

THE BEST SUMMER FRUIT RECIPES—OH, MY!

easy eats

GOOD TO BE GLUTEN FREE

July / August 2012

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(yeah, you read that right)



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BY AMY HOWARD

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BY AMY GREEN

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How can you maintain your healthy habits while you're on vacation and still enjoy yourself? Our experts weigh in.

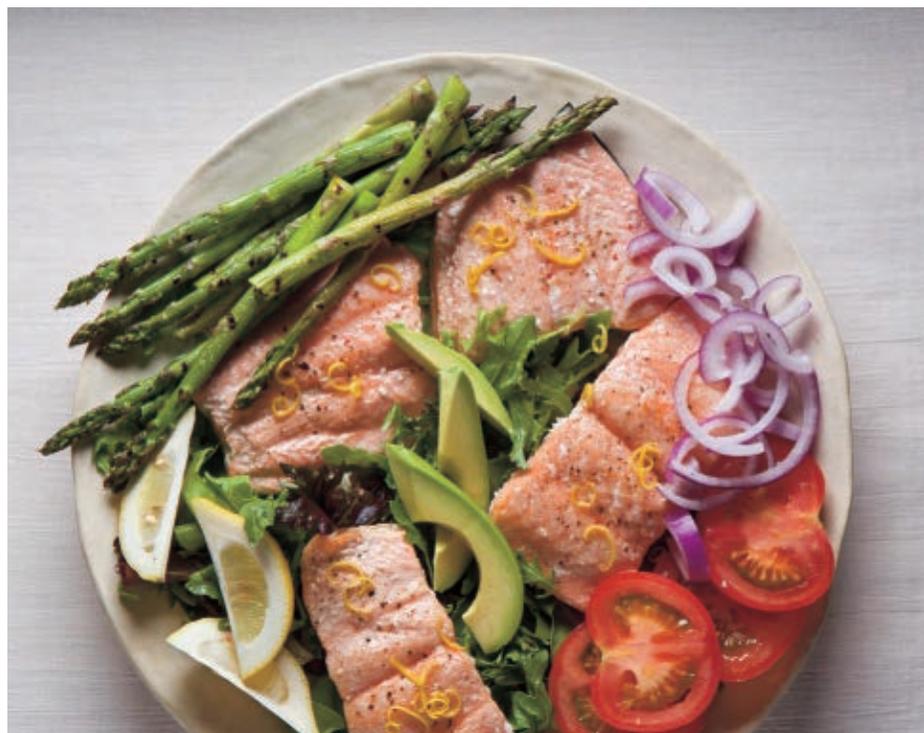
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BY JEN CAFFERTY

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BY SILVANA NARDONE

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While conflicting information still abounds, most experts agree that a little fat, specifically omega-3 fatty acid, is a good thing. Plus, four recipes to help you celebrate.

BY LAURA B. RUSSELL

34 Silvana's Kitchen

Keep the house cool by cooking your meals outside on the grill or using only the stovetop. But when it comes to certain desserts, you'll happily crank up the heat and bake. Some treats are just worth it.

BY SILVANA NARDONE



44 Buzzworthy.

A passionate honey farmer shares her tips for tasting, selecting and cooking with the bees' sweet gift to humans. Plus, four recipes you're sure to be stuck on. Trust us.

BY JACQUELINE RAPOSO



60 Sweet Surprise

Each treat at Pip's Place in New York City, including the Blueberry Fairy Cakes, was inspired by a special memory from owner Denise Cumming's life.

BY AUTUMN GILES



Wrap your latest creation in Gluten-Free Goodness.

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SUMMER LOVE

When I was a kid, my family summered in Italy. As I'm sure you've heard before, Italians like to eat — a lot! This is undoubtedly where my love of family and food come from. I take pleasure in not only sitting down to a table packed with the makings of a meal, but in preparing the meal itself. This is no truer than in the summer, when the choices of fresh ingredients are endless.

