within my grasp! I started getting *Easy Eats* before I even knew I had a gluten problem, because it had easy, healthy recipes, and now I'm even more thankful to have it. —Christy Withrow Perkins MARCH 12

Gluten-Free WHENEVER BARS

Pamela's moist and chewy bars made with whole grains, omega-3's and 100% free of wheat, gluten or artificial additives.

Enjoy Pamela's — whenever and wherever.





You read my mind! I've been craving fajitas and tacos. Corn tortillas are OK, but not as flexible. Thanks so much!

—Cynnara Tregarth

MARCH 24

OMG! Ever since I was diagnosed with non-celiac gluten sensitivity, I've been on a search of good meals that will satisfy me and those who aren't. This looks fantastic!

—Cynnara Tregarth

Looks amazing! I just ordered a subscription last week. Now I just need to find time to curl up with it on my iPad. —Jennifer Perillo

MARCH 24

**TWITTER**

@easyeatsmag Of course! LOVE your #GlutenFree Magazine! It is just the BEST! —@theblendergirl

@easyeatsmag addresses the coffee and cross-reactivity issue:

<http://ht.ly/avA9x> #gluten

—@CeliacAwareness

@easyeatsmag I like the Endangered Species chocolate.

May not be GF, but I've never reacted to it. As well, it's cane sugar/corn syrup free!

—@daniellemedade

In one of my "baking moods" this weekend! Just made

@easyeatsmag Banana Oatmeal Muffins with Streusel Topping.

<http://bit.ly/y0ShzK>

@CandiceRose90

Have you subscribed to @easyeatsmag yet? If not, you should! Easy Eats is a beautiful, digital #GF magazine.

—@ATXglutenfree

@easyeatsmag love your list! thx for the tweet! :) —@CeliacChick

RING THE ALARM. @easyeatsmag just got @autumnmakes on board.

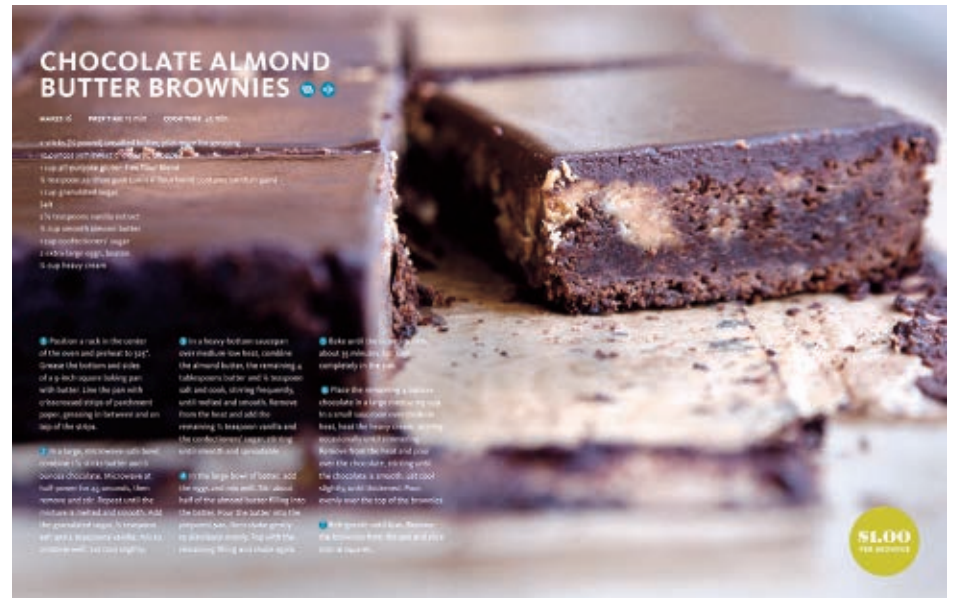
#gamechanger. —@ohrohin

We are loving this homemade tortilla how-to from @EasyEatsMag! <http://ow.ly/9JU4K> Now if someone would just cook us lunch... —@GlutenTox

