

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

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Sticky buns, chocolate chip cookies, strawberry pie & more

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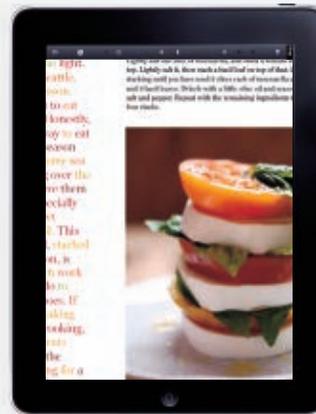


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easy ESSENTIALS

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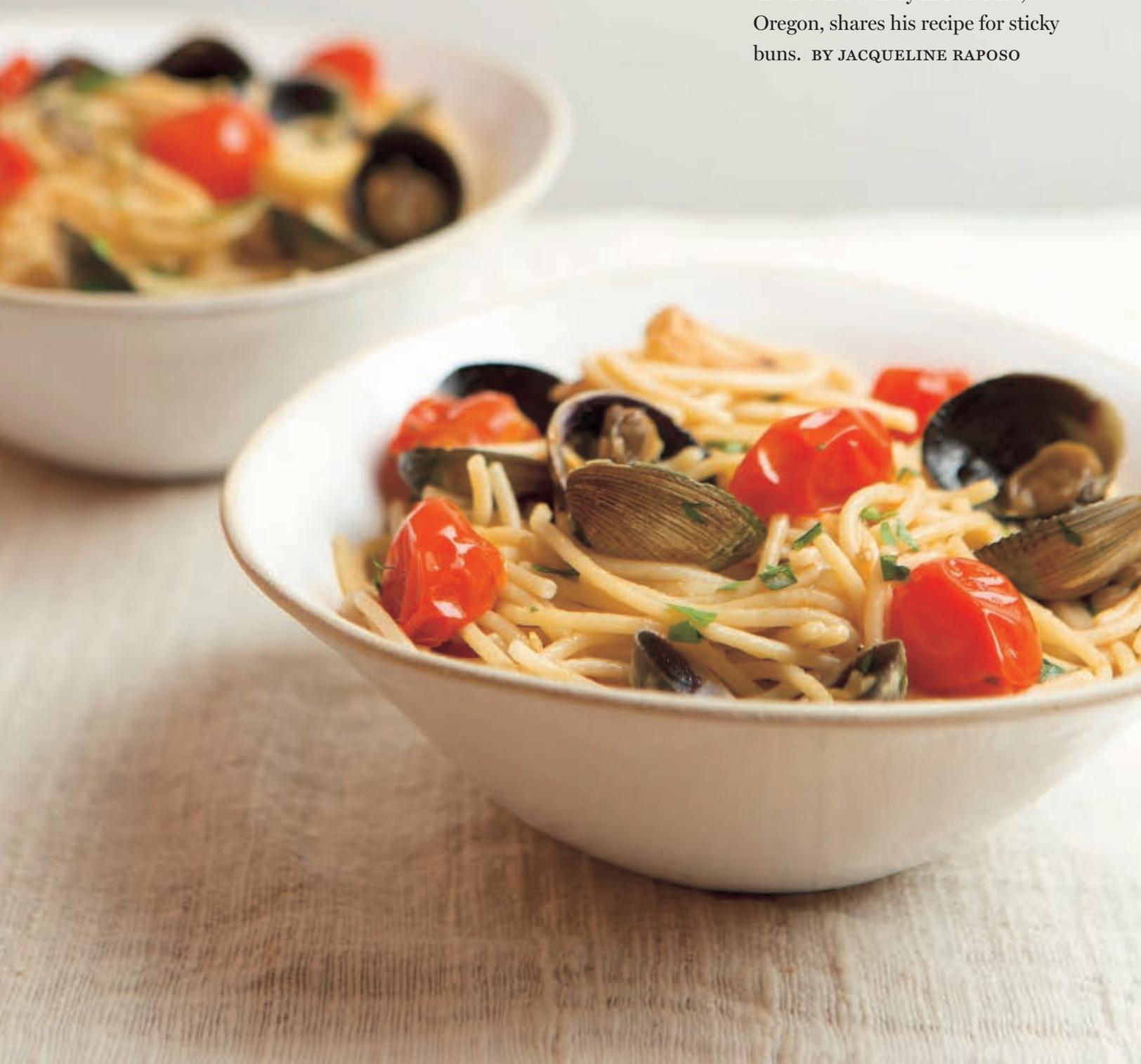
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LIVING AND LEARNING

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.

