

Gluten Free Guide

A guide to successfully beginning the gluten free diet



Who should eat a gluten-free diet?

What is gluten?

Where can I buy groceries and eat out?

How do I cook gluten free meals?

Why is the gluten free diet helpful?

by Kristin Coates

TABLE OF CONTENTS



What is the Gluten Free Diet?.....3-4

Gluten Free Shopping5-6

Gluten Free Recipes.....7-17

Gluten Free on the Go.....18-19

Appendix A.....20-23

Appendix B.....24

Appendix C.....25

What is a gluten free diet? INTRODUCTION

What is gluten?

Gluten is the protein found in many grains such as rye, wheat, and barely. Gluten is not just found in bread and pastries—there are over a hundred ingredients that contain gluten. See Appendix B for a list of ingredients to watch out for.

What grains do not contain gluten?

Rice, corn, buckwheat, millet, amaranth, quinoa, teff, oats, soybeans, and sunflower seeds are all gluten free. For a thorough list of items that do NOT contain gluten, see Appendix A.

Why not gluten?

Celiac disease —

Celiac disease is a digestive problem that affects over 2 million people in the United States. When people with celiac disease consume foods containing gluten, their immune system responds by damaging villi, the tiny protrusions lining the small intestine. This leads to malnourishment, fatigue, digestive problems, and if left untreated can lead to severe diseases or even premature death. The only way to treat celiac disease is with a gluten-free diet.

Gluten Intolerance —

A gluten intolerance is different from celiac disease in that it is not hereditary and it is not related to the immune system. People with gluten intolerance experience gastrointestinal problems that can only be treated with a gluten free diet.

Gluten Allergy —

A gluten allergy includes reactions in the skin, mouth, GI system, and lungs. Such reactions can be dangerous or even life-threatening, so it is crucial to avoid gluten.

General Health —

A gluten free diet can be beneficial for those that do not have any negative side effects. Since GF foods do not contain most flours, individuals on a GF diet consume fewer processed foods and sweets, and instead fill up on fruits, vegetables, and proteins.

Autism —

Many doctors have found that a gluten free, casein free (casein is the protein in milk) diet improves behaviors in children on the autism spectrum.

What is a gluten free diet?

A gluten free diet means you can eat everything you usually do EXCEPT for things containing gluten. It is no small feat to eliminate gluten entirely, but having a solid base of knowledge about which ingredients contain gluten, where to buy gluten free foods, and what to look for when dining out will help. Also, check out Appendix C for internet resources for managing a gluten free diet.





Family/friend response

A gluten free diet is hard enough in your own home, but when friends and family get involved, it can become even more difficult. Some people may perceive it as offensive if you refuse their homemade, gluten-gutted meal. Expect this type of offense, prepare ahead of time and tell people that you will be eating before you come, and politely refuse any potentially gluten foods.

Budgeting

Eating gluten free can become very expensive. GF breads, pastas, and desserts typically cost more than non-gluten free foods. Prepare to allow for an increase in your food budget. On the other hand, eating gluten free meals at home saves money from going out as often. To save money on a GF diet, try to buy foods that are naturally gluten free, such as vegetables, fruit, cheeses and yogurt, meat, and rice.

Results

For those with a gluten intolerance or celiac disease, don't expect to see immediate results once you begin the GF diet. It can take several months before your villa and digestive system are healed. Be patient with the process, and continuously examine your foods to make sure nothing contains gluten. Even consuming one item that contains gluten can halt progress.



Your local grocery store is a great resource for naturally gluten free foods. Enjoy any of the foods below.

Proteins

- Cashews
- Peanuts
- Pine Nuts
- Walnuts
- Almonds
- Peanut Butter
- Almond Butter
- Eggs
- All fresh seafood
- All fresh poultry
- All fresh beef
- All fresh pork
- Bacon
- Sausage*

(note: meat that is pre-marinated should be examined for gluten ingredients)

Dairy

- Yogurt
- Milk
- Margarine
- Butter
- Sour Cream
- Cottage Cheese
- Pudding
- Cheese (bleu cheese may contain gluten)
- Buttermilk

Starches

- Potatoes
- Frozen potatoes
- Brown rice pasta
- Brown rice
- White rice
- Corn tortillas
- Cornbread (El Torito brand)
- Tortilla chips
- Frito Lays chips
- Chex cereal
- Beans
- Cream of Rice

Produce

- All fresh fruits
- All fresh vegetables
- Canned fruits
- Canned vegetables
- Frozen fruits
- Frozen vegetables
- Jelly
- Salsa

Beverages

- Tea
- Carbonated Beverages
- Fruit Juices
- Mineral Water
- Carbonated Water
- Coffee

Other

- Guacamole
- Maple Syrup
- Honey
- Ketchup
- Relish
- Most Mayonnaise brands
- Most mustard brands
- Gluten-free soy sauce
- Some salad dressings*

Dessert

- Frozen Yogurt*
- Ice cream*
- Jell-O

Baking Supplies

- All oils
- Crisco
- Vinegar
- Sugar (cane, brown, powdered)
- Vanilla
- Molasses
- Most spices and seasonings*
- Chocolate chips
- Marshmallows
- Coconut
- Potato Flour
- Cornstarch
- Cocoa



Health food markets are life-savers for people with a gluten intolerance! Markets with the best gluten-free selection include:

Whole Foods - Mother's Market
Trader Joe's - Henry's Market
Sprouts Market

Best Tasting Brand for what you are Craving:

Baking Mixes

KinniKinnick
Pamella's

Cherrybrook Kitchen
Gluten Free Pantry
Glutino

Betty Crocker (Gluten Free Line)
Gluten Free Essentials

Breads/Rolls

Gluten Free Pantry
KinniKinnick
Glutino

Tracy's Treats (order online)
Ener G

Cereals:

Enjoy Life Granola
Made to Crave Granola (order online)
Erewhon cereals
Envirokidz
Nature's Path
Bob's Red Hill Oats (oatmeal)

Crackers

Glutino
Brown Rice Snaps

Desserts:

