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GOOD TO BE GLUTEN FREE

SEPTEMBER / OCTOBER 2012

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easy LIVING

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BY AUTUMN GILES

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HAPPY ANNIVERSARY!

This September/October 2012 issue marks our one-year anniversary at *Easy Eats* magazine. It's been a delicious whirlwind of inspirational stories, original gluten-free recipes, expert health advice and new product reviews.

We have all of you to thank for your constant support, love and friendship. We hope we are living our mission to serve our gluten-free community with honesty, authenticity and the belief that it's "good to be gluten free." To us, our mission rings true now more than ever!

As we all grow in knowledge and experience, we want to hear from you! So, we're launching a new column, "Dish Come True." We want to gather your stories and share your favorite recipes with our gluten-free community. We also want to know if there's a dish or dessert you've been craving, but haven't yet found a recipe for the perfect gluten-free version of it.

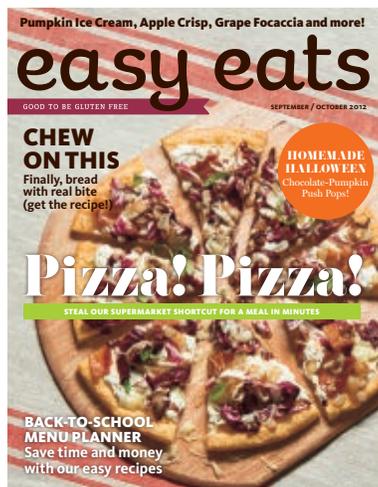
If you'd like to be part of the conversation and possibly be featured in our holiday issue, please submit your personal story and original recipe — or send us your recipe request — to editors@easyeats.com.

And if you haven't already, go ahead and sign up to be an official *Easy Eats* recipe tester! You'll get our recipes before anyone else and your comments will be featured on easyeats.com.

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Send me your questions and comments at silvana@easyeats.com

Silvana Nardone
Editor-in-Chief



ON THE COVER
Honey & Balsamic Radicchio Pizza
from "Fresh Start."
Photograph by
Stephen Scott Gross



Sayonara, Gluten. Hello, Genuine Asian Flavors.

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FACEBOOK

Congrats to all, [the July/August issue] looks amazing - just wanna bite that fudgesicle!
 — Gluten-Free Find

love honey, but in my area the good stuff is so expensive — would love to use it more.
 — Leah Michelle Banicki

FROM EASY EATS:

Hi Leah Michelle Banicki — great point. We're trying to adopt Marina's perspective and treat it more like wine... an indulgence we enjoy every once in a while.

[The free subscription offer] is wonderful! Thank you so much. I shared this with my readers and I just signed up myself, I cannot wait to check it out.
 — Tasty Yummies

Just saw this [free subscription offer] on Silvana's page (thanks, Silvana!) and subscribed...this is so awesome of you to offer this. I am new to the gluten free and dairy free world and still learning the ropes to my new lifestyle! Your subscription should make my transition even easier!
 — Lynn Bechtel Schadler

THANK YOU SO MUCH!
 — Fran Edwards

TWITTER

@easyeatmag Thanks for the RT! We love the new @gastropost
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What's the difference between #Juicing and #Blending? @easyeatmag breaks it down. <http://blog.easyeats.com/?p=3489>
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are u a #glutenfree sugar addict? Take my quiz & find out! <http://ow.ly/dqCuz>
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Ok... it's finally open! The #glutenfree Sugar Cleanse is back this Fall & better than ever. Grab ur seat <http://ow.ly/dxpQr>
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@easyeatsmag Thanks for the retweet. LOVE your #GlutenFree #GFree #GF #Food & #Recipes Magazine. <http://www.easyeats.com> —The Blender Girl @theblendergirl

Did you see our blog post today about Easy Eats (@easyeatsmag)? Check it out here:... <http://fb.me/2civjeX93>
—Triumph Dining @TriumphDining

@easyeatsmag @sassyradish Perfect timing! Just had tooth pulled & was looking for Gluten-free, dairy-free chocolate pudding recipe. thx!
— Suzanne Walsh @sewsueme

@easyeatsmag Any suggestions from your team on an oat sub in a crisp? Haven't found something that does the trick. #GlutenAndOatAllergy
— Marcia Polas @polaspilates

FROM EASY EATS

Yes! Leave out oats completely and just use your favorite gluten-free flour blend to bind the sugar and butter (shortening or nondairy buttery sticks). Check out our [oat-free apple crisp recipe](#).



