

# Index

## • A •

ADD (attention deficit disorder), 37  
Addison's disease, 36  
ADHD (attention deficit hyperactivity disorder), 37  
alcohol (distilled), 46  
allergies  
    Food Allergen Labeling and Consumer Protection Act of 2004, 54  
    gluten-containing foods, 28  
    wheat, 25–26  
Almond Hummus, 285  
amaranth  
    flour, 107  
    gluten-free alternative, 44, 48  
    healthy starches, choosing, 67  
    pasta, 225  
anaphylaxis, 25  
anemia, 37  
anthocyanins, 68  
Antipasto Lettuce Wraps, 162  
appetizers  
    Artichoke Squares, 250  
    Baked Potato Skins, 249  
    Cajun Stuffed Mushrooms, 252  
    cold appetizers, 242–247  
    Crabmeat Dip, 246  
    Feta Supreme Spread, 244  
    hot appetizers, 247–252  
    Hot Taco Bake, 248  
    ideas for, 241–242  
    Roulade Canapé, 245  
    Shrimp Deviled Eggs, 243  
    Speedy Taco Wings, 251  
    Tortilla Sticks, 246–247  
appliances, separate, for gluten-free cooking, 78–79

arrowroot  
    gluten-free alternative, 44, 49  
    pasta, 225  
Artichoke Lasagna, 237–238  
Artichoke Squares, 250  
Asian Chop Suey, 200–201  
Asian markets, shopping in, 105  
Asian Pork Salad, 262–263  
ataxia, 38  
athletes, 66  
attention deficit disorder (ADD), 37  
attention deficit hyperactivity disorder (ADHD), 37  
autism, 37, 39–40  
autoimmune chronic active hepatitis, 36  
autoimmune diseases, 36–37  
autoimmune response with celiac disease, 29

## • B •

bacterial contamination of ground meats, 208–209  
Bagels, 128–130  
Baked Apple Pancake, 139–140  
Baked Chicken Salad, 263  
baked goods. *See also* breads; desserts; flours, gluten-free  
    food to avoid, 43  
    tips for, 109  
Baked Pork Chops, 205  
Baked Potato Skins, 249  
Banana Chocolate Chip Muffins, 137  
Barbecue Lamb Shanks, 208  
barley, 10, 42  
BBQ Meatloaf, 210–211  
beans. *See also specific beans*  
    flours, 106  
    gluten-free food, 45

- beef, grades of, 198. *See also under* meat
- Beef Pot Roast a la Mushrooms, 202
- beer, 43
- behavior, effect of gluten on, 38–40
- Best-Ever Apple Cobbler, 301
- Best-Ever Sloppy Joes, 159
- Best Spare Ribs You'll Ever Eat!, 206
- Better Than S'mores!, 292
- beverages
  - Caramel Milkshakes, 287
  - Raspberry Smoothie, 114–115
- binders
  - meat, in, 197
  - substitutions for, 91
- bipolar disease, 37
- biscuits, 43
- blood sugar levels
  - diabetes mellitus, 37, 64
  - gluten-free diet, 64–68
  - mesquite, 50
  - wheat, 26
- book
  - about, 1–2
  - author assumptions, 4–5
  - conventions used in, 2–3
  - future directions, 6
  - icons used in, 6
  - organization of book, 5–6
  - what you can skip, 3–4
- Bragg Liquid Aminos, 92
- brain and spinal cord defects, 38
- bread crumbs
  - food to avoid, 43
  - gluten-free, 104
  - substitutions for, 91
- bread machines, 79
- breeding, substitutions for, 91
- breads
  - bagels or pretzels, 128–130
  - breakfast, for, 121–132
  - Breakfast Biscuit Bread, 126–127
  - crust, tips for, 123
  - dough, working and rising, 122–123
  - Flatbread Wrap, 130–131
  - food to avoid, 43
  - French Baguettes, 124–125
  - gluten-free, 104–105
  - Olive Oil Bread, 127–128
  - pita, 161
  - troubleshooting points, 123–124
  - yeast, proofing, 122
  - Zucchini Bread, 131–132
- breakfast
  - Bagels or Pretzels, 128–130
  - Baked Apple Pancakes, 139–140
  - Banana Chocolate Chip Muffins, 137
  - bread and bagels, 121–132
  - Breakfast Biscuit Bread, 126–127
  - Breakfast Bread Pudding, 132–133
  - Breakfast Enchilada, 120–121
  - Cheese Waffles, 143–144
  - Cinnamon Breakfast Cereal, 112–113
  - common gluten-free foods, 92–93
  - Corn Muffins, 138
  - Crab Quiche, 118
  - Cranberry Cornmeal Muffins, 135–136
  - Cream Cheese Coffecake, 134–135
  - crepes, 140–142
  - Egg Burrito, 120
  - eggs, omelets, and wraps, 115–121
  - Farmer's Skillet Eggs, 116
  - Feather-Light Crepes, 141–142
  - Flatbread Wrap, 130–131
  - French Baguettes, 124–125
  - gluten-free cooking with kids, 328
  - Homemade Cereal, 113–114
  - importance of, 111
  - Maple Soufflé, 119
  - Olive Oil Bread, 127–128
  - pancakes and waffles, 138–145
  - pastries and muffins, 132–138
  - Peachy French Toast, 144–145
  - Pepperoni Frittata, 117
  - Pumpkin Waffles, 142–144
  - Raspberry Smoothie, 114–115
  - Zucchini Bread, 131–132
- Breakfast Biscuit Bread, 126–127
- Breakfast Bread Pudding, 132–133
- Breakfast Enchilada, 120–121
- brewer's yeast, 47, 48
- Broccoli Cauliflower Combo, 218–219
- Broiled Veggie Tortillas, 164
- broth
  - Hearty Chicken Broth, 270
  - uses for, 268