KinniKinnick
Glutino
Mi-Del
Bread of Life Bakery
Natasha's Bakery (order online)
Made to Crave
Jake Bakes (order online)
Joan's GF Great Bakes (order online)
Shabti

Frozen Entrees/Dinners:

Amy's
Aleixa
Applegate Farms Chicken Nuggets
Starfish breaded fish
Cherry Farms
Bella Monica Flatbread Company
Van's

Pasta:

Tinkyada

Pizza Crust:

Gluten Free Naturals
Arrowhead Naturals
Glutino
KinniKinnick
Nametast foods

Protein Bars:

Think Thin
KIND Fruit & Nut Bars
Pure Bars
Enjoy Life

Salty Snacks:

Vegetable Root Chips
Most brands of tortilla chips that are 100% corn flour



Before you Begin:

1. Check each ingredient in whatever recipe you are using to make sure there is no gluten.
2. Wash all counters, cutting boards, knives, mixing supplies, etc. with soap and water (fresh towel or paper towels).
3. Make sure pans, toasters, bbq, etc. are freshly cleaned (with gluten, just because you can't see it doesn't mean it isn't there).
4. Do not cook gluten free meals at the same time that you prepare meals with gluten. Do it at a separate surface with separate utensils.
5. Wash your hands after you touch anything with gluten.

Alterations to traditional recipes

1. Substitute premade gluten free pasta and bread for recipes that call for gluten or bread.
2. Use gluten free flour instead of wheat/white flour.
3. If a recipe calls for an ingredient that contains gluten, decide whether that ingredients can be left out. For example, beer in chili – you can make a killer chili without beer (just ask my husband!), or you can find a different recipe that does not call for beer.

About the recipes in this book

1. Make any alterations that suit your taste preferences—don't like onions, leave them out! Want to add some extra spices? Go ahead! As long as the ingredients you add don't contain gluten, feel free to make these recipes your own.
2. Recipe portions are for 4 people. If you are cooking for a smaller group, use the extras as leftovers the next day, or cut the recipes in half. If you have big eaters at home or you are cooking for a big group, increase the ingredient portions as necessary.



Veggie Scramble

Ingredients:

- 4 eggs
- 1 T milk
- 1 t dried basil
- ½ t salt
- ½ t pepper
- ¾ cup shredded cheese (optional)
- Chopped veggies (peppers, onions, tomatoes, zucchini, or whatever you are craving!)

1. Heat pan on medium heat and coat bottom of pan with light layer of oil
2. Saute veggies in pan until slightly tender (3-4 minutes)
3. Stir eggs, milk, spices, and cheese in bowl; add to veggies in pan
4. Stir veggie and egg combination with spatula every 2 minutes to ensure that everything gets cooked. Remove when eggs are set.

Ultimate Omelet

- 4 eggs
- 1 T milk
- 1 t dried basil
- ½ t salt
- ½ t pepper
- ¾ cup feta cheese
- ¾ cup chopped sausage
- ½ cup chopped onion
- ½ cup chopped mushroom

1. Cook onion, mushroom, and sausage over medium heat until mushrooms are tender
2. Beat eggs, milk, and spices with whisk for 30 seconds
3. Pour egg mixture into warm pan with veggies
4. Shake pan slightly to spread egg mixture evenly
5. When bottom of pan is firm, flip omelet
6. Pour cheese onto half of omelet; fold

Breakfast potatoes

Ingredients:

- 4-6 potatoes, chopped into ½ inch quarters
- 1 t basil
- 1 t salt
- 1 t pepper
- ½ green pepper, chopped
- ½ yellow onion, chopped
- ¾ cup cheese (pepper jack, cheddar)
- ¾ cup meat (sausage, bacon, beef)
- Other veggies as desired

1. Cook first four ingredients, drizzled in olive oil, in large sauté pan on medium heat (20 minutes or until potatoes are slightly tender); stir every 5 minutes
2. Add chopped veggies and meat; cook for 10 minutes or until veggies are slightly tender

Breakfast Sandwich:

- 8 slices GF bread or 4 GF bagels
- 8 slices of cheese (pepper jack, cheddar, mozerella)
- 4 eggs
- 1 T salt
- 1 T pepper
- 1 T basil
- 4 strips of lettuce
- 6-8 slices of bacon
- 8 thin slices of tomato
- Sauted onion (optional)
- Dijon Mustard
- Salsa (optional)

1. Toast bread; top with cheese
2. Cook eggs as desired with spices added
3. Cook bacon strips
4. Top one side of toast with mustard or salsa; add vegetables, eggs, and bacon.



Eggs and cheese

Ingredients:

4-6 eggs

1 T milk

1 t basil

1 t salt

1 t pepper

1 t Cajun spices

Additional spices if desired

½ cup cheddar cheese

½ cup pepper jack cheese

1. Combine and stir all ingredients except cheeses; pour into pan on medium heat
2. Use spatula to shift egg mixture
3. When eggs are set, add cheeses. Shift egg mixture for 5-10 strokes

Frittata

Ingredients:

1 ½ cups frozen hash browns (or quartered and cooked fresh potatoes)

4 eggs

1 T milk

1 t basil

1 t salt

1 t pepper

1/2 onion (green or yellow); chopped

½ pepper (green or red); chopped

½ cup cheddar cheese

½ cup Monterey jack cheese

1. Preheat oven to 350 degrees
2. Cook potatoes over medium heat in large black* pan until defrosted
3. Add remaining ingredients except cheeses; cook for 5 minutes over medium heat, stirring occasionally
4. Add cheese and stir
5. Transfer pan to oven for 5 minutes; remove to serve



Spring Salad

6 cups spring greens
1 cup sliced fresh strawberries
1/4 cup crumbled bleu or feta cheese
1/2 cup candied walnuts
Vinaigrette dressing

1. Divide spring greens among four plates
 2. Arrange strawberries, bleu cheese, and almonds atop salads
 3. Drizzle with salad dressing and serve immediately
-

Spinach salad

6 cups spinach
1/3 cup pine nuts
1/3 cup dried cranberries
1/3 cup feta cheese
4 strips of bacon; sliced
Vinaigrette dressing