What's your favorite diner for the ultimate gluten-free burger? Our Facebook fans share their top greasy spoons across America.

Red Robin!
— Michelle Wells Key

:(What about in the UK?
—Bêrî Van Ohhh

i love Culvers, they have a great allergy menu that is easy to read. they have always been happy to accommodate my dietary needs.
—Kgail Kettering

Hopdoddy in Austin, Texas
—Jessica Meyer

Cheeseburger in Paradise. Yum! Although I get excited more about their fish sandwich. Their tartar sauce makes it a hit!
—Michelle Bylaw

Same as Jessica...Hopdoddy in Austin, TX!
—Molly McCombs Barefield

Picasso's in Dallas! The GF burgers are great thanks to Local Oven bread and they have other options for those not in a hamburger mood.
—Elaine Lamm Locke

In Seattle, WA, Blue Moon Burgers with G-Free fries or Onion Rings. Wednesday is best day because burger is half off, when you order a side i.e. fries.
—John Feistner



easy **ESS**

WHAT'S NEW IN FOOD, HEALTH AND HOME

Fresh Start / 5-Minute Expert / O

SENTIALS

Open Book / Taste Test



FRESH START

Red Herring

Radicchio may resemble a head of cabbage, but this delicate, bitter chicory turns sweet when it hits the heat. —AMY HOWARD

Balsamic & Honey Radicchio Pizza

RECIPE



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FRESH START

BUY Look for heads of radicchio with brightly-colored leaves that are still compact, moist and show no signs of browning, wilting or sliminess. Two types are available — Treviso, which is cone-shaped, and Verona, which has round heads. Both varieties have dark red leaves with white ribs.

STORE Unwashed whole radicchio can be stored in a plastic bag in the refrigerator for up to 3 days.

PREPARE Simply remove leaves, as needed, and rinse under cool water. Round heads can be torn for salads or julienned for a slaw.

HISTORY First cultivated in the Veneto — the mainland surrounding Venice — one legend has it that mysterious birds from across the sea first dropped radicchio seeds on local fields.

FUN FACT Radicchio was first developed in Italy, but today's plant was engineered by a Belgian agronomist in 1860. His process was similar to the development of Belgian endive.

GOOD TO KNOW Containing potassium and vitamin C, radicchio also has a flavonoid antioxidant content rivaling that of blueberries and spinach.



Instant Gratification

10 ways to enjoy radicchio now.

1. Grill radicchio and serve with drizzled balsamic and pecorino.
2. Toss raw radicchio with spinach and orange for a refreshing salad.
3. Sauté radicchio and peeled, sliced apples for 10 minutes and serve as a side dish to pork or chicken.
4. Swap chopped radicchio for the celery in chicken or tuna salad.
5. Use radicchio instead of peppers in sausage, peppers and onions for a twist.
6. Make a salad of greens, walnuts, radicchio, sliced pears and raisins. Toss with a mustard vinaigrette.
7. Top bruschetta with robiola cheese, sautéed radicchio and shallots, then drizzle with honey for an easy appetizer.
8. Swap blanched radicchio for spinach in veggie lasagna.
9. Add chopped radicchio to a bean salad for added texture.
10. Roast radicchio halves and top with gluten-free breadcrumbs, parmesan, pepper and olive oil.

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FRESH START

Nature's Pharmacy

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



APRICOTS

This stone fruit is rich in iron and copper, which can help in the treatment of anemia. Apricot oil is good for strained muscles, wounds and earaches.



ARUGULA

This peppery leafy green is a good source of vitamins A, C, K and folic acid, which helps promote liver and cell function.



BEETS

This powerhouse boosts stamina and contains betaine, a substance that relaxes the mind and is often used to treat depression.



CUCUMBERS

Planning a night out? Eat a few slices of cucumber before going to bed and you'll wake up refreshed. Vitamin B and electrolytes help replenish lost nutrients.