Can't stop looking at the new @easyeatsmag cover. DIY Girl Scout Cookies...nom. <http://www.easyeats.com/> #glutenfree #gfree —@CeliacAwareness

Have you seen the most recent @easyeatsmag? So beautiful! Come see my article on the Essential GF Pantry. Almond butter brownies anyone? —@GFShoestring

@easyeatsmag Speaking of yum... How about the latest cover the magazine? Gorgeous! —@peterbronski





# easy ESS

WHAT'S NEW IN FOOD, HEALTH AND HOME

Fresh Start / Natural Beauty /



# SENTIALS

5-Minute Expert / Treat Yourself / Open Book / Taste Test







FRESH START

## Saved by the Bell

Is your early summer menu getting a little boring? Perk things up with these colorful, aromatic and crunchy bell peppers.

—AMY HOWARD

# Italian Sausage and Rice-Stuffed Peppers

RECIPE





© 2012 Kellogg NA Co.

# Start Simple

Start your family off right with the simple whole grain goodness of Kellogg's® Rice Krispies® Gluten Free cereal. From seed to spoon, it's made with simple ingredients, simply prepared, plus vitamins and minerals your body needs. Find out more at [RiceKrispies.com/glutenfree](http://RiceKrispies.com/glutenfree).

Start Right™



*Brown Rice.  
Sugar.  
Salt.*

# Kellogg's

**BUY** Green is the most common color of bell peppers, but they can also be red, yellow or orange. Look for firm, shiny, wrinkle-free peppers with a fresh-looking green stem.

**STORE** Keep unwashed peppers in a plastic bag in the refrigerator for up to a week. Sliced peppers can be frozen and used for stir-fries, sauces or other dishes.

**PREPARE** Wash and dry the pepper right before using it. Slice it by holding the pepper upright on the cutting board and, using a sharp knife, cut off all four sides. Slice or chop the side pieces and discard the center portion containing the stem and seeds.

**HISTORY** Christopher Columbus named the pepper when he and other Spanish explorers mistook it for the (unrelated) peppercorn plant that produces the spice black pepper.

**FUN FACT** The bell pepper, though treated culinarily as a vegetable, is botanically considered a fruit.

**GOOD TO KNOW** All bell peppers are rich in vitamin C, with red ones containing more than twice the amount that green peppers do.



## Instant Gratification

10 ways to enjoy bell peppers now.

1. Stuff **chicken breasts** with chopped bell peppers and goat cheese. Bake for 20 to 25 minutes.
2. Toss bell peppers, red onions and tomatoes with **chunks of gluten-free bread**. Dress with olive oil and balsamic vinegar.
3. Dice a bell pepper and throw it into your **favorite meatloaf** recipe.
4. Cut bell peppers into broad slices and use to **scoop up hummus**.
5. Cook chopped bell pepper and **zucchini slices** with olive oil just until softened. Drizzle with balsamic vinegar and season with salt and pepper.
6. Layer bell pepper slices, a fried egg and pepper-jack cheese on gluten-free english muffins for **Tex-Mex breakfast pizza**.
7. Broil sliced bell peppers **until blackened**. Place in a paper bag until cooled, then remove the skin.
8. Arrange pieces of pepper, onion and pork on **skewers and grill**. Brush with olive oil and season with salt and pepper.
9. Pile cooked **sausage links with onion** and red bell pepper slices onto gluten-free hot dog rolls.
10. Top **gluten-free pasta** with bell pepper slices, grilled chopped chicken and garlic-wine sauce.



# If you love someone with food allergies...

**...become a  
member of the  
Food Allergy  
& Anaphylaxis  
Network**

Your membership  
directly supports  
our awareness,  
advocacy,  
education, and  
research efforts on  
behalf of all those  
with food allergies  
and anaphylaxis.