- brown rice
    - flours, 106
    - syrup, 47
  - brunch
    - explained, 147–148
    - Filet and Eggs a la Béarnaise, 150–151
    - Ham with Glazed Bananas, 151
    - Make-Ahead Brunch Casserole, 149
    - Potato Nests with Shrimp, 153
    - Potato Tomato Pie, 152
  - buckwheat
    - flour, 107
    - gluten-free alternative, 44, 49–50
    - healthy starches, choosing, 67
    - pasta, 225, 226
  - bulgur, 42
  - buns, substitutions for, 92
- C ●
- Caesar Sandwich, 160
  - Cajun Stuffed Mushrooms, 252
  - cake flour, 42
  - cakes
    - Caramel Cake, 312–313
    - Chocolate Fleck Cake, 310–311
    - tips for, 302
  - cancer, 38
  - candy, cooking with kids, 328
  - Caramel Cake, 312–313
  - caramel color, 46
  - Caramel Fondant Frosting, 313
  - Caramel Milkshakes, 287
  - Carrot and Zucchini Latkes, 223
  - casaba, 44, 53
  - casein, 39
  - cassava
    - flour, 106
    - gluten-free alternative, 44, 53
    - pasta, 225
  - casseroles
    - Chicken Pot Pie, 194–195
    - Easy Company Chicken, 192
    - Enchilada Casserole, 170–171
    - Grecian Chicken with Pasta, 193
    - Greek Hamburger Vegetable Casserole, 214–215
    - Italian Hamburger Pasta Casserole, 211
    - Macaroni and Sausage Casserole, 171
    - Make-Ahead Brunch Casserole, 149
    - Pepperoni Squares, 169
    - poultry, 191–196
    - Seafood au Gratin, 182
    - Slow Cooker Chicken with Spinach and Mushrooms, 196
    - tips for, 168
    - Tuna Broccoli Casserole, 183
  - cast iron pans, 76
  - celiac disease, distinguishing from gluten sensitivity, 28–30
  - cereals
    - Cinnamon Breakfast Cereal, 112–113
    - food to avoid, 43
    - Homemade Cereal, 113–114
    - hot cereals, 92
  - cheating on gluten-free diets,
    - consequences of, 35–38
  - Cheese-Stuffed Zucchini, 235
  - Cheese Waffles, 143–144
  - cheeseburgers, 324
  - Cheesy Corn Chowder, 279
  - Cheesy Crisps, 294
  - chicken. *See* poultry
  - Chicken Pot Pie, 194–195
  - chickpeas
    - flour, 106
    - gluten-free food, 44
  - children
    - celiac disease and gluten sensitivity
      - symptoms, 32–33
    - choices, learning to make, 72
    - gluten, awareness of, 72–73
    - gluten-free cooking with kids, 325–328
    - gluten-free lifestyle, 18
  - chili
    - comfort food, 324
    - regional claims, 277
    - Unrivaled Chili, 278
  - Chocolate Cranberry Cookies, 303
  - Chocolate Fleck Cake, 310–311
  - Chocolate Raspberry Bars, 308–309
  - choice grade of beef, 198
  - chowders
    - Cheesy Corn Chowder, 279
    - described, 277
    - New England clam chowder, 323–324
    - Seafood Chowder, 280

- Cinnamon Breakfast Cereal, 112–113
  - citric acid, 46
  - coatings, substitutions for, 91
  - cobblers
    - Best-Ever Apple Cobbler, 301
    - described, 296
  - Coconut Lemon Chiffon Pie, 297
  - Codex Alimentarius wheat starch, 42, 86
  - colanders, 76
  - Colgan, Michael
    - Sports Nutrition Guide*, 62
  - comfort foods, easy to prepare
    - cheeseburgers, 324
    - chili, 324
    - macaroni and cheese, 324
    - meatloaf, 322
    - mixes, using, 321–322
    - nachos, 322
    - New England clam chowder, 323–324
    - potato salad, 322
    - pudding, 323
    - vegetable soup, 323
  - contamination, bacterial, of ground meats, 208–209
  - contamination with gluten
    - cookware, 76
    - cross-contamination, 15
    - crumbs, 15, 74, 78
    - food storage, 76
    - guests, 75
    - kitchens, in, 71, 73–76
    - manufacturing equipment, 56
    - oats, 48
    - spreadable foods, 74
    - utensils, 75
    - wheat flour particles, airborne, 107
  - conventions used in the book, 2–3
  - cookies
    - Chocolate Cranberry Cookies, 303
    - Chocolate Raspberry Bars, 308–309
    - Nutty Biscotti, 306–307
    - tips for, 302
    - Whoopie Pies, 304–305
  - cooking gluten-free
    - as book focus, 1–2
    - with kids, 325–328
    - preparation for, 14–15
    - with and without gluten, 77–80
  - cookware, contamination of, 76
  - co-ops for gluten-free ingredients, 86
  - corn
    - gluten-free food, 45
    - glycemic load, 65
    - pasta, 225
  - Corn Chip Chicken, 187
  - Corn Muffins, 138
  - cornbread, 43
  - cornstarch, 106
  - coupons for gluten-free ingredients, 86
  - couscous, 42
  - Crab Quiche, 118
  - Crabmeat Dip, 246
  - crackers, 43
  - Cranberries and Yams, 222–223
  - Cranberry Cornmeal Muffins, 135–136
  - Cream Cheese Coffecake, 134–135
  - Cream of Mushroom Soup, 274
  - Creole Chicken, 189
  - crepes
    - Feather-Light Crepes, 141–142
    - Salmon Crepes, 180–181
    - tips for, 140
  - Crohn's disease, 36
  - croutons
    - food to avoid, 43
    - gluten-free, 194
    - Gluten-Free Croutons, 261
    - substitutions for, 91
  - crumbs
    - bread crumbs, 43, 91, 104
    - contamination with, 15, 74, 78
  - crusts, pie. *See* pie crusts
  - crusts for bread, tips for, 123
  - cystic fibrosis, 38
- D •
- dairy products, 45
  - depression, 37, 40
  - derivatives of gluten-containing grains, 41, 43
  - desserts
    - Best-Ever Apple Cobbler, 301
    - Caramel Cake, 312–313
    - Caramel Fondant Frosting, 313
    - Chocolate Cranberry Cookies, 303
    - Chocolate Fleck Cake, 310–311