DILL

Essential oils in dill have been found to have a calming effect and even to work as a sleep aid similar to chamomile.



HAZELNUTS

Full of good fats, protein and fiber, a handful a day is enough to provide you with your daily dose of manganese, a mineral that boosts metabolism.



HORSERADISH

This cousin to mustard is a helpful aid for sinus infections and thinning out mucus. It also has a mild natural antibiotic effect.



CURLY KALE

With its bitter flavor, this heart-healthy veggie contains fiber, which reduces cholesterol, and ultimately, reduces the risk of heart disease.



LOGANBERRIES

A cross between raspberries and blackberries, these powerhouses help fight stress and anxiety with manganese, magnesium and vitamin C.



WHITE NECTARINES

This fruit contains high amounts of fiber and lutein, which supports healthy vision and skin. The fiber is beneficial in digestive health and lowering cholesterol.



PEARS

Feeling sluggish in the afternoon? Grab a pear rather than an energy drink — as you eat it, your body will absorb glucose and convert it to energy.



RED PLUMS

This stone fruit is rich in iron content, which helps improve blood circulation and aids in preventing heart disease.



PURPLE POTATOES

These starchy tubers get their color from antioxidants. They also provide a healthy dose of vitamin C, B6 and potassium.



RHUBARB

Over 50 and hitting menopause? Eat rhubarb, which has a large calcium percentage to aid against osteoporosis and ease the intensity of hot flashes.



BABY SPINACH

Eating this green regularly has been found to have the ability to protect the mucus membrane of the stomach, resulting in a decrease of gastric ulcers.



TOMATOES

One cup of tomatoes delivers over 50% of the daily recommended amount of vitamin C — helping to reduce stress, improve skin and fight illness.

The Essential **Gluten-Free Baking Guide**

PART 1 Learn how to use Amaranth, Almond, Quinoa, Garbanzo, Millet and Coconut Flour in 50+ recipes



ning 

Brittany Angell
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With a busy schedule, how do I add something new and maintain a healthy balance in life?

THE POWER OF ONE

First, as you juggle and prioritize, there are three things that cannot be compromised: loved ones, exercise and nutrition. You may be tempted to put off your workouts because you don't have time, but that's a mistake. Take care of your body and it will take care of you. What should give? Anything negative. So make a conscious effort to purge your life of negativity—friends who take, take, take or grumpy clients. We're all busy, but what you really don't have time for is negative energy that will sap you of your motivation and optimism. —*Danna Korn*

TIME FOR CHANGE

I occasionally check in with myself and carefully think about how I do spend my time. A good exercise is to write down how you spend each hour of your workday. Most of the time it doesn't add up to 24 hours, which means that you're wasting time on things that aren't good or productive. If there's something you want to add to your day, exchange it with something less important to you. For example, if I want to take a daily walk with my husband, I might decide to swap it for 30 minutes of watching TV. —*Alice Domar*

PRACTICE MAKES PERFECT

Adding something new takes planning and practice. So I don't recommend starting something for the first time on a weekday unless you feel confident that you can fit it in. Planning is key. First, do it on the weekend or on a day off. Then plan out how you can add it into the rest of your week. Will you need to prepare something ahead of time? Do you need to rearrange your schedule? Do you need to go to bed 15 minutes earlier? As you incorporate something new into your lifestyle, it will get infinitely easier with practice. —*Stephen Wangen*





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BREATHE EASY

Fall is the season for reassessing priorities—a great time to start something new, but also an opportunity to reevaluate what's working and should be maintained versus what's not and should be let go of. In Chinese medicine, autumn is associated with the lungs. Just like when we breathe in and out, we should keep what we need and let go of what we don't. —*Sarah Rivkin*

KEEP THINGS CONVENIENT

When I want to add something new, I think about how I can fit it into my usual routine in a way that requires the least effort. With a busy lifestyle, you don't have a choice but to make healthy choices in every moment, or else you can't possibly keep up. Because I know that I keep my energy and metabolism going by eating protein every 3 to 4 hours, I keep almond butter packets and protein bars in my bag. When sorting out my gym schedule, I match it up with my daughter's gymnastics schedule so I can go to the gym (which happens to be next door!) after I drop her off. —*Dr. Doni Wilson*