**Together, we will  
make a difference.**



[www.foodallergy.org](http://www.foodallergy.org) •



The trusted source for food allergies  
The Food Allergy & Anaphylaxis Network



## Nature's Pharmacy

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



### Cantaloupe

Sometimes called muskmelon, it's an excellent source of B complex vitamins and fiber, which support metabolism and blood sugar stability.



### Cherries

Studies have linked the immune system-boosting antioxidants and other nutrients in this superfruit to reducing the pain of arthritis and gout.



### Corn

A sure sign of summer, this cookout fave packs almost 5 grams of fiber per cup — great for supporting a healthy digestive track.



### Garlic

It's good for more than repelling vampires. Garlic provides vitamin B6, which can help lower cholesterol levels and reduce plaque buildup.



### Honeydew

The sweetest of melons is rich in vitamin C and folic acid. Plus, the high water content will help keep you hydrated.



### Key Limes

Smaller, seedier and more sour than regular limes, one of these contains 32 percent of your daily vitamin C.



### Lima Beans

A quarter-cup serving delivers 10 grams each of protein and fiber, which will fill you up and keep you going.



### Lychee

In addition to vitamin C, the native Asian fruit is a good source of copper, important for red blood cell production.



### Nectarines

The electrolyte sodium contained in the early summer stone fruit aids in maintaining your water level balance on a hot day.



### Okra

This nutritional powerhouse offers high levels of vitamin C, an antioxidant and anti-inflammatory, which can help lessen asthma symptoms.



### Raspberries

Vitamins C, A, B complex, K and essential minerals are all present in these beloved berries, aiding in digestion and boosting immunity.



### Sapodilla

This fruit looks kind of like a potato and is rich in dietary fiber and tannins, which may be useful in preventing gastrointestinal problems.



### Sorrel

Toss this leafy green into soup or sauce to add color, tanginess and extra vitamin A and C. An adult serving is about 10 leaves.



### Strawberries

With more vitamin C per serving than oranges, these sweet standbys may be helpful in lowering the risk of gastrointestinal cancers.



### Tomatillos

One cup of the Tex-Mex staple contains 15 percent of the suggested daily intake of vitamin A, which promotes skin, teeth and eye health.



### Zucchini

A cup contains more than 200 milligrams of potassium, a heart-friendly electrolyte that may help reduce blood pressure.





# FREE!

## Not Just Gluten-Free... Also Free of the 8 Most Common Allergens.

At Enjoy Life, our mission is producing great-tasting foods that are safe for the whole family to enjoy.

**55¢ OFF** any Enjoy Life product



Gluten-free you can **Trust**   
...Taste you will **Love!**


**75¢ OFF** any 4oz bag of **Plentils**




**OUR PRODUCTS ARE FREE OF:**

- ✓ wheat
- ✓ dairy
- ✓ peanuts
- ✓ tree nuts
- ✓ egg
- ✓ soy
- ✓ fish
- ✓ shellfish

Made in a dedicated nut and gluten free facility.

 [www.enjoylifefoods.com](http://www.enjoylifefoods.com)

 [twitter.com/elfceo](https://twitter.com/elfceo)

 [facebook.com/enjoylifefoods](https://facebook.com/enjoylifefoods)

## Fabulous Finds Under \$10

Combing the pharmacy for beauty products without gluten ingredients can add loads of time to an already-busy day. We've pounded the pavement to find eight easy-to-find picks to keep you clean, cool and fresh.

Bonus: They're also easy on the wallet.

—JACQUELINE RAPOSO



### YES TO CUCUMBERS HYPOALLERGENIC FACIAL TOWELETTES

Loaded with green super-foods including broccoli, spinach, and green tea extract, these hypoallergenic facial towelettes remove makeup and dirt and leave skin feeling smooth and clean. (\$5.99, [yestocarrots.com](http://yestocarrots.com))



### NEUTROGENA SKIN CLEARING BLEMISH CONCEALER

This easy to apply sponge-tip concealer provides natural coverage while fighting blemishes in an oil-free formula.