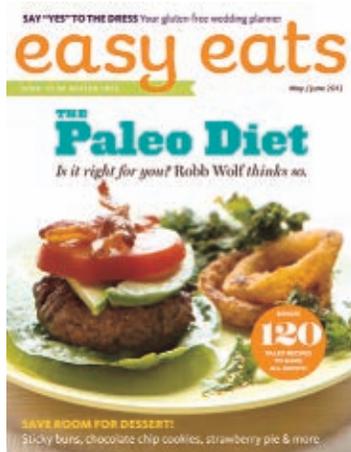
Since then so much has changed, not just for me, but within the gluten-free community. What I've found most compelling goes beyond my kitchen. So many people have written me about other dietary issues they have. Each one of us has such individual needs: Some also need to be dairy-free, refined sugar-free,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



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.



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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

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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

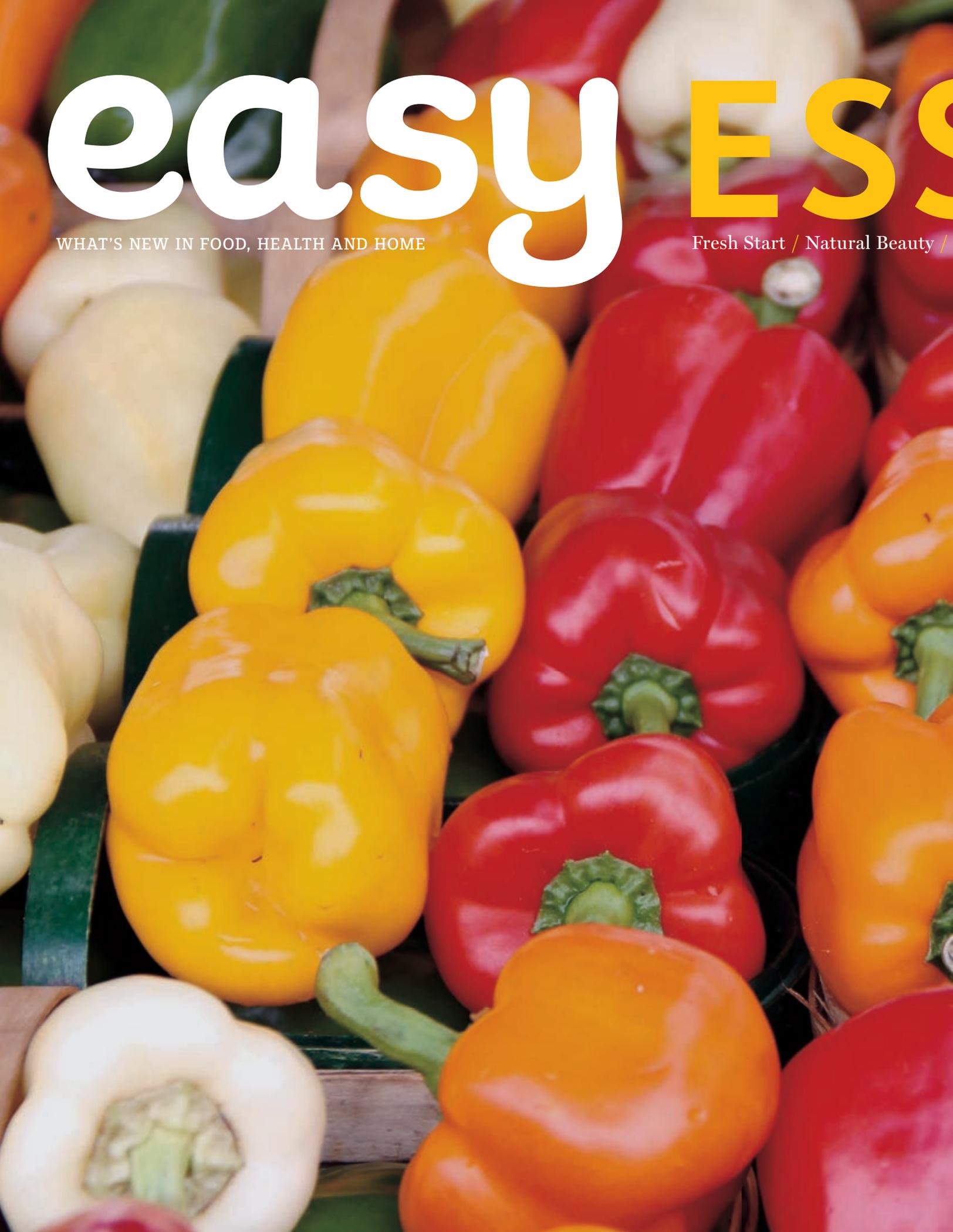
We are loving this homemade tortilla how-to from @EasyEatsMag! <http://ow.ly/9JU4K> Now if someone would just cook us lunch... —@GlutenTox