KEEP YOUR BALANCE

I have to admit that I sat with this question for a while before answering. Lately, I don't think I've been doing a good job of staying balanced, so I recently made a commitment to myself to do a better job of preventing this from happening again. Here's my new checklist:

1. Preventive scheduling. When you add something new to your plate, something else needs to come off. Don't feel guilty about saying no to the demands of others. Be realistic.
2. Self-care is a priority. When you're deciding what to remove from your plate, it shouldn't be your weekly trip to the farmer's market. If you add a new work project, another work-related task must go.
3. Get a good night's sleep. Remember, your day begins the night before—you can handle more tasks if you get at least 7 hours of sleep. —*Dr. Susan Blum*

Words to Cook By

Author Aran Goyoaga shares some of the tastiest bits from her new cookbook, *Small Plates & Sweet Treats*. Plus, her recipe for a savory autumn tart. —**SILVANA NARDONE**

“When I am asked what my favorite kitchen tools are, I always reply, ‘my sharp knife and a clean counter.’”

“Use your judgement, trust your gut, and follow your taste buds. You will not go wrong!”

“Sometimes when rolling out gluten-free tart dough, I find that after [it] has chilled...it tends to crack a bit. Let it warm up...and quickly knead it again a couple of times. This will bring back a bit more elasticity.”

“I have always felt that autumn, not spring, is when everything feels new again, when a new cycle gets started.”

“It is my goal that [my kids Jon and Miren] learn to understand the seasons through the aromas in our kitchen.”

“One of the tricks I learned while working in professional kitchens...is always to have a batch of freshly baked cookies on hand.”

“As it turned out, [being diagnosed with gluten intolerance] has been a blessing in disguise. We cook at home more than we used to and reserve eating out for special chefs and restaurants we admire and trust.”

Swiss Chard, Pear & Gruyère Tart 🍷

MAKES One 9-inch round tart or one 14-by-4-inch rectangular tart

PREP TIME 20 min

COOK TIME 1 hr 5 min

Recipe adapted from Aran Goyoaga's Small Plates & Sweet Treats: My Family's Journey to Gluten-Free Cooking (Little, Brown; \$29.99).

FOR THE PASTRY CRUST

½ cup (70 g) superfine brown rice flour, plus more for dusting

⅓ cup (45 g) quinoa flour

⅓ cup (35 g) almond flour

2 tablespoons potato starch

2 tablespoons tapioca starch

½ teaspoon salt

¼ teaspoon black pepper

1 stick (8 tablespoons) cold unsalted butter, cut into

½-inch cubes

6 to 8 tablespoons ice water

FOR THE FILLING

2 tablespoons olive oil

1 medium leek, sliced

2 cloves garlic, minced

4 cups chopped Swiss chard

2 tablespoons white wine

1 teaspoon salt

½ teaspoon black pepper

Pinch of freshly grated nutmeg

2 eggs

1 tablespoon sweet rice flour

½ cup (125 ml) whole milk

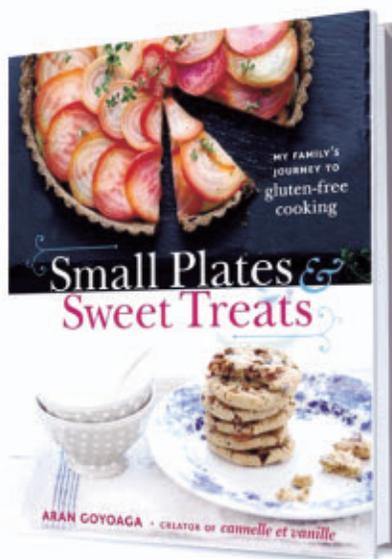
½ cup (125 ml) unsweetened coconut milk

½ ounce (15 g) parmesan cheese, finely grated

2 ounces (60 g) gruyère cheese, grated

1 medium Bartlett or Bosc pear, thinly sliced

Microgreens, for topping





1 Make the pastry crust: Add the first seven ingredients to the bowl of a food processor; pulse twice. Add the cold butter; pulse until cut into pea-size pieces, about 10 times. Add 6 tablespoons ice water; pulse until the dough loosely comes together. Turn the dough out onto a work surface, knead it a couple of times and press it together to form a disk; wrap in plastic wrap, flatten and refrigerate for 30 minutes.

