



Gluten-Free Made Easy as 1, 2, 3

Essentials for Living a Gluten-Free Life



from Award Winning Recipe Writer
Angela McKeller

As Seen On
CBS & **abc**
food



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CHAPTER 5

Everyday Gluten-Free

If Gluten-Free Isn't for Everyone, What About my Family and Cross Contamination at Home?

The beauty of gluten-free, which most people can't see when they are first told they have to cut gluten out of their diet, is that it can be healthier for everyone in the family, as long as you make sure everything is balanced. Same as you would when adopting any new discipline. Don't make up for the lost carbs in sugar; make sure you compensate for lost fiber by adding more whole grains, fruits, and vegetables. After you've learned how to eat balanced, healthy foods, the next task to tackle is cross contamination.

A Mixed or GF [Gluten-Free] Household?

That is the question

I think that one of the most problematic areas in regard to living GF (note that GF = gluten-free and NGF = non-gluten-free) is trying to avoid gluten in mixed families. In families where one or two people have issues with gluten, while the rest of the family does not, it can be difficult to ensure no cross contamination happens. When the entire house is not gluten-free, admittedly you have your work cut out for you. Accepting that "it is what

it is” helps you prepare for a world that doesn’t cater to your needs. It does make you hyper-aware of needing a plan. Plans = success! So, here’s some information that will help you with a plan:¹¹

1. Make rules and make it clear that everyone must stick to them.

With young children, this can be a challenge, but make it clear that broken rules = a sick mommy, daddy or sibling. With college buddies, make it clear that partying this weekend is off if your house rules are broken. Don’t be afraid to tell them they aren’t welcome back if they break the rules more than once.

2. Post a visible sign with the rules. On the fridge, frame it on the kitchen wall and one in the bathroom (explanation coming, promise!) – make it easy to find. The sign isn’t enough. Everyone must buy into the rules and agree to follow them. Make it clear what the outcome will be when rules are broken, after all, this is your health! Not something to take lightly, right?

3. Rules should include:

- No crumbs! NEVER. Clean up after yourself and clean up well, every speck! Clean up with paper towels and then throw them away. When you are sure the crumbs are gone, only then use a sponge or cloth, otherwise the sponge or cloth becomes contaminated.
- The GF Cabinet is labeled gluten-free because nothing goes in there unless it IS gluten-free. This means bags of flour and such that are accidentally left open are less likely to contaminate your food.
- Utensils must always be spotlessly clean before being used to measure gluten-free ingredients. If this is a challenge, have two drawers for measuring utensils – one GF and one not.
- Gluten-free side dishes, casseroles, soups must have their own spoons, and never, ever double dip!
- Have one countertop you use for GF and one countertop for NGF. It eliminates the need to worry about a stray crumb that a well-meaning family member missed.
- Pet food is not typically GF. Wash your hands well after feeding family pets.

RECIPE

4–6 servings

Spicy GF Beef Tacos



Maverick Sean Photography www.mavericksean.com

The wonderful Tamar Kummelg, who tested two recipes, is an avid foodie who has a passion for cooking allergy-free, and she combines that passion with her passion for travel, eating her way around the world! Her great friend, Maverick Sean Harris, of *Maverick Sean Photography New York*^h, was kind enough to take these FAB photos, so check him out!

Tamar, busy actress and writer, splitting time between NY and LA needed quick and easy recipes, so she tried two recipes that would fit that profile. She said this about the Spicy GF Beef Tacos:

"These GF tacos were so simple, tasty, and easily adaptable for people to create their own toppings. The jalapeno gave it just the right amount of kick!"

Simple and easy is sometimes just what we need. Thank you, Tamar and Maverick Sean!

Ingredients

- 1 lb. lean ground beef
- 1/2 cup diced onion
- 1/2 cup chopped bell pepper (any color)
- 1 tablespoon GF chili powder
- 1 teaspoon ground cumin
- 2 cloves garlic, pressed
- 1 jalapeno, seeded and diced (optional)
- 1/8 teaspoon cayenne pepper

Optional Toppings

- 2 cups loosely packed, finely shredded Romaine lettuce
- 1 cup seeded and diced tomatoes
- 1 cup chopped fresh avocado
- 1 cup shredded Mozzarella cheese (or soy cheese)
- 1 cup GF salsa
- 6 gluten-free hard taco shells

Directions

Preheat oven to 350 degrees. Brown ground beef in a GF skillet over medium high heat until nearly half done. Add onion and bell pepper, cooking until ground beef is done and vegetables are tender. Reduce heat to low and stir in chili powder, cumin, garlic, jalapeno, and cayenne pepper. Simmer for about 3 minutes, stirring occasionally. While simmering, warm taco shells in the oven for 5 minutes. Set taco shells, ground beef, and toppings, along with salsa, on the table and let everyone build their own. Serve with black beans and brown rice, if you like, and enjoy!

NOTES: _____

Sample cookbook pages for ebook:

Following are only a few pages to show the same cookbook as an ebook. Fonts and font sizes may vary because the ebook readers are user-controlled devices. Although integrity is maintained there are differences between this and the print version.



CHAPTER ONE

Understanding Gluten, How it Affects the Body, and Which Tests to Request

Celiac Disease and the Gluten-Free Diet

Most people who are told they have to follow a gluten-free diet immediately think “sacrifice”. I don’t despise much, but I despise the word “diet”, because “diet” is “DIE” with a “T”, as Garfield so aptly put it. When you start using the word “diet”, subconsciously you start dreading meals and begin to see food as an enemy. That is definitely no good!

What is Celiac disease, and does it require that dirty word, “diet”?

Celiac disease is the inability of the body to convert proteins found in gluten-rich foods. Left undiagnosed for too long, Celiac disease can lead to lactose sensitivity, which can feel quite restrictive when combined with a gluten-free regime. Best to eliminate gluten as soon as you know you must.

While foods that contain wheat, barley, rye and oats, white flour, and oatmeal come to mind, there are many products that “hide” these ingredients, which is what makes eating gluten-free so seemingly tricky. Even products that say they are gluten-free can disregard the issue of cross contamination, so be sure that you know if the product was manufactured in the vicinity of gluten. Do not simply trust “gluten-free” on the label. It is beyond important to be able to identify products that contain gluten, and to call manufacturers to be sure, if you’re not. Don’t worry; we’ll get to



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