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





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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



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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.

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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.



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—JACQUELINE RAPOSO



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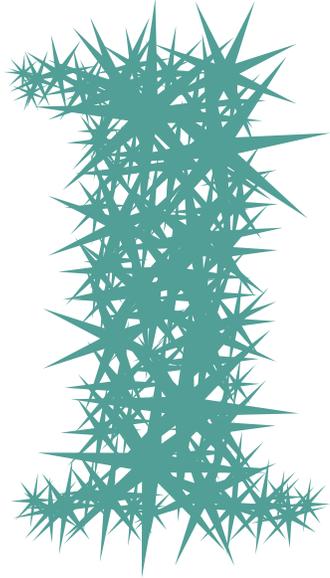
This fragrance-free deodorant is biodegradable and contains time-tested botanicals to keep you fresh and cool all summer long. (\$5.99, kissmyface.com)



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)

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

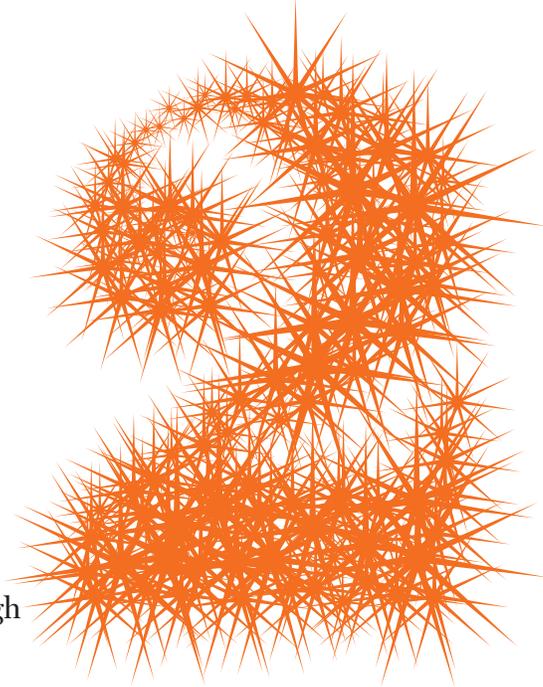


EYES ON THE PRIZE

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*

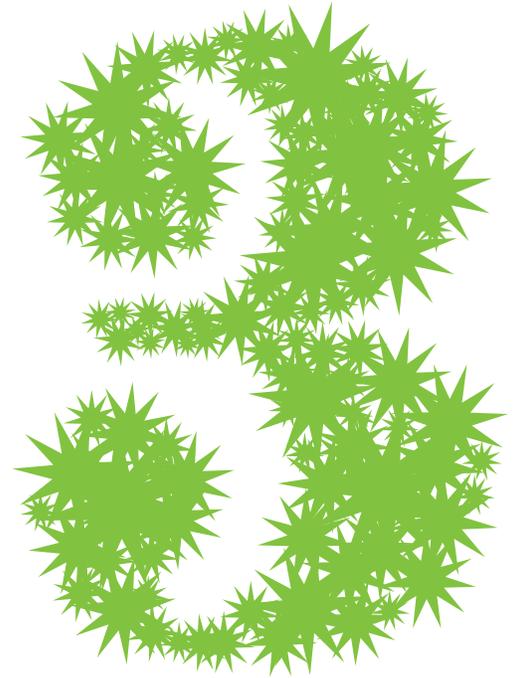
PLAN AHEAD

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*



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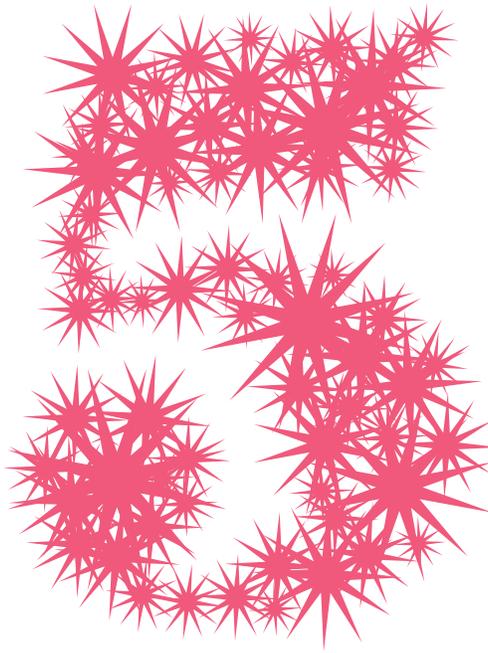
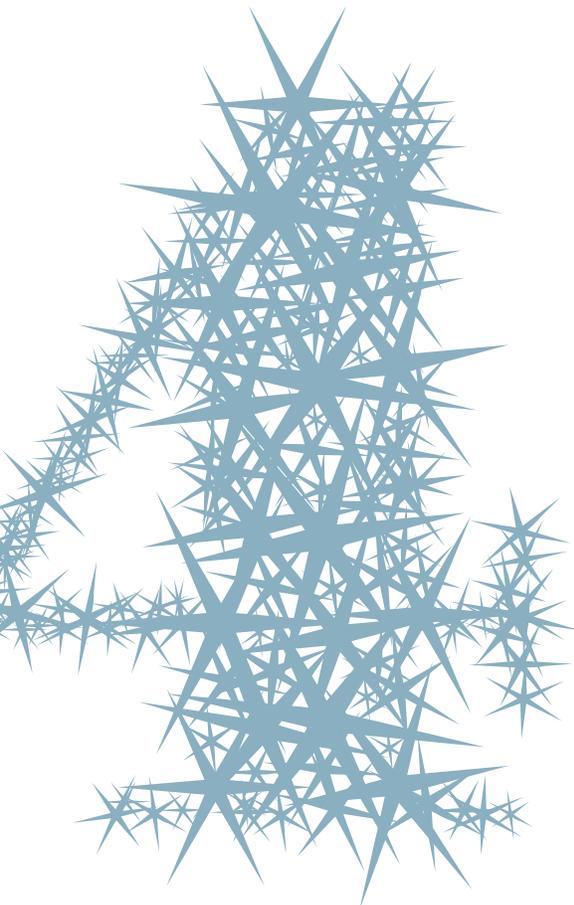
GET YOUR ZZZs

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*