(\$9.99, [neutrogena.com](http://neutrogena.com))

### ALBA BOTANICA CREAM SHAVE

This soap-free moisturizing cream shave blends botanicals including calendula, aloe vera, green tea, coconut oil and vitamin E to protect against dryness.

(\$6.99, [albotanica.com](http://albotanica.com))







### L'OREAL VOLUMINOUS MASCARA IN CARBON BLACK

This classic black mascara lengthens and thickens lashes and provides rich, bold color in a clump-free formula suitable for sensitive eyes. (\$7.25, [lorealparisusa.com](http://lorealparisusa.com))



### BURT'S BEES EXTRA ENERGIZING CITRUS & GINGER ROOT BODY WASH

Awaken your skin with essential citrus oils and ginger root in a plant-based formula that leaves the body feeling soft and refreshingly clean. (\$8.00, [burtsbees.com](http://burtsbees.com))



### GARNIER FRUCTIS PURE CLEAN SMOOTHING CREAM

This lightweight cream provides 24-hour all-natural frizz control with a non-greasy formula. (\$4.00, [garnierusa.com](http://garnierusa.com))



### KISS MY FACE LAVENDER DEODORANT

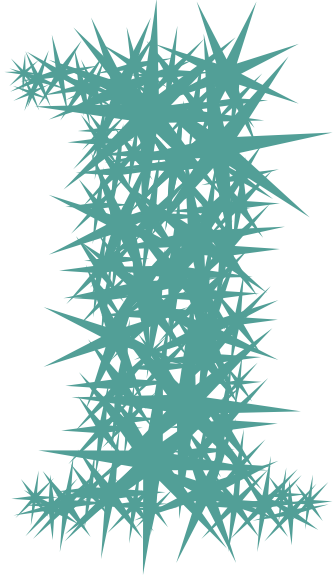
This fragrance-free deodorant is biodegradable and contains time-tested botanicals to keep you fresh and cool all summer long. (\$5.99, [kissmyface.com](http://kissmyface.com))



### TOM'S OF MAINE SIMPLY WHITE CLEAN MINT FLUORIDE TOOTHPASTE

This all-natural non-bleach formula cleans teeth while whitening using naturally sourced ingredients and a fresh mint taste. (\$4.99, [tomsofmainestore.com](http://tomsofmainestore.com))

## How do you keep up your energy level when leading a busy life?

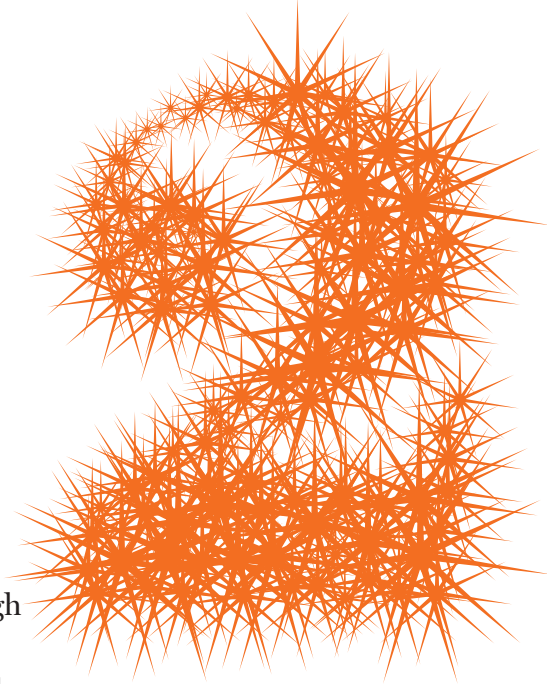


### EYES ON THE PRIZE

Set high expectations for yourself, maintain a good attitude and stop making excuses. Yes, you're busy, but you can — and will — get it done. Focus on the light at the end of the tunnel. Plow through the busy times so you'll get a well-deserved break at the end. Don't waste the time being overwhelmed and losing faith in yourself. Rise to the occasion. You *do* have it in you.  
—*Danna Korn*