Chocolate Raspberry Bars, 308–309  
 Coconut Lemon Chiffon Pie, 297  
 cookies and cakes, 302–313  
 Fudge Icing, 311  
 Gluten-Free Pie Crust, 300  
 healthier, making, 296  
 importance of, 295  
 Liqueur Cups with Mocha Raspberries,  
 318  
 No-Bake Lemon Squares, 316  
 Nutty Biscotti, 306–307  
 Peanut Butter Custard Pie, 298–299  
 pies and cobblers, 296–301  
 Posh Pineapple Pie, 299  
 Pumpkin Cheesecake, 316–317  
 Strawberry Almond Torte, 314–315  
 Whoopie Pies, 304–305  
 dextrin, 46  
 diabetes mellitus, 36–37, 64  
 dinner  
   elegant dining with children, 327  
   gluten-free foods for, 93  
 Down syndrome, 38  
 durum (duram), 42

## • E •

Easy Company Chicken, 192  
 Egg Burrito, 120  
 eggs  
   breakfast dishes, 115–121  
   Breakfast Enchilada, 120–121  
   Crab Quiche, 118  
   Egg Burrito, 120  
   Farmer's Skillet Eggs, 116  
   Filet and Eggs a la Béarnaise, 150–151  
   gluten-free food, 45  
   Maple Soufflé, 119  
   Pepperoni Frittata, 117  
   Shrimp Deviled Eggs, 243  
 Einkorn, 42  
 elegant dining with children, 327  
 Enchilada Casserole, 170–171  
 epilepsy, 38  
 extenders for meat, 197–198

## • F •

farina, 42  
 farmers' markets for gluten-free  
   ingredients, 86  
 Farmer's Skillet Eggs, 116  
 Feather-Light Crepes, 141–142  
 Feta Supreme Spread, 244  
 fiber, 62  
 Filet and Eggs a la Béarnaise, 150–151  
 fillers  
   gluten content, questioning, 47  
   meat, in, 197, 198, 209  
 filling compared with fueling diets, 60–61  
 finger millet, 52  
 fish/seafood  
   Antipasto Lettuce Roll-Ups, 162  
   broiled, baked, and poached, 174–178  
   cooking options and tips, 173–174  
   gluten-free food, 45  
   Grilled Cajun Orange Roughy, 175  
   imitation, avoiding, 43  
   New England clam chowder, 323–324  
   Poached Salmon Piccata, 178  
   Salmon Crepes, 180–181  
   Salmon with Mustard Dill Sauce, 177  
   Seafood au Gratin, 182  
   Seafood Chowder, 280  
   seafood crepes and casseroles, 178–183  
   Seafood Sole, 179  
   Sesame Pretzel Fish, 176  
   Tuna Broccoli Casserole, 183  
   Tuna Fish Sandwich Like No Other, 158  
 Flatbread Wrap, 130–131  
 flavorings  
   cookies and cakes, for, 302  
   extracts, 46, 47  
   gluten content, questioning, 47  
 flavors in foods, 17  
 flour  
   substitutions for, 90  
   wheat, 42  
 flour tortillas, substitutions for, 92  
 flours, gluten-free. *See also* grains,  
   alternative  
   alternative flours, overview of, 105–107  
   baking tips, 109

flours, gluten-free (*continued*)  
 bread, 104–105  
 favorite foods, adapting, 103  
 Gluten-Free Flour Mixture, 107–108  
 having in one's pantry, 78  
 Food Allergen Labeling and Consumer Protection Act of 2004, 54  
 food processors, 79  
 food storage, 76  
 foods containing gluten, list of, 11  
 French Baguettes, 124–125  
 French Toast, Peachy, 144–145  
 Fried Broccoli Florets with Soy Curry Sauce, 95–99  
 Frosted Fruit Salad, 257  
 frostings  
   Caramel Fondant Frosting, 313  
   Fudge Icing, 311  
 fruits, 45. *See also* salads  
 frumento, 42  
 Fudge Icing, 311  
 fueling compared with filling diets, 60–61

