

*Making Everything Easier!™*

# Student's Gluten-Free Cookbook

FOR  
**DUMMIES**<sup>®</sup>  
A Wiley Brand

## *Learn to:*

- Prepare more than 150 simple and delicious gluten-free recipes
- Make the most of limited appliances and space
- Stretch your food budget with meals that serve one or two

**Nancy McEachern**

*Founder of the popular blog  
Gluten Freeville*



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**by Nancy McEachern**  
Founder of the Gluten Freeville blog

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## **Student's Gluten-Free Cookbook For Dummies®**

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# About the Author

**Nancy McEachern** lives in northern California with her husband. She is a business owner, consultant, author, speaker, champion of gluten-free issues, and mom to a college student who had to go gluten-free when he was in high school, which started her research of everything she could find out about living gluten-free and enjoying it. Nancy set out to help others who need or want to eliminate gluten from their diets.

As the founder of Gluten Freeville (<http://glutenfreeville.com>), Nancy runs a popular website and writes about all aspects of gluten-free living, including new products, restaurants offering gluten-free menus, gluten-free medical news, travel options for families, practical tips for moms and students, and how to make great-tasting food. The website empowers tens of thousands of people to live a healthy and happy gluten-free life.

Nancy also runs the companion health and wellness Facebook fan page Gluten Freeville. With more than 50,000 members from throughout the world, this large and active online community discusses the everyday struggles and victories of living gluten-free and shares information and advice. Thousands also follow Gluten Freeville on Twitter and Pinterest as a way to connect with the gluten-free community and stay up-to-date on gluten-free news, food, and advice.

# Dedication

To my son, Michael, who handles his diet with grace and embraces his options, not his limitations. And to my daughter, Leah, who encouraged me to take on this book and graciously accepted our home's gluten-free fare without complaining long before she officially went gluten-free.

# Author's Acknowledgments

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## **Publisher's Acknowledgments**

We're proud of this book; please send us your comments at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

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# Student's Gluten-Free Cookbook For Dummies®

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# Introduction

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College likely marks your first time having to buy groceries and make meals for yourself on a regular basis. You need to decide what to eat, when to eat, and how to eat. You probably prepare single servings most of the time, scrounge for food when you don't have time to go to the store, and eat at odd hours. So how do you manage all that and avoid consuming gluten, too? This book addresses all that and more!

Whether you're gluten-free to relieve symptoms of a medical condition or simply to feel better in general, you're in good company these days. Athletes are trying the gluten-free diet to improve their energy and physical performance. Celebrities are in the news for going gluten-free in hopes of looking better. And people with all sorts of aches, pains, and discomfort are becoming increasingly aware that eliminating gluten from their diets can help.

This a great time to start exploring new ingredients and find out how to prepare delicious gluten-free foods. Flour blends, pastas, and ingredients that used to be off-limits for people on a gluten-free diet are now readily available in gluten-free form for use in the kitchen. Gluten-free cooking has come a very long way.

In addition, many restaurants provide gluten-free menus, and kitchen crews now tend to have at least a little education on how to make a great meal for you.

Companies are producing some great-tasting glutenless substitutes for gluten-filled favorites, which means most grocery stores offer sizable and growing gluten-free sections. Even universities are beginning to understand how to better serve gluten-free students.

# ***About This Book***

*Student's Gluten-Free Cookbook For Dummies* includes more than 150 easy-to-prepare recipes and lots of information on how to begin and maintain a gluten-free lifestyle — even in the cramped and often-shared quarters of the typical college environment.

This book is easy to read and hopefully kind of fun, too. There's no test at the end, but familiarizing yourself with the basics makes it a lot easier to stick with gluten-free cooking and eating. You may need to refer back to some sections now and then at first, but I provide cross-references throughout the book to direct you to need-to-know information. Everything you need is here to help you go gluten-free in no time.

## ***Conventions Used in This Book***

Here are a few things to know before you read this book or make any of the recipes:

- ✓ People follow a gluten-free diet for many reasons, some of which involve serious illnesses. These folks need to be extremely diligent about avoiding any little bit of gluten. If you read something about cross-contamination, I'm referring to when gluten gets into gluten-free food.
- ✓ The term *glutened* is my made-up word for how you may feel when you unknowingly eat something with gluten in it.
- ✓ You can use nondairy substitutions for any dairy-containing recipe in this book. I provide specific ideas

within the recipe chapters, but if you see milk in a recipe, for example, you can replace it with a nondairy substitute such as rice, almond, soy, or coconut milk.

- ✓ All the ingredients I list for recipes and recommend in the text are the gluten-free versions. Be sure to check all your food labels for gluten-free status.
- ✓ I use large (not extra large) eggs in these recipes.
- ✓ To measure flour, I scoop it out of the bag with a measuring cup and then level it off with a straight edge.
- ✓ All oven temperatures are in degrees Fahrenheit.

Here are a few other standard conventions to help you navigate this book:

- ✓ **Bold** text highlights action items in numbered lists and keywords in bulleted lists.
- ✓ *Italics* draw your attention to new terms and add emphasis.
- ✓ All web addresses appear in monofont.
- ✓ URLs that need to break across two lines have no extra characters added. If you type exactly what you see, you should land at the right website.

## ***What You're Not to Read***

I realize that you're in college and have plenty of other reading to do, so you don't have to read this book from cover to cover (although I think it's a fantastic idea). Each chapter includes helpful, sometimes witty supplemental information that you can skip if you're pressed for time. Here's what you can skip:

- ✓ **Technical Stuff:** Following this icon, you find extra information on a given subject. If you're not looking for details, move on.
- ✓ **Sidebars:** I provide interesting information in the shaded boxes throughout the book. You may miss something downright fascinating or really helpful if you skip them, but you won't miss anything crucial.
- ✓ **Vary It!** Following this phrase in a recipe, you see some ways to change a recipe to make it lower in fat, dairy-free, different in texture and flavor, and so on. Check out this information if you're interested.