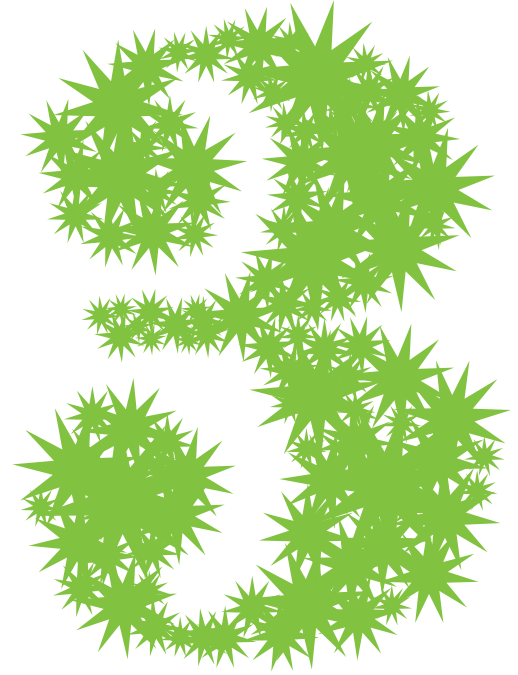
### PLAN AHEAD

The most important thing anyone can do is to be ready when things get hectic. Schedule time to go grocery shopping for nutritious foods and to get some exercise. —*Keri Gans*



### STAY ON SCHEDULE

To optimize energy, it's important keep to your regular routine as much as possible. Don't skip meals, and resist the temptation to stay up late and sleep in. No matter how busy you are, you will have more energy if you're well-fed and well-rested. —*Sarah Rivkin*



### WALK THE WALK

When you're exhausted from juggling a million things at once, exercise can be more energizing than caffeine, a nap, or even chocolate. OK, you probably don't have time to drive to the gym, change, take an hour-long class, shower, change again and then drive home — who does? But you can squeeze in a brisk walk. Keep a pair of sneakers with you, and every time you have 10 or 15 minutes, put them on and get outside.  
—*Alice Domar*





# Simple. Smart. Delicious.

All-Natural  
No Additives  
No Preservatives  
Cholesterol Free  
& **Gluten Free**

COUPON  
click here



Who knew **Gluten Free** could taste so good?  
We did. Enjoy our Wholly Guacamole 100-CAL  
Snack Packs. Perfect Portion. Great Flavor.

## WHOLLY

AMERICA'S #1

## GUACAMOLE

[eatwholly.com](http://eatwholly.com)