1. Toss first 3 ingredients (and vinaigrette if desired)
 2. Top with feta and bacon slices
-

Mexican Salad

Ingredients:
6 cups chopped romaine lettuce
1 can of corn
1 can beans (kidney, black, pinto)
1 chopped tomato
½ chopped pepper (green, red, yellow)
½ chopped onion (yellow or purple)
Cooked ground beef (marinate in Mexican spices if desired)
Sliced avocado
Tortilla strips/chips (corn flour only)
Salsa
Sour cream (optional)

Chicken Caesar Salad

6 cups romaine
Caesar dressing
1/2 cup parmesan cheese
2 chicken breasts, chopped

1. Place chicken strips and 1/4 cup Caesar dressing in ziplock bag; shake until well coated
 2. Transfer chicken to saucepan over medium heat until cooked
 3. Place chicken in refrigerator for 2 hours or until chilled
 4. Mix lettuce, chicken, and dressing; top with parmesan
-

Garden Salad

6 cups romaine lettuce
Veggies as desired:
Pepper (green, red, yellow, orange); chopped
Onion (yellow, white, purple); chopped
1 can corn
1 can beans (kidney, black, pinto)
1 can peas (green, chick)
Meat as desired:
Bacon
Chicken strips
Beef strips
Additional Toppings:
Avocado
Dried cranberries or raisins
Salsa
Dressing

1. Combine ingredients as desired, or set out toppings in a salad bar format



BLT

- Lettuce
- Tomato
- Bacon
- Onions (optional)
- Provolone
- Dijon Mustard
- Turkey
- Mayonnaise (if desired)
- GF Bread, sub, or bagel

1. Toast bread with cheese
2. Spread on mayo and mustard
2. Top with veggies and meat; enjoy!

Thanksgiving Turkey Sandwich

- Turkey leftovers or deli meat
- 1/2 cup cranberry sauce
- 1/2 cup crushed walnuts
- 1/2 cup cream cheese
- Lettuce
- GF rolls or toast

1. Warm bread and turkey (optional)
2. Spread cheese and cranberry sauce on bread
3. Add meat, walnuts, and lettuce

Easy & Delicious Chicken Salad Sandwiches

- 3 cooked chicken breasts; chopped
- 3/4 cups chopped celery
- 2 green onions; chopped
- 1/2 cup seedless grapes
- 3/4 cup dried cranberries
- 3/4 cup mayonnaise (Hellman's is GF)
- 2 T coleslaw or salad dressing
- 1 t paprika
- 1 t salt
- 1 t pepper
- Lettuce
- Gluten free bread

1. Mix all ingredients (except bread and lettuce) together well
2. Chill for at least one hour before serving
3. Serve between bread with lettuce

Roast beef sandwich

- Roast beef
- Pepper Jack Cheese
- Mayonnaise
- Dijon Mustard
- Lettuce
- Tomato
- Onion
- GF Bread

1. Toast bread with cheese
2. Add mayo and mustard
3. Top with veggies and roast beef



Red Wine Pot Roast

- 2 pounds chuck roast, cut into 1-2 inch pieces
- 2 T gluten free flour (such as brown rice flour)
- 3/4 bottle red wine
- 1 T salt
- 1 T pepper
- 2 t basil
- 4 cloves garlic, minced
- 1 can diced tomatoes (optional)
- 1 onion; quartered
- 1 cup baby carrots
- 3 stalks celery, cut in fourths
- 4 potatoes, quartered

1. Mix 1 t salt, 1 t pepper, and flour in gallon-size bag
2. Insert cut chuck roast into bag and shake until covered in flour mixture
3. Brown outside of meat in large pot over medium heat
4. Add vegetables, spices, and wine
5. Bring to boil for 2 minutes; cook on low heat for 1-2 hours until vegetables are tender

Chili – Chunky, spicy, just how it should be

- 1.5 pounds ground beef/turkey
- 2 cans beans (black, chili, red, pinto), drained
- 2 14.5 oz cans diced tomatoes undrained
- 2 yellow onions, chopped
- 1 green pepper, chopped
- ¼ cup chopped jalapeño (if desired)
- 1.5 T chili powder
- 2 t salt
- 1 t pepper
- 2 t basil

1. Cook meat, spices and vegetables over medium heat until meat is browned
2. Add beans and tomatoes; bring to boil
3. Add additional spices if desired; simmer for 15-20 minutes before serving

The Ultimate Burgers

Burger ingredients:

- 2 pounds ground beef/turkey
- 2 T A1 sauce
- ½ t salt
- ½ t pepper
- ½ t basil
- ¼ cup minced onions
- 3 garlic cloves, minced
- 1 egg yolk

4 gluten-free hamburger buns

- Thinly sliced onions
- Thinly sliced tomatoes
- Lettuce
- Avocado
- Pepper Jack cheese

Sauces: A1, Dijon, Mustard Mayonnaise, Catsup

1. Combine ingredients for burger with fingers; mix well
2. Form meat into 4 patties; grill for 4-8 minutes, until cook to desired temperature
3. Grill GF buns for 2-3 minutes
- 4 Top with desired toppings, sauces, and cheese



Crusted Cajun salmon – this recipe is always a hit! Courtesy of Ray

2 pounds salmon
¾ cup white wine of your choice
2 T Dijon
1 T olive oil
½ T lemon juice

¾ cup crushed walnuts
2 t Cajun spices
1 t water

1. Mix wine, Dijon, oil, and lemon juice in small pan or large bowl; add salmon, skin up so pink part is marinating; leave for 1-2 hours
2. After salmon is finished marinating, pre-heat broiler (in toaster oven or regular oven) at 500 degrees
2. Mix spices, walnuts, and water; spread into a thin layer on a cutting board
3. After salmon is finished marinating, place on cutting board (skin facing up still), and press pink side into the walnut mixture
4. Flip salmon so walnut mixture is now on top; place on tray and into oven for 8-12 minutes or until inside is no longer translucent