## ● G ●

garbanzo bean flour, 106  
 garfava bean flour, 44, 50, 106  
 gari, 44, 53  
 Garlic Sauce, 238  
 gastrointestinal symptoms of celiac disease, 31  
 gelatin, unflavored, 107  
 ghrelin, 69  
 Glazed Carrots with Walnuts, 219  
 Glazed Corned Beef, 203  
 Glazed Fillet Mignon with Blue Cheese, 199  
 glucagon, 64  
 glucose, explained, 64  
 gluten, defined, 10–11  
 gluten-free certification, 56–57  
 gluten-free cooking, reasons for  
   behavior, effects of gluten on, 38–40  
   cheating, consequences of, 35–38  
   decision to cook gluten-free, 21–22  
   diagnostic tests, 33–35  
   gluten intolerance, symptoms of, 30–33

gluten-related problems, different types of, 27–30  
   wheat, problems with, 22–27  
 gluten-free cooking with kids, 325–328  
 Gluten-Free Croutons, 261  
 gluten-free diet  
   diagnostic tests, 34–35  
   glycemic index, relating to, 67  
 Gluten-Free Flour Mixture, 107–108  
 gluten-free foods  
   alternatives to wheat, rye, and barley, 44, 48–54  
   foods to avoid, 42–43  
   gluten content, determining, 41–42  
   hidden gluten, 45–48  
   labels, reading, 54–57  
   lists of, 44–45  
 gluten-free lifestyle  
   adjusting to, 16–19  
   cooking, preparing for, 14–15  
   deciding to adopt, 12–13  
   gluten, defined, 10–11  
   gluten-free households, 72–73  
   nutrition in gluten-free diet, 13–14  
   realistic expectations for, 18  
   reasons for, 9  
   recipes, cooking without, 16  
*Gluten-Free Living* (Web site), 46  
 Gluten-Free Pie Crust, 300  
 gluten-free stores, 86  
 gluten intolerance, symptoms of, 30–33  
 gluten-related problems  
   allergies to gluten-containing foods, 28  
   gluten sensitivity and celiac disease, distinguishing between, 28–30  
   types of, recognizing, 27–30  
 gluten sensitivity, distinguishing from celiac disease, 28–30  
 glutinous rice, 52  
 glutinous white rice flours, 106  
 glycemic index  
   gluten-free diet, relating to, 67  
   ranges of foods, 66  
   understanding, 65–67  
   wheat, 23  
 gob drop technique, 75, 80  
 graham, 42

grains, alternative. *See also* flours,  
 gluten-free  
 gluten-free, 13–14, 44, 48–54  
 healthy starches, choosing, 67–68  
 granola, substitutions for, 91  
 gravies, avoiding, 43  
 Grecian Chicken with Pasta, 193  
 Greek Hamburger Vegetable Casserole,  
 214–215  
 Grilled Cajun Orange Roughy, 175  
 groats, 44, 49–50  
 grocery stores for gluten-free ingredients,  
 84–85  
 ground meats  
 bacterial contamination, 208–209  
 BBQ Meatloaf, 210–211  
 fillers, 198, 209  
 Greek Hamburger Vegetable Casserole,  
 214–215  
 Italian Hamburger Pasta Casserole, 211  
 Marinated Keilbasa, 213  
 Meatballs in Lemon Sauce, 212  
 Meatballs in Wine Sauce, 209  
 guar gum, 14, 78, 107  
 guests, and contamination issues, 75

## • H •

Ham with Glazed Bananas, 151  
 health issues  
 associated conditions, 36–38  
 gluten-free diet, cheating on, 36  
 gluten-free diet alleviating, 12–13  
 healthy approaches  
 desserts, 296  
 gluten-free diets, 62–64  
 snacks, 282  
 Hearty Chicken Broth, 270  
 hearty soups, 269, 271–273  
 hemorrhaging, internal, 38  
 herbs  
 gluten-free cooking with kids, 327  
 soups, 268  
 hie, 44, 51–52  
 high fructose corn syrup, 69  
 Homemade Cereal, 113–114  
 Honey Broiled Chicken, 186  
 Honey Cinnamon Grahams, 288

Hot Taco Bake, 248  
 households, gluten-free, 72–73  
 hydrolyzed plant protein, 46  
 hydrolyzed vegetable protein, 46–47

## • I •

icons used in the book, 6  
 Indian ricegrass, 44, 51  
 indulgence while on gluten-free diet  
 desserts, 295  
 weight maintenance, 70  
 inflammation, 22–23  
 ingredients. *See also* shopping for gluten-  
 free ingredients  
 converting in a recipe, 96–97  
 cooking gluten-free with kids, 326  
 cooking with and without gluten, 77–78  
 questionable, 46–47  
 substitutions, 90–92  
 instructions for recipes, converting, 97–99  
 insulin, 64  
 international online buying, 86  
 irradiation of ground meats, 209  
 Italian Beef Vegetable Soup, 273  
 Italian Grilled Cheese Sandwich, 157  
 Italian Hamburger Pasta Casserole, 211  
 Italian Stuffed Cabbage, 236–237

## • J •

Job's tears, 44, 50

## • K •

kalo, 53  
 kamut, 10, 11, 42  
 kasha, 44, 49–50  
*Kids with Celiac Disease: A Family Guide to  
 Raising Happy, Healthy, Gluten-Free  
 Children* (Korn), 18  
 kitchen  
 appliances, 78  
 contamination concerns, 71, 73–76  
 cooking both ways, 77–80  
 cookware, 76  
 food storage, 76

kitchen (*continued*)

