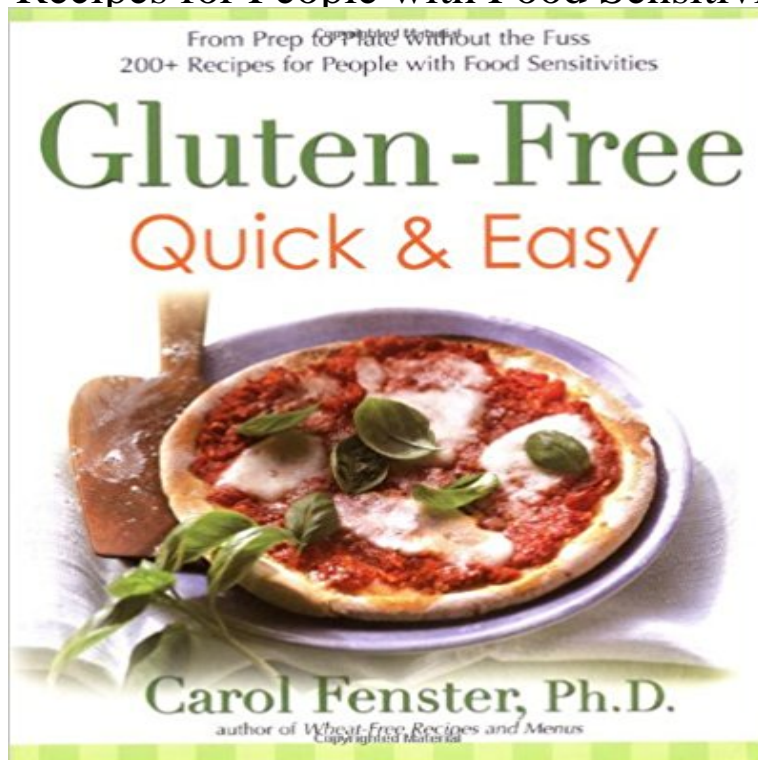


Gluten-Free Quick & Easy: From Prep to Plate Without the Fuss - 200+ Recipes for People with Food Sensitivities



Wheat-free-cooking expert Carol Fenster reveals her time-saving tips and techniques to help cooks put homemade meals on the table in a flash. In Carol Fenster's gluten-free cooking classes, the most frequently asked question is "How can I get a meal on the table in the least amount of time?" So often, cooking gluten-free means spending hours in the kitchen-making everything from scratch. But now, Fenster reveals all her shortcuts, tips, and timesaving techniques from nearly twenty years as the gluten-free cooking authority. The Quick & Easy principles in this book will get cooks in and out of the kitchen with less fuss than ever before. In *Gluten-Free Quick & Easy*, a hot meal makes it to the table without a complicated ingredient list or a lengthy wait. Fenster emphasizes the necessity of planned-overs-not left-overs- that creatively use elements of one meal in the preparation of another, whether it becomes an ingredient the next day, the next week, or the next month. Recipes for make-ahead baking mixes and techniques to shorten baking times means cooks stay on track. And her comprehensive menu plans and ideas help pull together a week's worth of meals with ease. Fenster's simple but delicious recipes include favorites like hearty breads, pizzas, and pasta. In less time than ever before, gluten-free cooks can whip up homestyle entrées and side dishes, tasty breakfasts, and elegant desserts for every meal of the day, every day of the week.

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