Garlic and Herb Shrimp Saute

1 1/2 pounds fresh or frozen deveined large shrimp
1/3 cup thinly sliced green onion
1/2 t dried basil
1/2 t dried oregano
4 cloves garlic, minced
2 T olive oil
2 T dry white wine
1 T lemon juice
1/2 t salt
1/2 t black pepper
1 T snipped fresh parsley

1. Thaw and rinse shrimp
2. Cook shrimp, onion, basil, oregano, and garlic in skillet over medium heat for 2 to 4 minutes or until shrimp are opaque
3. Add wine, lemon juice, salt, and pepper to skillet
4. Cook and stir until heated through; stir in parsley

Tilapia

1.5 pounds (4 pieces) tilapia
1 t salt
1 t pepper
1 T butter

1. Sprinkle salt and pepper on both sides of each fish
2. Prepare a large sauté pan; coat with butter when hot
3. Add tilapia to pan; cook for 4 minutes per side, or until center does not look translucent



Tacos

- 1 cup ground beef, turkey, or chicken
- 1 T taco seasoning
- ½ cup chopped onions
- ¾ cup shredded lettuce
- ¾ cup pepper jack cheese
- ¾ cup cheddar cheese
- ¼ cup chopped jalapeños (if desired)
- Sour Cream
- Salsa
- Guacamole
- 4 brown rice or corn tortillas
- 1 t butter

1. Brown meat over medium heat; add seasoning and ¼ cup cheese mixture
2. Heat tortillas with 1 t butter in sauté pan over medium-low heat
3. Fill tortillas with meat, vegetables, remaining cheese, and toppings

Fajitas

- 1 lb of chopped chicken or steak
- 1 T taco/fajita seasoning
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 purple onion
- Sour Cream
- Salsa
- Guacamole
- 4 brown rice or corn tortillas
- 1 t butter

1. Cook meat with seasoning over medium heat until almost finished; turn off heat
2. In separate pan, cook veggies with olive oil over medium heat for 5 minutes
3. Add veggies to meat; cook on low heat for 3-5 minutes or until veggies have reached desired texture and meat is cooked
4. Heat tortillas with 1 t butter in sauté pan over medium-low heat
5. Fill tortillas with meat, vegetables, and toppings

Quesadillas

- ½ pound chicken, steak, or ground meat
- 1 T taco seasoning
- 1 onion; chopped
- 1 tomato; chopped
- 1 bell pepper; chopped
- 1/3 cup jalapenos (optional)
- 1 can corn
- 1/2 can refried beans
- 1 can beans
- 1 cup shredded pepper jack cheese
- 1 cup shredded cheddar cheese
- Salsa
- Sour Cream
- Guacamole

1. Brown meat with seasoning over medium heat
2. Place tortillas on greased or lined cookie trays
3. Layer toppings on 4 tortillas: refried beans, cheese, corn, beans, chopped vegetables, more cheese
4. Place other 4 tortillas on top
5. Cook in oven at 350 degrees for 10 minutes or until tortillas are crispy and cheese is melted
6. Cut quesadillas into slices after cooled with pizza cutter; enjoy with toppings if desired



3-Cheese lasagna

1 cup chopped mushrooms
½ yellow onion; chopped
4 garlic cloves; minced
6 basil leaves; chopped
1 T Italian seasoning
1 t salt
1 t pepper
2 cups fresh spinach
2 pounds ground meat
2 cups spaghetti sauce
1.5 cups ricotta cheese
1.5 cups mozzarella cheese
¼ cup parmesan cheese
GF Lasagna noodles

1. Saute first 3 ingredients over medium heat in large pan
2. Remove from heat when vegetables are tender; stir in spinach until soft
3. Brown meat along with all spices; add to vegetables
4. Return vegetables and meat to heat; add spaghetti sauce; bring to boil for 2 minutes; reduce to low for 10 minutes
5. Cover 13x9" pan with one layer of noodles
6. Top noodles with 1/3 of meatsauce; ½ cup ricotta, ½ cup mozzarella
7. Add another layer of noodles; top with 1/3 of meatsauce, ½ cup ricotta, ½ cup mozzarella
8. Add final layer of noodle, ½ of pasta, and remaining cheese; finish with layer of parmesan cheese
9. Cover pan with foil; cook at 350 degrees for 40-60 minutes, until cheese is melted and noodles are tender

Spaghetti with Meat Sauce

1 lb ground meat
1 28 oz can of tomato sauce
4 garlic cloves; minced
½ onion; chopped
8-oz package of mushrooms; sliced
2 cups spinach, chopped
6 leaves of basil; chopped
1 T Italian spices
½ t salt
½ t pepper
1 package GF pasta
1 T butter

1. Prepare GF pasta as directed
2. In small sauté pan over medium heat, cook garlic, onion, and mushrooms
3. In separate larger pan, brown meat; add spices and sautéed veggies
4. Drain pasta when it is finished. Return to pan with no heat. Add butter and stir for 1 minute. Serve pasta and sauce immediately

Fettuccini with pesto, sausage, mushrooms, and spinach

¾ cup (12 oz) sausage; sliced
½ cup (8oz) mushrooms; sliced
1 cup spinach
1/3 cup store-bought pesto
1 package GF pasta
Freshly shredded parmesan cheese

1. Prepare pasta as directed
2. Saute sausage and mushrooms over medium heat for 6-8 minutes
3. When mushrooms are tender, reduce heat to low and add spinach and 1 T pesto
3. When pasta is finished, drain and return to pan; add 1 T butter
4. Add remaining pesto to pasta and serve with sausage mixture; top with parmesan cheese



Spinach and Artichoke Dip

- 1/2 cup butter
- 1 medium onion, chopped
- 2 packages frozen spinach, thawed and drained
- 1 can artichoke hearts, drained and chopped
- 1 8-oz container sour cream
- 1 8-oz package cream cheese, softened
- 1 8-oz package shredded Monterey Jack cheese
- 8 oz grated Parmesan cheese

1. Heat oven to 350 degrees
2. Melt butter in a medium skillet and add onion; sauté for 5 minutes
3. Combine remaining ingredients in large bowl.
4. Stir in sautéed onions
5. Spoon mixture into oven-safe bowl
6. Bake for 20 minutes or until bubbly and browning
7. Serve with tortilla chips or gluten free crackers