## ***Foolish Assumptions***

You're a unique individual with one-of-a-kind talents and charisma, but I had to make some assumptions about my readers in order to decide what kinds of information to include. I'm guessing that one or more of the following statements apply to you:

- ✓ You're heading to college or are already there, and you're probably a bit short on extra cash and time.
- ✓ You need to learn to cook gluten-free on your own, but you don't have tons of experience in the kitchen.
- ✓ A doctor told you to steer clear of gluten. Or you have a coach, a friend, or maybe a family member who suggested that you try a gluten-free diet. You're wondering whether a gluten-free diet will help you feel better.
- ✓ You're a supportive friend or relative who's looking for information to understand or to pass along to someone on a gluten-free diet.
- ✓ You're curious about all the fuss related to gluten.



- ✓ This book was on the sale table and that bright yellow and black cover caught your eye.

If any of these apply, you have the right book! I don't spend a lot of page space on dreary details of gluten or bore you with tons of medical information. I try to quickly answer your questions about the gluten-free lifestyle and help you save money and time while living and cooking delicious gluten-free food.

Here are some things you can assume about me:

- ✓ I know what I'm talking about. My household went gluten-free years ago, and I've put two kids through high school and college on a gluten-free diet. We searched for colleges; dealt with dorm food and cafeteria directors; figured out social situations and dating on a special diet; and learned to travel, eat out, cook simply with limited space and time, live with roommates who aren't gluten-free, and more. If a piece of info is in here, it's because we've lived it, and I have personal experience and tips to share with you.
- ✓ I write a popular blog and run a busy Facebook site where I answer questions about this stuff every day, and I've done tons of research over the years, but I have no medical training, and nothing you read here is to be taken as medical advice. Don't pick up a book or read any website without seeing a medical professional if you have medical questions.
- ✓ I don't write about picking berries on the old farm and then making Grandma's pie crust from scratch in an all-day pie-making extravaganza. I'm busy. I want a 30-minute pie (with shortcuts if possible), or forget it. The recipes you find here are quick and no-nonsense — not gourmet but great. They taste good and don't require tons of time or skill to prepare. So invite your friends

over to eat; they'll never guess they're eating gluten-free. *That's* the mark of a great recipe!

## ***How This Book Is Organized***

This book's content is a blend of lifestyle information and gluten-free recipes. It's organized in the following parts.

### ***Part I: Getting Started with Gluten-Free Cooking***

Find the basics of the gluten-free diet here. I start by telling you what gluten is, where to find it, and why people go gluten-free. The chapters in this part cover nutrition basics and how to handle social situations, stock your kitchen, shop on a dime, and safely share your space with gluten-eating people.

### ***Part II: Preparing Gluten-Free Goodies***

Here's where you get cooking. This part offers super-fast-prep breakfasts, lunches, and dinners along with recipes for meals that take a bit longer. None of these recipes take more than 30 minutes, and all are easy to prepare, call for common ingredients, and taste great.

### ***Part III: Going Beyond Three Squares***

This part showcases recipes that go beyond breakfast, lunch, and dinner. It includes sensational soups, salads, and sides as well as study snacks and dazzling desserts. You also find some great ideas on turning leftovers into the star of another meal, getting the most for your

money, and preparing ingredients ahead of time to make meal-time prep even quicker.

## ***Part IV: The Part of Tens***

All *For Dummies* books have cool lists at the end to help you even further. In this book, [Chapter 17](#) gives you crucial tips for going to college gluten-free, [Chapter 18](#) points out how to make recipes gluten-free, and [Chapter 19](#) highlights product recommendations so you don't waste a lot of time and money on gluten-free brands that you probably won't enjoy.

## ***Appendixes***

[Appendix A](#) directs you to some great gluten-free books, magazines, websites, and apps, and [Appendix B](#) has useful information on metric conversions and oven temperatures.

# ***Icons Used in This Book***

This book uses a few icons to help you quickly find the info you need.



This icon points out ideas to pay special attention to — in other words, remember them!



Tip icons mark great ideas that help you cook with a little more ease or save some time or money.



The Warning icon is followed by information that helps you avoid some common mistake or danger associated with your gluten-free diet.



These lists, facts, or statistics aren't necessary to your understanding of the material, but they may interest you if you're a factophile.

## ***Where to Go from Here***

The great thing about any *For Dummies* book is that you can pick it up and turn to any section and get something out of it. If you're totally new to the idea of a gluten-free lifestyle, turn to Part I and get the basics. If you're a little more familiar with the foundational concepts of gluten, you may find the info on social situations, shopping, and stocking the kitchen in Chapters [4](#) to [6](#) really interesting. And the well-versed and experienced gluten-free readers may want to head straight for Parts II and III and start cooking!

No matter how much you know about going gluten-free, you can find practical tips, ideas, lists, and tons of great recipes in this book.

## Part I

# getting started with gluten-free cooking



Visit [www.dummies.com](http://www.dummies.com) for valuable Dummies content online.

## ***In this part . . .***

- ✓ Find out what you need to know and buy before you begin cooking without gluten.
- ✓ Explore ways to approach a gluten-free diet based on your health goals and check out nutritional do's and don'ts.
- ✓ Consider the symptoms of celiac disease and gluten sensitivity.
- ✓ Discover all the places that gluten hides.
- ✓ Stay social while avoiding gluten.