- gluten-free cooking, safe environment for, 71
- gluten-free households, 72–73
- guests, and contamination concerns, 75
- menu planning, 77–78
- organizing, 15
- techniques for shared kitchens, 79–80
- utensils, 75

Korn, Danna (author)

- about, 1, 4
- bringing up a gluten-free child, 19–20
- Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy, Gluten-Free Children*, 18
- Living Gluten-Free For Dummies*, 1, 13, 34, 35, 61, 64

Korn, Tyler (author's son), 19–20

- kosher stores/aisles for gluten-free ingredients, 86

## • L •

labels

- advisory labels, 56
- gluten content, 46–47, 54–57
- “gluten-free” label, 55
- labeling requirements, 56

lamb, 198. *See also under* meat

Lamb Chops with Tiered Topping, 207

Lamb and Rice Soup, 272

lasagna

- Artichoke Lasagna, 237–238
- cooking with kids, 316
- Spinach Lasagna, 234

leaky gut syndrome, 23–24

leavening for cookies and cakes, 302

legumes, 45

lentils

- flour, 106
- Luscious Lentil Salad, 259
- pasta, 225
- Spinach Lentil Soup, 276

leptin, 69

licorice, 43

Liqueur Cups with Mocha Raspberries, 318

*Living Gluten-Free For Dummies* (Korn)

- author's familiarity with material, 1
- blood sugar levels, 64
- diagnostic tests, 34
- gluten-free diet, maintaining, 35
- health benefits of gluten-free diet, 13
- nutrition, 61

lotus pasta, 225

lunch

- Best-Ever Sloppy Joes, 159
- Caesar Sandwich, 160
- cold lunches, 155
- common gluten-free foods, 93
- Italian Grilled Cheese Sandwich, 157
- microwavable, 154–155
- salads, 156
- sandwiches, 156–160
- Tuna Fish Sandwich Like No Other, 158
- Luscious Lentil Salad, 259

## • M •

macaroni and cheese

- comfort food, 324
- The Ultimate Macaroni and Cheese, 226

Macaroni and Sausage Casserole, 171

Macho Nachos, 290

Make-Ahead Brunch Casserole, 149

malt, 43

maltodextrin, 47

man-made foods. *See* processed foods

manioc, 44, 53

manufacturers, contacting, about gluten content, 57

Maple Soufflé, 119

marinades, avoiding, 43

Marinated Artichoke Salad, 256

Marinated Kielbasa, 213

Marinated Steak Salad, 266

Mashed Potatoes with Caramelized

Onions, 230

matzoh (matzo, matzah), 42

meal planning

- common foods, 92–94
- cooking with and without gluten, 77–78
- shopping, 14–15

## meat

- Asian Chop Suey, 200–201
- Asian Pork Salad, 262–263
- Baked Pork Chops, 205
- Barbecue Lamb Shanks, 208
- BBQ Meatloaf, 210–211
- beef, pork, and lamb, described, 198
- Beef Pot Roast a la Mushrooms, 202
- Best Spare Ribs You'll Ever Eat!, 206
- cheeseburgers, 324
- Glazed Corned Beef, 203
- Glazed Fillet Mignon with Blue Cheese, 199
- gluten-free food, 45
- gluten in, 197–198, 209
- Greek Hamburger Vegetable Casserole, 214–215
- ground meats, 208–213
- Italian Hamburger Pasta Casserole, 211
- Lamb Chops with Tiered Topping, 207
- Marinated Kielbasa, 213
- Marinated Steak Salad, 266
- Meatballs in Lemon Sauce, 212
- Meatballs in Wine Sauce, 209
- Pork Chops with Caramelized Onions, 204
- protein, eating large quantities of, 201
- Reuben Quesadillas, 163
- Taco Salad in Tortilla Shells, 264–265
- Meatballs in Lemon Sauce, 212
- Meatballs in Wine Sauce, 209
- meatless dishes
  - Artichoke Lasagna, 237–238
  - Broccoli Cauliflower Combo, 218–219
  - Carrot and Zucchini Latkes, 223
  - Cheese-Stuffed Zucchini, 235
  - Cranberries and Yams, 222–223
  - Garlic Sauce, 238
  - Glazed Carrots with Walnuts, 219
  - Italian Stuffed Cabbage, 236–237
  - Mashed Potatoes with Caramelized Onions, 230
  - Parmesan Potatoes, 228
  - pastas and starches, 224–230
  - Quinoa-Stuffed Tomatoes, 232–233
  - Roasted Asparagus with Mustard Dressing, 224
  - soups, 273–277
  - Spaghetti Marinara, 227
  - Spinach Lasagna, 234
  - Spinach Pie, 220
  - Stuffed Acorn Squash, 221
  - Twice-Baked Sweet Potatoes, 228–229
  - The Ultimate Macaroni and Cheese, 226
  - vegetable main dishes, 231–238
  - vegetable side dishes, 217–224
- meatloaf
  - BBQ Meatloaf, 210–211
  - comfort food, 322
- menopause, 25, 65
- mesquite, 44, 50
- microwave ovens, 154–155
- millet
  - alternative grain, 44, 51
  - healthy starch, 67
- milo
  - alternative grain, 52
  - flour, 106
  - pasta, 225
- Minestrone Salad, 255
- mixers, 79
- mixes, gluten-free
  - availability of, 99
  - comfort food, 321–322
  - cost, 100
  - Gluten-Free Flour Mixture, 107–108
  - shopping for, 100
- modified food starch, 47
- Montina
  - alternative grain, 44, 51
  - healthy starch, 67
- mood disorders, 37, 40
- muffins
  - Banana Chocolate Chip Muffins, 137
  - Corn Muffins, 138
  - Cranberry Cornmeal Muffins, 135–136
  - tips for, 132
- multisystemic symptoms of celiac disease, 29
- mung bean flour, 106
- mutton, 198
- myasthenia gravis, 37