Recipe from Vera Bradley's cookbook

Caramelized Carrots

- 8 oz package baby carrots (pre-peeled, pre-washed)
- 1/4 cup butter
- 1/2 cup brown sugar

1. Saute carrots over medium heat; stir in butter
2. Add brown sugar when butter begins to soften
3. Cook on medium heat for 5-7 minutes
4. Cook on low heat until carrots are soft and begin to caramelize

Asparagus

- 1 pound asparagus
- 2 T olive oil
- 2 t salt
- 1/2 t pepper
- 2 cloves garlic; minced

1. Preheat oven to 350 degrees
2. Place asparagus in greased 13x9 inch pan
3. Top with olive oil, salt, pepper, and garlic
4. Cook for 20 minutes or until asparagus is slightly tender

Mashed Potatoes

- 6 potatoes, quartered
- 8 cups milk (optional)
- 1 8oz package cream cheese
- 1/4 cup butter, softened
- Salt to taste
- Pepper to taste
- Basil (optional)
- Chives (optional)

1. Boil potatoes in water or milk until tender (15-20 minutes)
2. Removed from heat and drain liquid
3. Smash potatoes with potato masher
4. Blend with beaters on high for 1 minute
5. Stir in cream cheese, butter, and spices; add milk if necessary to achieve desired texture
6. Blend until smooth

Summer Squash

- 1 yellow squash
- 1 green squash
- Salt to taste
- Pepper to taste

1. Slice squash horizontally into thin pieces
2. Preheat griddle or saucepan to medium heat
3. Butter bottom of pan
4. Place squash pieces on pan, not overlapping pieces
5. After 1-2 minutes, flip. Sprinkle salt and pepper on cooked side
6. Remove from heat when squash is slightly tender.



Gluten Free Cheesecake

Preheat oven to 350 degrees

Crust

- 2 cups Pamela's Gluten Free Baking Mix
- ½ cup dark brown sugar
- ¾ cup cold unsalted butter, cut into pieces
- 1 cup finely chopped pecans

Spray cheesecake pan lightly with vegetable oil spray. In a medium bowl stir together the flour mix and brown sugar. Cut in the butter until fine crumbs form. Stir in the nuts and pat into your pan.

Cheesecake

- 4 – 8 oz bars of gluten free cream cheese, softened
- 1 cup of granulated sugar
- 2 eggs
- ¼ teaspoon salt
- 1 teaspoon gluten free vanilla

Mix all of the ingredients with a beater until smooth and pour into the unbaked crust. Place in preheated oven for 30 minutes.

While that is baking, prepare the topping.

Topping

- 2 cups gluten free sour cream
- ¾ cup granulated sugar
- ½ teaspoon of gluten free almond extract
- Juice from ½ a lemon

Mix the topping ingredients in a bowl. After the first 30 minutes of baking, remove the cheesecake and spoon the topping onto the cheesecake. Be careful not to overfill the pan. Return the cheesecake to the oven and bake for an additional 10-20 minutes. You may want to place a piece of foil under the cheesecake just to catch any drippings. Remove when it starts to solidify. Try to remove before it starts to crack.

Caramel Apple Sundae

- 3 granny smith or golden delish apples, sliced or chopped to small pieces
- ¼ cup butter
- ¼ cup rum
- ½ cup brown sugar
- Ice Cream

1. Saute apples in butter over medium heat
2. Stir in rum and brown sugar; bring to boil.
3. Cook on low until apples begin to caramelize and liquids form syrup
4. Pour over ice cream and enjoy immediately



Arby's

- Roast beef (lettuce bun)
- Potato cakes

Carls Jr

- Six Dollar Lo Carb burger
- Chili fries,
- Regular fries

Chic-fil-A

- Chargrilled chicken sandwich (lettuce bun)
- Salads: chicken garden salad, chicken & fruit salad
- Sides: tortilla strips, fruit cup, side salad, cole slaw, waffle fries

Chipotle

- Anything on the menu is okay, as long as there is no flour tortilla

In-N-Out

- Protein-style burgers & cheeseburgers (lettuce bun)
- French fries

On the Border Mexican Grill (no flour tortillas, onions, tortilla strips/chips, croutons)

- Salads: citrus chipotle chicken, house salad, sizzling fajita salad
- Salad Dressings: chipotle honey mustard, smoked jalepeno vinaigrette, mango citrus vinaigrette
- Fajitas: pork carnita, vegetable, chicken, steak; chipotle honey/tequila lime sauce
- Sides: beans, rice, vegetables, bean & corn salsa
- Kids: grilled chicken entrée, house salad, mixed vegetables, strawberry sundae

Subway

- Salads: Chicken & Bacon Ranch, Cold cut combo, ham, Italian BMT, roast beef, roasted chicken breast, tuna, turkey breast, turkey breast & ham, spicy Italian, subway club, veggie delite

Taco Bell

- Tostada
- Pinto beans and cheese
- Rice

Wendy's

- Salads (no crutons)
- hamburgers (lettuce bun instead of bread)
- baked potato
- chili

Gluten Free on the GO RESTAURANTS

If it is your first time ordering gluten free at a restaurant, check out their website, do an online search for the restaurant name and “gluten free” or call in advance.