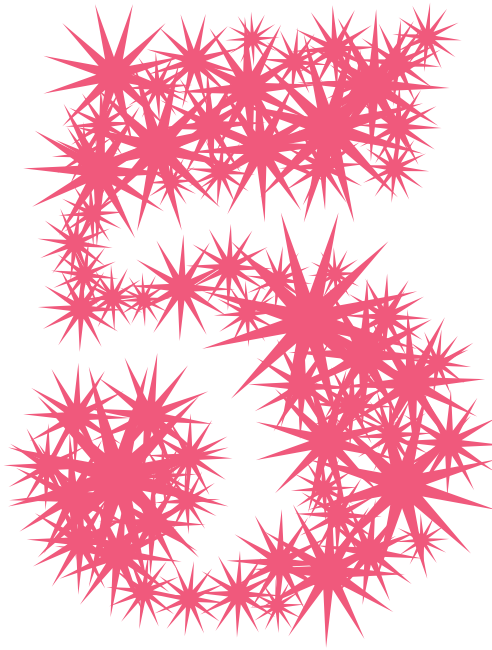
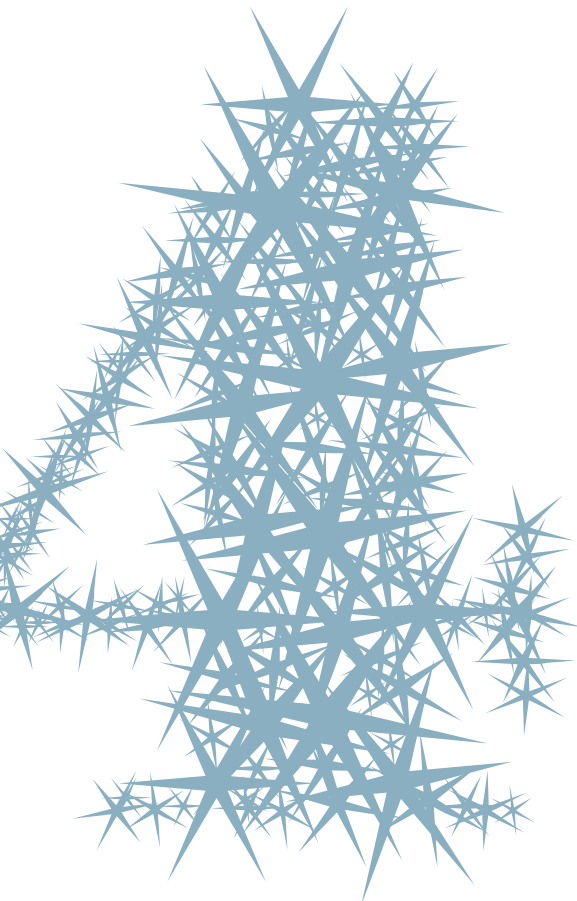
### GET YOUR ZZZs

Make sure you get a good night sleep. Of course, eating right is important, but if you don't sleep enough, you'll be tired and ultimately make poor food choices, which will make things worse. Remember that your day starts the night before, so make a plan for how to getting to bed on time. Set a bedtime and stick to it, and create a bedtime ritual to help you wind down and go to sleep. Don't work or stay on the computer until the minute before you close your eyes.

—*Susan Blum*

### BACK TO BASICS

Stress causes fatigue, which is associated with low cortisol and epinephrine levels — indicators of adrenal exhaustion. Have your doctor do a urine and saliva panel to determine how your body has been impacted. Next, I recommend the Hamptons Cleanse, which helps people learn how to maintain healthy energy levels while juggling busy lives. The key concepts are to get eight hours of sleep, eat every three to four hours, drink water and exercise. —*Donielle Wilson*





# Introducing Udi's Gluten Free ANCIENT GRAIN BREADS

Packed with fiber, protein,  
anti-oxidants, and 375 mg  
of Omegas 3/6/9

At least 6g Fiber and 5g Protein  
per serving

Certified Gluten-Free, Soy-Free, Nut-Free  
No artificial flavors, colors,  
or synthetic additives

## MILLET CHIA BREAD OMEGA FLAX & FIBER BREAD

Amidst the complexities of modern life, we returned to the land for inspiration. Baked with hearty ancient grains, these breads contain a wholesome balance of nutrients, vitamins, and deliciously earthy flavors.



[www.udisglutenfree.com](http://www.udisglutenfree.com)





## Garden Variety

Whether you are an accomplished cook, a food aficionado or just trying to get dinner on the table, fresh herbs take your meals to the next level. Here are three options for growing your own. Plus, a recipe for refreshing Berry Basil Sangria. — **AMY HOWARD**



### ← CHEF'S CHOICE

Use the versatile Garden Stacker & Indoor Culinary Herb Garden Kit planter, available in five colors, indoors or out, on a countertop or hanging. The compact kit comes with seeds for 12 herbs, which will start growing in just a few weeks. (\$60, *Living Whole Foods*, [herbkits.com](http://herbkits.com))