2 Preheat the oven to 375°. Lightly dust a clean work surface with rice flour and roll out the dough until ¼-inch thick. If the dough cracks, pinch it back together. Fill the tart mold with the dough and press it gently into the mold. Cut off excess dough and refrigerate for 15 minutes.

3 Blind-bake the crust by covering it with a piece of parchment paper and topping the paper with dried beans; bake for 20 minutes. Remove the pie weights and paper; continue baking until lightly golden, about 10 minutes more. Let cool slightly. (Leave the oven on.)

4 Make the filling: In a large sauté pan, heat the olive oil over medium heat. Add the leek and garlic; cook until tender, about 5 minutes. Add the Swiss chard, white wine, ½ teaspoon salt, ¼ teaspoon pepper and nutmeg. Cook until wilted and most of the liquid has evaporated, about 5 minutes. Let cool slightly.

5 Whisk together the eggs, sweet rice flour, milk, coconut milk, parmesan, 1 ounce of the gruyère, the remaining ½ teaspoon salt and remaining ¼ teaspoon black pepper.

6 Fill the tart shell with the Swiss chard mixture and top with slices of pear. Lightly press the filling down and pour the custard on top. Scatter over the remaining 1 ounce gruyère and bake until golden brown, about 25 minutes. Let cool slightly before cutting. Serve topped with microgreens.

Noodling Around

Slurp up a big bowl of spaghetti or dive into a creamy mac-and-cheese with our favorite gluten-free pasta.

—JACQUELINE RAPOSO





BEST ITALIAN

Orgran Italian-Style Spaghetti

Kosher, vegan and corn free, this “chewy, slippery” pasta had us swirling our forks, asking to “please pass the parmesan.”

(\$4.59 for 7.7 oz.; orgran.com)



BEST FOR KIDS

Tinkyada Brown Rice Little Dreams

Bunnies, bicycles, stars and cars pop up in this pasta that “holds up to little taste buds.” With rice flour and rice bran being the main ingredients, it also satisfies sensitive bellies. (\$3.99 for 14 oz.;

tinkyada.com)



BEST FAKEOUT

Jovial Brown Rice Pasta

The texture of this pasta is the “real deal.” And the taste? It’s “spot on” with the “mouth feel of a classic pasta.” Cooked al dente, it’s “what pasta should be.” (\$2.99 for 12 oz.;

jovialfoods.com)



BEST LASAGNA

De Boles Rice Lasagna

No need to pre-boil this pasta, which tastes “just like Grandma’s” and is “deceptively sturdy,” holding up to meaty fillings without breaking down.

(\$2.79 for 10 oz., deboles.com)



BEST FOR SAUCE

Bionaturae Organic Gluten-Free Fusilli

Straight from Italy, you don’t need to rinse this sturdy pasta after boiling. It “absorbs sauce with pizzazz,” and can really “take a hearty hit of flavor.” (\$5.59

for 12 oz.; bionaturae.com)



BEST VEGGIE

Ancient Harvest Quinoa Garden Pagodas

With corn, quinoa, red bell pepper and spinach, this pasta “dazzles” with a “sweet and nutty” flavor. The grooves in the fun rotelle shape hold sauce well, too.” (\$2.89 for 12 oz.; quinoa.net)



BEST FROZEN

Conte's Pasta Spinach & Cheese Ravioli

Eating a plate of this ravioli is like “tasting a piece of heaven.” You “wouldn’t know” that it’s gluten-free with its “chewy” pasta exterior. (\$6.49

for 12 oz.; contespasta.com)



BEST FOR MAC-AND-CHEESE

Lundberg Organic Elbow Brown Rice Pasta

This one-ingredient pasta “brings back the classic flavor” of mac-and-cheese in a “quick-cooking” elbow shape. “The kids will be happy.” (\$3.49 for 12 oz.; lundberg.com)



BEST FOR SOUP

Schär Gluten-Free Anellini

Made with corn flour, this “cute” pasta is “perfect comfort” in soups. Its neutral flavor “takes the heat” and “lets other ingredients, like fresh veggies, shine.” (\$3.99 for 12 oz.; schar.com)