Restaurants with Gluten Free Options:

Bubba Gumps	Original Pancake House
Café Piccolo (Long Beach)	Outback Steak House
CARino's Italian Grill	P.F. Chang's China Bistro
Chili's	Papa Cicio's Pizza, Wings. and Subs (Long Beach)
Ciao Bella (Riverside)	Pei Wei Asian Diner
Claim Jumper	Pizza Fusion (Los Angeles)
Daily Grill	Pizzeria Uno (San Diego)
Dolce Enoteca*	The Polo Lounge - Beverly Hills Hotel*
Fogo de Chao (Beverly Hills)	Red Robin
Garlic Jim's Famous Gourmet Pizza (Pasadena)	Romano's Macaroni Grill
Joe's Crab Shack	Ruth Chris Steak House
Lone Star Steakhouse	Sammy's Woodfired Pizza
Maggiano's	The Stinking Rose*
Newport Rib Company	Yard House
Old Spaghetti Factory	Z'Tejas

* Call first; very accommodating

Navigating Restaurants once you're there:

1. Establish a good relationship with the waiter, and tell them upfront that you are allergic to gluten (explain what that means if necessary).
2. Meat/Fish: proteins are usually safe; ask for no flour on the meat, and season with salt and pepper only.
3. Salads: Salad is also a good bet. Ask for no croutons (double check when they bring it out), and use oil and vinegar if they don't have gluten free dressing. Or bring your own dressing.
4. Sides: Steamed vegetables, corn on the cob, fruit beans, and rice are usually safe.
5. Desserts: ice cream is usually okay (no add-ins or toppings that contain gluten) or a fruit bowl is always a safe choice/
6. Drinks: Sodas, teas, juices, water, sparkling water, wine, margaritas, some martinis are fine.

Appendix A (page 1 of 4)

INGREDIENTS THAT ARE GLUTEN FREE

Acacia Gum	Beeswax	Carob Bean Gum
Acesulfame K	Beans	Carob Flour
Acesulfame Potassium	Bean, Adzuki	Carrageenan
Acetanisole	Bean, Hyacinth	Casein
Acetophenone	Bean, Lentil	Cassava Manihot Esculenta
Acorn Quercus	Bean, Mung	Castor Oil
Adipic Acid	Bean Romano (Chickpea)	Catalase
Adzuki Bean	Bean Tepary	Cellulose ¹
Acacia Gum	Benzoic acid	Cellulose Ether
Agar	Besan (Chickpea)	Cellulose Gum
Agave	Beta Glucan (from Oats ³)	Cetyl Alcohol
Albumen	Betaine	Cetyl Stearyl Alcohol
Alcohol (Spirits - Specific Types)	Beta Carotene	Champagne Vinegar
Alfalfa	BHA	Channa (Chickpea)
Algae	BHT	Chana Flour (Chickpea Flour)
Algin	Bicarbonate of Soda	Cheeses - (most, but check ingredients)
Alginic Acid	Biotin	Chestnuts
Alginate	Blue Cheese	Chickpea
Alkalized Cocoa	Brown Sugar	Chlorella
Allicin	Buckwheat	Chocolate Liquor
Almond Nut	Butter (check additives)	Choline Chloride
Alpha-amylase	Butylated Hydroxyanisole	Chromium Citrate
Alpha-lactalbumin	Butyl Compounds	Chymosin
Aluminum	Calcium Acetate	Citric Acid
Amaranth	Calcium Carbonate	Citrus Red No. 2
Ambergris	Calcium Caseinate	Cochineal
Ammonium Hydroxide	Calcium Chloride	Cocoa
Ammonium Phosphate	Calcium Disodium	Cocoa Butter
Ammonium Sulphate	Calcium Hydroxide	Coconut
Amylose	Calcium Lactate	Coconut Vinegar
Amylopectin	Calcium Pantothenate	Collagen
Annatto	Calcium Phosphate	Colloidal Silicon Dioxide
Annatto Color	Calcium Propionate	Confectioner's Glaze
Apple Cider Vinegar	Calcium Silicate	Copernicia Cerifera
Arabic Gum	Calcium Sorbate	Copper Sulphate
Arrowroot	Calcium Stearoyl Lactylate	Corn
Artichokes	Calcium Stearate	Corn Gluten
Artificial Butter Flavor	Calcium Sulfate	Corn Masa Flour
Artificial Flavoring	Calrose	Corn Meal
Ascorbic Acid	Camphor	Corn Flour
Aspartame	Cane Sugar	Corn Starch
Aspartic Acid	Cane Vinegar	Corn Sugar
Aspic	Canola (Rapeseed)	Corn Sugar Vinegar
Astragalus Gummifer	Canola Oil (Rapeseed Oil)	Corn Syrup
Autolyzed Yeast Extract	Caprylic Acid	Corn Syrup Solids
Avena Sativia	Carageenan Chondrus Crispus	Corn Sweetener
Avena Sativia Extract	Carbonated Water	Corn Vinegar
Avidin	Carboxymethyl Cellulose	Corn Zein
Azodicarbonamide	Carmine	Cortisone
Baking Soda	Carnauba Wax	Cotton Seed
Balsamic Vinegar	Carob Bean	



APPENDIX A (page 2 of 4)

INGREDIENTS THAT ARE GLUTEN FREE

Cowitch
Cowpea
Cream of Tartar
Crospovidone
Curds
Cyanocobalamin
Cysteine, L
Dal (Lentils)
D-Alpha-tocopherol
Dasheen Flour (Taro)
Dates
D-Calcium Pantothenate
Delactosed Whey
Demineralized Whey
Desamidocollagen
Dextran
Dextrose
Diethyl Sodium
Diethyl Sodium Sulfosuccinate
Dipotassium Phosphate
Disodium Guanylate
Disodium Inosinate
Disodium Phosphate
Distilled Alcohols
Distilled Vinegar
Distilled White Vinegar
Dutch Processed Cocoa
EDTA (Ethylenediaminetetraacetic Acid)
Eggs
Egg Yolks
Elastin
Ester Gum
Ethyl Alcohol
Ethylenediaminetetraacetic Acid
Ethyl Maltol
Ethyl Vanillin
Expeller Pressed Canola Oil
FD&C Blue No. 1 Dye
FD&C Blue No. 1 Lake
FD&C Blue No. 2 Dye
FD&C Blue No. 2 Lake
FD&C Green No. 3 Dye
FD&C Green No. 3 Lake
FD&C Red No. 3 Dye
FD&C Red No. 40 Dye
FD&C Red No. 40 Lake
FD&C Yellow No. 5 Dye
FD&C Yellow No. 6 Dye
FD&C Yellow No. 6 Lake
Ferric Orthophosphate