### FOODIE FAVORITE

The Windowsill Herb Garden Kit includes everything you'll need to grow basil, oregano, parsley, cilantro and thyme and keep them within reach while cooking. This planter will look great in any kitchen and is a wonderful housewarming gift. (\$30, *Plow & Hearth*, [plowhearth.com](http://plowhearth.com))

### BEST FOR BEGINNERS

Grow three delicious herbs in the greenest way possible with the Indoor Herb Garden Kit. The totally biodegradable planter and trays are made from rice and bamboo and will fit perfectly on a sunny countertop or windowsill. (\$20, *Urban Farmer*, [ufseeds.com](http://ufseeds.com))

TREAT YOURSELF



# Berry Basil Sangria





Cravable, munchable, grabbable, stackable, snackable and *gluten free* ?

**CLICK HERE for  
\$1 OFF COUPON**



With Van's, gluten free is delicious. Van's gluten, wheat, dairy and egg-free waffles have all the good stuff you want — natural ingredients and second-serving -worthy taste — with none of the stuff you don't.



LET'S CONNECT ONLINE

Want coupons, simple recipes and healthy living tips? Connect with us at [facebook.com/vansfoods](https://www.facebook.com/vansfoods) or [vansfoods.com](http://vansfoods.com).

## Words to Cook By

Author Allyson Kramer shares some of the tastiest bits from her cookbook *Great Gluten-Free Vegan Eats*. Plus, her recipe for Pizza Crackers.

The honest truth is that even though I am vegan by choice, and gluten-free by necessity, I still crave...the flavors and textures that remind me of my childhood.

Going vegan was an easy transition for me, mostly due to the fact that I made the *choice* to be vegan.

When it came to giving up gluten, I felt like my world came crashing down — at least temporarily...Baking was my first love, and without wheat I felt helpless, hopeless, and not at all in my element.

Use the [recipes] as a template. Once you've made the dish and understand the final product and what all the components add up to, change it up to suit your tastes. Make the recipes personal. Make them yours."

"...I highly encourage you to experiment with the different [gluten-free] flours to see what you like best. As with anything, practice makes perfect."

For dishes like [risotto], I enjoy cooking with almond milk because it adds a very subtle flavor and does not curdle like soy milk."







## Pizza Crackers

Recipe reprinted with permission from Allyson Kramer's *Great Gluten-Free Vegan Eats: Cut Out the Gluten and Enjoy an Even Healthier Vegan Diet with Recipes for Fabulous, Allergy-Free Fare* (Fair Winds Press, \$22)

**MAKES** about 70 crackers

2 cups chickpea flour  
 ½ cup sorghum flour, plus more for rolling  
 ½ cup potato starch  
 ½ cup nutritional yeast  
 1 teaspoon xanthan gum  
 1 teaspoon salt  
 2 to 3 teaspoons ground pizza seasoning, plus more for sprinkling  
 ⅓ cup olive oil  
 ¼ cup tomato paste  
 ¾ cup cold water

- 1 Preheat the oven to 350°. In a large bowl, combine the chickpea flour, sorghum flour, potato starch, nutritional yeast, xanthan gum, salt and pizza seasoning.
- 2 Using a large spoon, stir in the olive oil, tomato paste and cold water. Mix until well combined. Turn the dough out onto a lightly floured surface and knead just until uniform in texture and color.
- 3 Add a little more flour to your rolling surface and pat out the dough until about 1 inch thick. Sprinkle the top with sorghum flour and turn over.
- 4 With a lightly floured rolling pin, roll out the dough until about ⅛ -inch thick. Use a circular cookie cutter or a pizza wheel to cut out 1½-inch shapes of dough. Sprinkle with additional pizza seasoning.
- 5 Use a flat metal spatula to scoop up the shapes and place on an ungreased baking sheet, spaced about 1 inch apart.
- 6 Bake, turning once halfway through the cooking time, until the crackers are slightly puffy and golden brown on both sides, about 30 minutes. Let cool completely. Repeat with the remaining dough.