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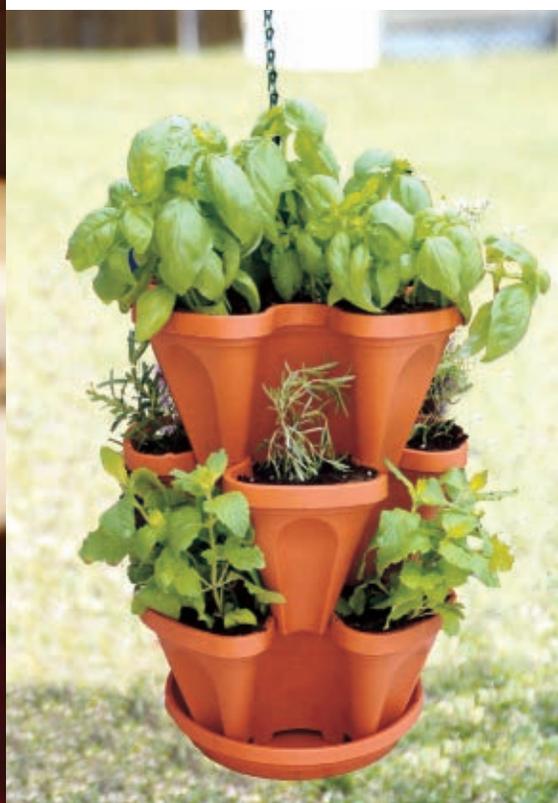


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Garden Variety

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)

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)

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)

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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

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



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(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.

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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)

**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)

**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)

**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)

**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)

**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)

**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)

**BEST FOR FRUIT**

Brianna's Poppysed

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)

**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)



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

CONFESS YOUR SNACKING SINS ▶