Ferrous Gluconate
Ferrous Fumarate
Ferrous Lactate
Ferrous Sulfate
Fish (fresh)
Flaked Rice
Flax
Folacin
Folate
Folic Acid-Folacin
Formaldehyde
Fructose
Fruit (including dried)
Fruit Vinegar
Fumaric Acid
Galactose
Garbanzo Beans
Gelatin
Glucoamylase
Gluconolactone
Glucose
Glucose Syrup
Glutamate (free)
Glutamic Acid
Glutamine (amino acid)
Glutinous Rice
Glutinous Rice Flour
Glycerin
Glycerol Monooleate
Glycol Monosterate
Glycol
Glycolic acid
Gram flour (chick peas)
Grape Skin Extract
Grits, Corn
Guar Gum
Gum Acacia
Gum Arabic
Gum Base
Gum Tragacanth
Hemp
Hemp Seeds
Herbs
Herb Vinegar
Hexanedioic Acid
High Fructose Corn Syrup
Hominy
Honey
Hops
Horseradish (Pure)

Hyacinth Bean
Hydrogen Peroxide
Hydrolyzed Caseinate
Hydrolyzed Meat Protein
Hydrolyzed Soy Protein
Hydroxypropyl Cellulose
Hydroxypropyl Methylcellulose
Hypromellose
Illepe
Iodine
Inulin
Invert Sugar
Iron Ammonium Citrate
Isinglass
Isolated Soy Protein
Isomalt
Job's Tears
Jowar (Sorghum)
Karaya Gum
Kasha (roasted buckwheat)
Keratin
K-Carmine Color
K-Gelatin
Koshihikari (rice)
Kudzu
Kudzu Root Starch
Lactalbumin Phosphate
Lactase
Lactic Acid
Lactitol
Lactose
Lactulose
Lanolin
Lard
L-cysteine
Lecithin
Lemon Grass
Lentils
Licorice
Licorice Extract
Lipase
L-leucine
L-lysine
L-methionine
Locust Bean Gum
L-tryptophan
Magnesium Carbonate
Magnesium Hydroxide
Magnesium Oxide
Maize



Appendix A (page 3 of 4)

INGREDIENTS THAT ARE GLUTEN FREE

Maize Waxy
Malic Acid
Maltitol
Maltodextrin
Maltol
Manganese Sulfate
Manioc
Masa
Masa Flour
Masa Harina
Meat (fresh)
Medium Chain Triglycerides
Menhaden Oil
Methyl Cellulose²
Microcrystalline Cellulose
Micro-particulated Egg White Protein
Milk
Milk Protein Isolate
Millet
Milo (Sorghum)
Mineral Oil
Mineral Salts
Molybdenum Amino Acid Chelate
Monocalcium Phosphate
Monopotassium Phosphate
monosaccharides
Monosodium Glutamate (MSG)
Monostearates
MSG
Mung Bean
Musk
Mustard Flour
Myristic Acid
Natural Smoke Flavor
Niacin-Niacinamide
Neotame
Niacin
Niacinamide
Nitrates
Nitrous Oxide
Non-fat Milk
Nuts (except wheat, rye & barley)
Nut, Acron
Nut, Almond
Oats³
Oils and Fats
Oleic Acid
Oleoresin
Olestra
Oleyl Alcohol/Oil
Orange B
Oryzanol
Palmitic Acid
Pantothenic Acid
Papain
Paprika
Paraffin
Partially Hydrogenated Cottonseed Oil
Partially Hydrogenated Soybean Oil
Peas
Pea - Chick
Pea - Cow
Pea Flour
Pea Starch
Peanuts
Peanut Flour
Pectin
Pectinase
Peppermint Oil
Peppers
Pepsin
Peru Balsam
Petrolatum
PGPR (Polyglycerol Polyricinoleate)
Phenylalanine
Phosphoric Acid
Phosphoric Glycol
Pigeon Peas
Polenta
Polydextrose
Polyethylene Glycol
Polyglycerol
Polyglycerol Polyricinoleate (PGPR)
Polysorbates
Polysorbate 60
Polysorbate 80
Potassium Benzoate
Potassium Caseinate
Potassium Citrate
Potassium Iodide
Potassium Lactate
Potassium Matabisulphite
Potassium Sorbate
Potatoes
Potato Flour
Potato Starch
Povidone
Prinus
Pristane
Propolis
Propylene Glycol
Propylene Glycol Monostearate
Propyl Gallate
Protease
Psyllium
Pyridoxine Hydrochloride
Quinoa
Ragi
Raisin Vinegar
Rape
Recaldent
Reduced Iron
Rennet
Rennet Casein
Resinous Glaze
reticulin
Riboflavin
Rice
Rice (Enriched)
Rice Flour
Rice Starch
Rice Syrup
Rice Vinegar
Ricinoleic Acid
Romano Bean (chickpea)
Rosematta
Rosin
Royal Jelly
Saccharin
Saffron
Sago
Sago Palm
Sago Flour
Sago Starch
Saifun (bean threads)
Salt
Seaweed
Seeds (except wheat, rye & barley)
Seed - Sesame
Seed - Sunflower
Shea
Sherry Vinegar
Silicon Dioxide
Soba (be sure its 100% buckwheat)
Sodium Acid Pyrophosphate
Sodium Acetate
Sodium Alginate
Sodium Ascorbate
Sodium Benzoate
Sodium Caseinate



Appendix A (page 4 of 4)

INGREDIENTS THAT ARE GLUTEN FREE

Sodium Citrate
Sodium Erythroate
Sodium Hexametaphosphate
Sodium Lactate
Sodium Lauryl Sulfate
Sodium Metabisulphite
Sodium Nitrate
Sodium Phosphate
Sodium Polyphosphate
Sodium Silico Aluminate
Sodium Stearoyl Lactylate
Sodium Sulphite
Sodium Stannate
Sodium Tripolyphosphate
Sorbic Acid
Sorbitan Monostearate
Sorbitol-Mannitol (can cause IBS symptoms)
Sorghum
Sorghum Flour
Soy
Soybean
Soy Lecithin
Soy Protein
Soy Protein Isolate
Spices (pure)
Spirits (Specific Types)
Spirit Vinegar
Stearates
Stearamide
Stearamine
Stearic Acid
Stearyl Lactate
Stevia
Subflower Seed
Succotash (corn and beans)
Sucralose
Sucrose
Sulfosuccinate
Sulfites
Sulfur Dioxide
Sweet Chestnut Flour
Tagatose
Tallow
Tapioca
Tapioca Flour
Tapioca Starch
Tara Gum
Taro