Gluten-free cooking and baking can be just as limitless. In our quest to make our lives — and bellies — full, we have come such a long way. There are so many gluten-free ingredients and products now lining our supermarket shelves and freezer sections. There are numerous gluten-free resources now available, too: cookbooks, blogs and magazines, like *Easy Eats*. But, ultimately, what matters most is sharing our experiences and recipes, in the hope of making our lives just a little bit sweeter and a whole lot easier — gluten-free or not.

Silvana

Silvana Nardone
Editor-in-Chief

Send me questions
and comments at
silvana@easyeats.com



ON THE COVER
Sweet Nothings
Dairy Free Fudge
Bar from “Taste
Test.” Photograph by
Stephen Scott Gross.



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EMAIL

I very much enjoy your magazine. I would respectfully request that more recipes that are also dairy-free be included, or alternative ingredients suggested for all recipes containing dairy. I know so many GF folks who are also DF that would appreciate this!

—Susanne

What a great round-up of recipes [“Should You Go Paleo?”, May/June 2012]! There are so many to choose from, we don’t know where to start! Thanks for sharing this list, we can’t wait to see more!

—Melaina, from Rudi’s Gluten-Free Bakery

FACEBOOK

Q: What are your best gluten-free traveling tips for eating/dining in a new town or city? We’d love to know!



I used the Find Me Gluten Free app for a recent trip. It’s mostly chains but it was really helpful.

—Kris Koehler

Key tips; research prior to going (Google is your friend!), GF

food bars, and restaurant cards explaining your needs.

—Adina Marguerite Pease

Eats and Treats in Corvallis, Oregon, is a 100 percent gluten free restaurant. Some food is also dairy free. They have homemade cinnamon rolls to die for. All food is made from scratch. Nothing beats their BBQ right off the smoker! I fully recommend this restaurant when traveling through the heart of Willamette Valley, Oregon. —Karen Marshall

Research before you go and bring GF snacks and your own bread if you can. —Kim Bond Schultz

I like Urban Spoon’s “gluten free friendly” lists!

— Jessica Dukin Murray



Search on HappyCow.Net for some awesome finds all over the globe!!! —Ask Leah Renee I bet nothing — NOTHING! — beats candied bacon! —Elizabeth Frost

ABOUT THE CHOCOLATE CHIP COOKIES WITH CANDIED BACON RECIPE IN “SHOULD YOU GO PALEO?” First of all, anything is better with bacon. BUT CANDIED BACON, all I can say is WOW! Candied bacon?! What the? ;) —Kelly Kennedy Rasile

COOOOOOOOKKKKKKKKKIIIII IIIIIEEEEEEEEEEEEEE!!!!!! —Domi Truesdale



TWITTER

Our favorite #glutenfree magazine — @easyeatsmag ! <http://ht.ly/bUScX> —@BalancedPlatter

6 Great Online Food Magazines You May Not Have Heard of [http://saydaily.com/2012/06/6-grea ...](http://saydaily.com/2012/06/6-grea...) @TheFoodieBugle @easyeatsmag @CollegeAndCook @foodiecrush —@SayMedia

Fun interview w/ @EasyEatsMag talking about my #glutenfree life & behind the scenes of my time on the #bachelor... <http://fb.me/LAu1ctuU> —@TenleyMolzahn

@easyeatsmag thanks for sharing my #paleo eggs benedict! I usually serve it over savory waffles now! <http://goo.gl/26P1N> @CookingCaveman —@againinstallgrain

@easyeatsmag thanks for the shout out ...! #whatsinyourhotdog —@ApplegateFarms

Thinking of trying the #paleo diet, would love to make it a lifestyle. Maybe take on the 30 day challenge.. @easyeatsmag @paleofood #eatclean —@LuciMastro

@easyeatsmag Can't wait to see all the clever grilling ideas that you all come up with! —@VeriPeriSauce

Do you like the #paleolifestyle like we do? Check out @easyeatsmag and their feature on #Paleo this month! —@findmegf



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