nachos as comfort food, 322  
natural food stores, 48, 85

natural foods as gluten-free ingredients, 82–83  
 neurological conditions, 38  
 neuropathy, 38  
 New England clam chowder, 323–324  
*The New Sugar Busters!* (Steward), 66  
 No-Bake Lemon Squares, 316  
 non-gastrointestinal symptoms of celiac disease and gluten sensitivity, 31–32  
 non-Hodgkin's lymphoma, 38  
 nutrition  
   blood sugar, 64–68  
   cooking with kids, 327  
   deficiencies with gluten sensitivity or celiac disease, 62  
   healthy gluten-free diet, 62–64  
   importance of, 13–14  
   nutrients, importance of, 59–60  
   nutritional deficiencies, 37  
   optimal, 60–62  
   refined wheat, 24  
   weight management, 68–70  
 nuts, 45  
 Nutty Biscotti, 306–307

## • O •

oats/oatmeal, 48, 92  
 obesity, 26–27  
 Olive Oil Bread, 127–128  
 omega-3 fatty acids, 174  
 online shopping for gluten-free ingredients, 48, 86  
 optic myopathy, 38  
 organs, disorders of, 38  
 osteomalacia, 37  
 osteopenia, 37  
 osteoporosis, 37

## • P •

Paleolithic diet, 63, 64  
 pancakes and waffles  
   Baked Apple Pancake, 139–140  
   Cheese Waffles, 143–144  
   crepes, tips for, 140  
   Feather-Light Crepes, 141–142  
   ideas for, 138–139

Peachy French Toast, 144–145  
 Pumpkin Waffles, 142–143  
 Parmesan Chicken with Fresh Tomato Salsa, 188–189  
 Parmesan Potatoes, 228  
 Passover, and gluten-free ingredients, 86  
 pastas. *See also* lasagna  
   avoiding, 43  
   gluten-free, types of, 225–226  
   macaroni and cheese as comfort food, 324  
   Spaghetti and Meatball soup, 271  
   Spaghetti Marinara, 227  
   tips for cooking, 224–225  
   The Ultimate Macaroni and Cheese, 226  
 pastries and muffins  
   Banana Chocolate Chip Muffins, 137  
   breakfast, 132–138  
   Breakfast Bread Pudding, 132–133  
   Corn Muffins, 138  
   Cranberry Cornmeal Muffins, 135–136  
   Cream Cheese Coffecake, 134–135  
 pea flour, 106  
 Peachy French Toast, 144–145  
 Peanut Butter Custard Pie, 298–299  
 Pepperoni Frittata, 117  
 Pepperoni Squares, 169  
 Perky Popcorn, 290–291  
 Perricone, Nicholas  
   *The Wrinkle Cure*, 23, 25, 65  
 pharmaceuticals, gluten in, 47  
 picnics, 328  
 pie crusts  
   Gluten-Free Pie Crust, 300  
   Pot Pie Pie Crust, 195  
   substitutions for, 91  
 pies  
   Chicken Pot Pie, 194–195  
   Coconut Lemon Chiffon Pie, 297  
   Peanut Butter Custard Pie, 298–299  
   Posh Pineapple Pie, 299  
   tips for, 296  
 pinole, 44, 50  
 pita, gluten-free, 161  
 pizza  
   cooking with kids, 326–327  
   crust, avoiding, 43  
   Three-Cheese Pizza, 166–167

Poached Salmon Piccata, 178  
pork, 198. *See also under* meat  
Pork Chops with Caramelized Onions, 204  
Posh Pineapple Pie, 299  
Pot Pie Pie Crust, 195  
Potato Nests with Shrimp, 153  
Potato Salad Nicoise, 260  
Potato Tomato Pie, 152  
potatoes  
  Baked Potato Skins, 249  
  gluten-free food, 45  
  glycemic load, 65  
  Mashed Potatoes with Caramelized Onions, 230  
  Parmesan Potatoes, 228  
  potato flour/potato starch flour, 106  
  Potato Nests with Shrimp, 153  
  potato salad as comfort food, 322  
  Potato Salad Nicoise, 260  
  Potato Tomato Pie, 152  
poultry  
  Baked Chicken Salad, 263  
  casseroles, 191–196  
  Chicken Pot Pie, 194–195  
  Corn Chip Chicken, 187  
  Creole Chicken, 189  
  Easy Company chicken, 192  
  gluten-free food, 45  
  Grecian Chicken with Pasta, 193  
  Honey Broiled Chicken, 186  
  Parmesan Chicken with Fresh Tomato Salsa, 188–189  
  Pot Pie Pie Crust, 195  
  Slow Cooker Chicken with Spinach and Mushrooms, 196  
  Stuffed Rock Cornish Game Hens, 190–191  
  Turkey Roll-Ups, 165  
  versatility of, 185  
Pretzels, 128–130  
pretzels, avoiding, 43  
prime grade of beef, 198  
processed foods  
  gluten-free diets, 13  
  meat, 197–198  
  shopping for gluten-free ingredients, 83  
protein, 201  
pudding as comfort food, 323