Tarro
Tarrow Root
Tartaric Acid
Tartrazine
TBHQ is Tetra or Tributylhydroquinone
Tea
Tea-Tree Oil
Teff
Teff Flour
Tepary Bean
Textured Vegetable Protein
Thiamin Hydrochloride
Thiamine Mononitrate
Thiamine Hydrochloride
Titanium Dioxide
Tofu (Soy Curd)
Tolu Balsam
Torula Yeast
Tragacanth
Tragacanth Gum
Triacetin
Tricalcium Phosphate
Tri-Calcium Phosphate
Trypsin
Turmeric (Kurkuma)
TVP
Tyrosine
Urad/Urid Beans
Urad/Urid Dal (peas) Vegetables
Urad/Urid flour
Urd
Vinegar (All except Malt)
Vanilla Extract
Vanilla Flavoring
Vanillin
Vinegars (Specific Types)
Vitamin A (retinol)
Vitamin A Palmitate
Vitamin B1
Vitamin B-12
Vitamin B2
Vitamin B6
Vitamin D
Vitamin E Acetate
Waxy Maize
Whey
Whey Protein Concentrate
Whey Protein Isolate
White Vinegar
Wines

Wine Vinegars
(& Balsamic)
Wild Rice
Xanthan Gum
Xylitol
Yam Flour
Yeast
Yogurt (plain, unflavored)
Zinc Oxide
Zinc Sulfate



Appendix B (page 1 of 1)

UNSAFE INGREDIENTS—CONTAIN GLUEN

Abyssinian Hard (Wheat triticum durum)
Alcohol (Spirits - Specific Types)
Amp-Isostearoyl Hydrolyzed Wheat Protein
Atta Flour
Barley Grass (can contain seeds)
Barley Hordeum vulgare
Barley Malt
Beer (most contain barley or wheat)
Bleached Flour
Bran
Bread Flour
Brewer's Yeast
Brown Flour
Bulgur (Bulgar Wheat/Nuts)
Bulgur Wheat
Cereal Binding
Chilton
Club Wheat (Triticum aestivum subspecies compactum)
Common Wheat (Triticum aestivum)
Cookie Crumbs
Cookie Dough
Cookie Dough Pieces
Couscous
Criped Rice
Dinkle (Spelt)
Disodium Wheatgermamido Peg-2 Sulfosuccinate
Durum wheat (Triticum durum)
Edible Coatings
Edible Films
Edible Starch
Einkorn (Triticum monococcum)
Emmer (Triticum dicoccon)
Enriched Bleached Flour
Enriched Bleached Wheat Flour
Enriched Flour
Farina
Farina Graham
Farro
Filler
Flour (normally this is wheat)
Fu (dried wheat gluten)
Germ
Graham Flour
Granary Flour
Groats (barley, wheat)
Hard Wheat
Heeng
Hing
Hordeum Vulgare Extract

Hydrolyzed Wheat Gluten
Hydrolyzed Wheat Protein
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol
Hydrolyzed Wheat Starch
Hydroxypropyltrimonium Hydrolyzed Wheat Protein
Kamut (Pasta wheat)
Kecap Manis (Soy Sauce)
Ketjap Manis (Soy Sauce)
Kluski Pasta
Maida (Indian wheat flour)
Malt
Malted Barley Flour
Malted Milk
Malt Extract
Malt Syrup
Malt Flavoring
Malt Vinegar
Macha Wheat (Triticum aestivum)
Matza
Matzah
Matzo
Matzo Semolina
Meringue
Meripro 711
Mir
Nishasta
Oriental Wheat (Triticum turanicum)
Orzo Pasta
Pasta
Pearl Barley
Persian Wheat (Triticum carthlicum)
Perungayam
Poulard Wheat (Triticum turgidum)
Polish Wheat (Triticum polonicum)
Rice Malt (if barley or Koji are used)
Roux
Rusk
Rye
Seitan
Semolina
Semolina Triticum
Shot Wheat (Triticum aestivum)
Small Spelt
Spirits (Specific Types)
Spelt (Triticum spelta)
Sprouted Wheat or Barley

Suet in Packets
Tabbouleh
Tabouli
Teriyaki Sauce
Timopheevi Wheat (Triticum timopheevii)
Triticale X triticosecale
Triticum Vulgare (Wheat) Flour
Lipids
Triticum Vulgare (Wheat) Germ Extract
Triticum Vulgare (Wheat) Germ Oil
Udon (wheat noodles)
Unbleached Flour
Vavilovi Wheat (Triticum aestivum)
Vital Wheat Gluten
Wheat, Abyssinian Hard triticum durum
Wheat amino acids
Wheat Bran Extract
Wheat, Bulgur
Wheat Durum Triticum
Wheat Germ Extract
Wheat Germ Glycerides
Wheat Germ Oil
Wheat Germamidopropyldimonium Hydroxypropyl Hydrolyzed Wheat Protein
Wheat Grass (can contain seeds)
Wheat Nuts
Wheat Protein
Wheat Triticum aestivum
Wheat Triticum Monococcum
Wheat (Triticum Vulgare) Bran Extract
Whole-Meal Flour
Wild Einkorn (Triticum boeotictim)
Wild Emmer (Triticum dicocoides)



RESOURCES ON THE INTERNET

Cooking

www.glutenfreegoddess.blogspot.com

www.glutenfreemommy.com

www.glutenfreeda.com

www.theartofglutenfreecooking.com

Restaurants

www.glutenfreerestaurants.org

www.glutenfreeregistry.com

www.gfreestaurants.com

Overall Guides

www.celiac.com

www.glutenfreehelp.info

www.glutenfreeeugene.org

www.aglutenfreeguide.com

www.glutenfreeguide.com