INNOVATIVE EDUCATION + FOOD + HEALTHCARE

# CeliacCentral.org

the go-to place for information on **celiac disease** and the **gluten-free diet**



**Personal Stories:** share your experience & read accounts of others

**Ask the Dietitian**

**Recipe of the Week**

**Research News Feed**

**Free webinars** archived for easy viewing

**Alternative Appetites** gluten-free cooking videos

**Kids Central:** tips and games for kids, by kids  
(and some grown ups too)

NFCA product reviews: **GlutenFreeHotProducts.com**

The **National Foundation for Celiac Awareness** drives diagnosis of celiac disease and promotes quality of life for children and families maintaining a gluten-free diet. **NFCA** is a nonprofit organization. Your donation makes life better for thousands of people every year.

[www.celiaccentral.org/donate](http://www.celiaccentral.org/donate)



**Restoring Health. Reclaiming Lives.**



## Dress to Impress

We taste-tested dozens of salad dressings to find the best bottle in every category.

—JACQUELINE RAPOSO



## TASTE TEST

**BEST WINE**

## Girard's Champagne Dressing

Sweet white wine and spicy pepper, bring, said one taster, a “delicate

touch to a hard-core salad.”

(\$3.99, [girardsdressings.com](http://girardsdressings.com))

**BEST VINAIGRETTE**

## Maple Grove Balsamic

With a short list of ingredients, this vinaigrette nailed the sweet-tart balance. One panelist even proclaimed,

“I want my lettuce to swim in it.”

(\$2.50, [maplegrove.com](http://maplegrove.com))

**MOST LIKE HOMEMADE**

## Brianna's Champagne Caper Vinaigrette

The balance of ingredients is what won panelists over here. “It tastes like

someone made it, but I would still pay a lot for it,” gushed one fan. (\$3.29,

[briannasaladdressing.com](http://briannasaladdressing.com))

**BEST CAESAR**

## Cardini's Original Caesar Dressing

“I could finish a bottle in four days,” said one taster, who loved the balance of cheese and

anchovy in this creamy Caesar. (\$3.39,

[cardinissaladdressing.com](http://cardinissaladdressing.com))

**BEST MEAT MARINADE**

## Pfeiffer Creamy Italian

Peppery and creamy with a hint of lemon, this Italian would be well suited to outdoor

grilling. “It reminds me of summer barbecues,” remarked one taster.

(\$2.26, [pfeiffersaladdressing.com](http://pfeiffersaladdressing.com))

**MOST OUTSIDE THE BOX**

## Stonewall Balsamic Fig

Sweet, only mildly acidic and great with fruit, cheese and veggies, plus “great for little

eaters,” this one really brings the wow factor.

(\$6.95, [stonewallkitchen.com](http://stonewallkitchen.com))

**BEST ALLERGY-**

## FRIENDLY Kerry Wood Balsamic

Containing no added sugar or preservatives, this is excellent for a salad or as a marinade. Panelists were

impressed with the balance of tamari and garlic. (\$5.99,

[kerrywoodhealthyfoods.com](http://kerrywoodhealthyfoods.com))

**BEST FOR FRUIT**

## Brianna's Poppseed

This dairy-free, “perfectly sweet” dressing won over our tasters. It contains no artificial ingredients,

so you'll feel OK pouring it on everything, which you will want to.

(\$3.29, [briannasaladdressing.com](http://briannasaladdressing.com))

**BEST VEGGIE DIPPER**

## Wishbone Buffalo Ranch

“What a great dip,” said one taster, who couldn't stop dunking her carrots in this creamy,

ranch dressing with subtle heat. “It would also be fantastic on a turkey sandwich!” (\$2.72, [wish-bone.com](http://wish-bone.com))





# 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



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

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.

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 ▶**