Pudding Pops, 286  
Pumpkin Cheesecake, 316–317  
Pumpkin Waffles, 142–143

## • Q •

quesadillas, 163  
quinoa  
  alternative grain, 44, 51–52  
  gluten-free, having in one's pantry, 78  
  healthy starches, choosing, 67  
  pasta, 225  
Quinoa-Stuffed Tomatoes, 232–233

## • R •

ragi, 44, 52  
Raspberry Smoothie, 114–115  
Raynaud's phenomenon, 37  
recipes, adapting  
  convenient gluten-free cooking, 89  
  cooking without, 16  
  ingredient substitutions, 90–92  
  meals, transforming, 90–94  
  meals not requiring recipes, 92–94  
  mixes, using, 99–100  
  recipes, eliminating gluten from, 94–99  
refined wheat, 24  
restaurant food, 17–18  
Reuben Quesadillas, 163  
rice  
  alternative grain, 44, 52  
  gluten-free, having in one's pantry, 78  
  glycemic load, 65  
  pasta, 225  
  rice flours, 106  
  rice gluten, 106  
rice cookers, 79  
Roasted Asparagus with Mustard Dressing, 224  
Roulade Canapé, 245  
roux, avoiding, 43  
rye  
  food to avoid, 42  
  gluten in, 10

## • S •

### salads

- Asian Pork Salad, 262–263
- Baked Chicken Salad, 263
- Frosted Fruit Salad, 257
- fruit and vegetable options, 253–261
- Gluten-Free Croutons, 261
- lunches, 156
- Luscious Lentil Salad, 259
- main dish salads, 261–266
- Marinated Artichoke Salad, 256
- Marinated Steak Salad, 266
- Minestrone Salad, 255
- Potato Salad Nicoise, 260
- Spinach Mandarin Salad, 258
- Taco Salad in Tortilla Shells, 264–265
- Tortilla Shells, 265

### Salmon Crepes, 180–181

### Salmon with Mustard Dill Sauce, 177

### sandwiches

- Antipasto Lettuce Wraps, 162
- Best-Ever Sloppy Joes, 159
- Broiled Veggie Tortillas, 164
- Caesar Sandwich, 160
- Italian Grilled Cheese Sandwich, 157
- lunches, 156–160
- Reuben Quesadillas, 163
- Tuna Fish Sandwich Like No Other, 158
- Turkey Roll-Ups, 165
- wraps and other containers for, 160–165

### saponin, 52

### Sarros, Connie, author, 1

### schizophrenia, 40

### scleroderma, 37

### seafood. *See* fish/seafood

### Seafood au Gratin, 182

### Seafood Chowder, 280

### Seafood Sole, 179

### seasonings, gluten in, 48

### seitan, 42

### seizures, 38

### select grade of beef, 198

### semolina, 42

### Sesame Pretzel Fish, 176

### shopping for gluten-free ingredients

#### advance meal planning, 14–15

#### challenge of, 81–82

#### flours, 105

#### mixes, 100

#### saving money, 87

#### stores, 83–86

#### strategies for, 82–83

### Shrimp Deviled Eggs, 243

### side dishes, 93–94

### Sjögren's syndrome, 37

### Slow Cooker Chicken with Spinach and Mushrooms, 196

### snacks

#### Almond Hummus, 285

#### benefits of, 281–282

#### Better Than S'mores!, 292

#### Caramel Milkshakes, 287

#### Cheesy Crisps, 294

#### common gluten-free foods, 93–94

#### Honey Cinnamon Grahams, 288

#### Macho Nachos, 290

#### Perky Popcorn, 290–291

#### Pudding Pops, 286

#### South-of-the-Border Cheese Ball, 283

#### Spicy Almonds, 293

#### Tortilla Chips, 284

#### Trail Mix Bars, 289

### sorghum flour, 44, 52, 106

### soups

#### broths and hearty soups, 268–273

#### Cheesy Corn Chowder, 279

#### chili and chowders, 277–280

#### chili as comfort food, 324

#### Cream of Mushroom Soup, 274

#### flavorings in, 267–268

#### Hearty Chicken Broth, 270

#### Italian Beef Vegetable Soup, 273

#### Lamb and Rice Soup, 272

#### meatless, 273–277

#### New England clam chowder, 323–324

#### Seafood Chowder, 280

#### Spaghetti and Meatball Soup, 271

#### Spicy Chicken Soup, 269

#### Spinach Lentil Soup, 276

#### Three Bean Soup, 275

Unrivaled Chili, 278  
 vegetable soup, 323  
 Waist-Slimming Cabbage Soup, 277  
 South-of-the-Border Cheese Ball, 283  
 soy flour, 44, 53, 107  
 soy sauce  
   food to avoid, 43  
   substitutions for, 92  
 Spaghetti and Meatball Soup, 271  
 Spaghetti Marinara, 227  
 specialty stores for gluten-free ingredients,  
   85–86  
 Speedy Taco Wings, 251  
 spelt, 10–11, 42  
 spices  
   gluten content, questioning, 48  
   soups, 268  
 Spicy Almonds, 293  
 Spicy Chicken Soup, 269  
 Spinach Lasagna, 234  
 Spinach Lentil Soup, 276  
 Spinach Mandarin Salad, 258  
 Spinach Pie, 220  
*Sports Nutrition Guide* (Colgan), 62  
 stabilizers, gluten content in, 48  
 starches. *See also* pastas  
   gluten content, questioning, 48  
   gluten-free food, 47  
   healthy, choosing, 67–68  
   Mashed Potatoes with Caramelized  
     Onions, 230  
   meatless dishes, 228–230  
   Parmesan Potatoes, 228  
   Twice-Baked Sweet Potatoes, 228–229  
 Steward, H. Leighton  
   *The New Sugar Busters!*, 66  
 stores for gluten-free ingredients, 83–86  
 Strawberry Almond Torte, 314–315  
 Stuffed Acorn Squash, 221  
 Stuffed Rock Cornish Game Hens, 190–191  
 stuffing, 43  
 substitution diet, 63  
 superstores for gluten-free ingredients, 84  
 sweet potatoes  
   healthy starches, 68  
   Twice-Baked Sweet Potatoes, 228–229  
   white sweet potato flour, 106, 225  
 systemic lupus erythematosus, 37

## • T •

Taco Salad in Tortilla Shells, 264–265  
 taco shells, 160  
 tapioca  
   alternative grain, 44, 53  
   flour, 106  
 taro root, 44, 53  
 teff  
   alternative grain, 44, 54  
   flour, 107  
   healthy starches, choosing, 68  
 “10 Diseases Doctors Miss” (*Reader’s  
 Digest*), 33  
 teriyaki sauce, substitutions for, 92  
 tests, diagnostic, 29–30, 33–35  
 thickeners, substitutions for, 91  
 Three Bean Soup, 275  
 Three-Cheese Pizza, 166–167  
 thyroid disease, 37  
 toaster bags, 78  
 toasters/toaster ovens, 78  
 tooth enamel defects, 38  
 Tortilla Chips, 284  
 Tortilla Shells, 265  
 Tortilla Sticks, 246–247  
 tortillas  
   Broiled Veggie Tortillas, 164  
   sandwich containers, 160, 161  
 trail mix, substitutions for, 91–92  
 Trail Mix Bars, 289  
 triticale, 42  
 Tuna Broccoli Casserole, 183  
 Tuna Fish Sandwich Like No Other, 158  
 Turkey Roll-Ups, 165  
 Twice-Baked Sweet Potatoes, 228–229

## • U •

ulcerative colitis, 37  
 The Ultimate Macaroni and Cheese, 226  
 unhealthy approach to gluten-free diets, 63  
 Unrivaled Chili, 278  
 utensils, contamination of, 75

## • U •

vanilla and vanilla extract, 47  
 vegetable soup as comfort food, 323  
 vegetables. *See also* salads  
   Artichoke Lasagna, 237–238  
   Broccoli Cauliflower Combo, 218–219  
   Carrot and Zucchini Latkes, 223  
   Cheese-Stuffed Zucchini, 235  
   cooking tips, 217–218  
   Cranberries and Yams, 222–223  
   Garlic Sauce, 238  
   Glazed Carrots with Walnuts, 219  
   gluten-free cooking with kids, 326  
   gluten-free food, 45  
   Italian Stuffed Cabbage, 236–237  
   main dishes, 231–238  
   Quinoa-Stuffed Tomatoes, 232–233  
   Roasted Asparagus with Mustard Dressing, 224  
   side dishes, 217–224  
   Spinach Lasagna, 234  
   Spinach Pie, 220  
   Stuffed Acorn Squash, 221  
 vinegars, 46, 47

## • W •

waffles  
   Cheese Waffles, 143–144  
   Pumpkin Waffles, 142–143  
   tips for, 139  
 Waist-Slimming Cabbage Soup, 277  
 water chestnut pasta, 225  
 Web sites  
   food lists, 42  
   *Gluten-Free Living*, 46  
   shopping for gluten-free ingredients, 83, 85  
 weight  
   gaining, 69, 70  
   losing, 68  
   maintaining, 68–70  
 wheat  
   allergen, as, 25–26  
   blood sugar levels, 26  
   digestibility of, 22  
   food to avoid, 42

gluten, defined, 10  
 intolerance to, percentage of population, 27  
 leaky gut syndrome, 23–24  
 menopausal symptoms, 25  
 names and varieties of, 10–11  
 nutritional value of refined wheat, 24  
 obesity, 26–27  
 pro-inflammatory agent, 22–23  
 wrinkles, 24–25  
 wheat grass, 47  
 wheat starch, gluten-free, 42  
 white rice flours, 106  
 white sweet potato flour, 106, 225  
 Whoopie Pies, 304–305  
 wild rice, 52  
 wraps and sandwich containers  
   Antipasto Lettuce Wraps, 162  
   Broiled Veggie Tortillas, 164  
   pita, 161  
   Reuben Quesadillas, 163  
   taco shells, 160  
   tortillas, 160, 161  
   Turkey Roll-Ups, 165  
*The Wrinkle Cure* (Perricone), 23  
 wrinkles  
   gluten-free diet, 65  
   wheat, 23, 24–25

## • X •

xanthan gum, 14, 78, 107

## • Y •

yams  
   healthy starches, choosing, 68  
   pasta, 225  
 yeast  
   bread, proofing for, 122  
   gluten content, questioning, 48  
   gluten-free food, 47  
 yucca, 44, 53

## • Z •

zonulin, 23  
 Zucchini Bread, 131–132