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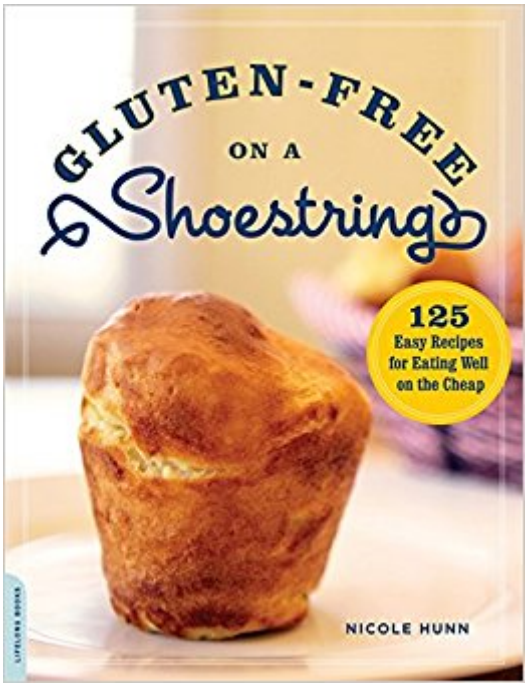
Gluten-Free On A Shoestring: 125 Easy Recipes For Eating Well On The Cheap



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Synopsis

Gluten-free cooking has never been this easyÃ¢â ¬â •or affordable!Ã Â Tired of spending three times as much (or more) on gluten-free prepared foods? If youÃ¢â ¬â„¢re ready to slash the cost of your grocery bill, youÃ¢â ¬â„¢ve come to the right place. In Gluten-Free on a Shoestring, savvy mom Nicole Hunn shows how every gluten-free family can eat well without breaking the bank.Ã Â Ã Â Inside this comprehensive cookbook, youÃ¢â ¬â„¢ll find 125 delicious and inexpensive gluten-free recipes for savory dinners, favorite desserts, comfort foods, and more, plus NicoleÃ¢â ¬â„¢s top money-saving secrets. Recipes include:Ã Â Apple-Cinnamon Toaster Pastries Ã¢â ¬Â¢ Focaccia Ã¢â ¬Â¢ Spinach Dip Ã¢â ¬Â¢ Ricotta Gnocchi Ã¢â ¬Â¢ Chicken Pot Pie Ã¢â ¬Â¢ Szechuan Meatballs Ã¢â ¬Â¢ Tortilla Soup Ã¢â ¬Â¢Baked Eggplant ParmesanÃ¢â ¬Â¢ Never-Fail White Sandwich Bread Ã¢â ¬Â¢ Banana Cream Pie with Graham Cracker Crust Ã¢â ¬Â¢ Blueberry Muffins Ã¢â ¬Â¢ Cinnamon Rolls Ã¢â ¬Â¢ Perfect Chocolate Birthday Cake With advice on the best values and where to find them, meal planning strategies, and pantry-stocking tips, Gluten-Free on a Shoestring is your essential guide. Never fall victim to the overpriced, pre-packaged gluten-free aisle again. Roll on byÃ¢â ¬â •happier, healthier, and wealthier.

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Customer Reviews

"...a user-friendly cookbook with satisfying recipes that are easy to prepare. Saving money is the icing on the (gluten-free) cake." --TechnoratiNicole Hunn serves up all the recipes and information found in her cookbook in the friendly and inviting manor that has helped make her blog popular.

--National Foundation for Celiac Awareness"Each recipe comes with a note on how much "Shoestring Savings" you'll rack up if you make Hunn's recipe rather than buying the food in the store." --Portland (Maine) Press Herald"I am totally thrilled to add this practical, timely and very good gluten-free cookbook to my collection." --About.com Gluten-Free CookingTechnorati.com, 2/11/11 Ã¢â ¬Å“Hunn has assembled 125 recipes that say Ã¢â ¬Ëœmake me, make me!,Ã¢â ¬â„¢ and all the reader need do is pick where to startÃ¢â ¬Â¦It is a user-friendly cookbook with satisfying recipes that are easy to prepare. Saving money is the icing on the (gluten-free) cake.Ã¢â ¬Â•Tucson Citizen, 3/28/11Ã¢â ¬Å“The featured recipes are easy to prepare and reflect a real variety of dishes. From Pumpkin Chocolate Chip Squares to an old fashioned Sourdough Bread, this is a cookbook that isnÃ¢â ¬â„¢t just for the gluten intolerant eater but also for those who simply like good food.Ã¢â ¬Â• Ã Â About.com, 4/6/11Ã¢â ¬Å“[A] practical, timely and very good gluten-free cookbook.Ã¢â ¬Â• Midwest Book Review, April 2011Ã¢â ¬Å“With plenty of wisdom and easy instructions, Gluten-Free on a Shoestring is a must for any gluten intolerant health conscious cook.Ã¢â ¬Â• GlutenFreeHotProducts.com, 2/20/11Ã¢â ¬Å“Nicole Hunn serves up all the recipes and information found in her cookbook in the friendly and inviting manor that has helped make her blog popular.Ã¢â ¬Â•Living Without, June/July 2011Curled Up With a Good Book, 5/17/11Ã¢â ¬Å“Opens up a whole new world for people with this particular diet restriction and does so with a writing style that is both assured and accessible. Those of us who donÃ¢â ¬â„¢t have a medical diagnosis requiring diet changes can benefit from the book, as wellÃ¢â ¬Â¦In addition to offering an excellent resource for those who must go gluten-free, HunnÃ¢â ¬â„¢s book gives everyone a map toward healthier eating without giving up those delicious foods we love.Ã¢â ¬Â•Ã Â Midwest Book Review, May 2011Ã¢â ¬Å“From locating best values to meal planning and stocking a gluten-free pantry, this provides a range of foods from Ã¢â ¬Ëœscratch Ã¢â ¬â„¢ that can fit any budget. Highly recommended!Ã¢â ¬Â•Ã Â January, 5/23/11Ã¢â ¬Å“HunnÃ¢â ¬â„¢s approach is delicious, inexpensive and easy: no mystery at all. IÃ¢â ¬â„¢m betting that, for some wheat sensitive households, Gluten-Free on a Shoestring will be life-changing.Ã¢â ¬Â•Ã Â Gluten-Free Living, Summer 2011Ã¢â ¬Å“Hunn is clever and optimistic. As you flip through the pages, itÃ¢â ¬â„¢s hard to avoid not feeling better about your gluten-free life.Ã Â Plus, the recipes will inspire you to go into the kitchen with renewed energy and hope for the future.Ã Â ItÃ¢â ¬â„¢s well worth spending money to purchase Gluten-Free on a Shoestring.Ã Â It will pay dividends in the future.Ã¢â ¬Â• Portland Book Review, June/August 2011Ã¢â ¬Å“This book is written for real people, facing real economic issues, that canÃ¢â ¬â„¢t afford to dedicate a whole paycheck to groceries.Ã Â It is a great resource for preparing whole

foods at home and not spending all weekends and evenings in the kitchen.Ã¢â ¬Â•Ã Â Westchester Family, June 2011Ã¢â ¬Å“A great resource for those just jumping in to the gluten-free world as well as well-versed veterans who are looking to slash those unnecessary grocery expenses.Ã¢â ¬Â•Ã Â Shelf Life (Canada), August 2011Ã¢â ¬Å“It is the 125 recipes that make the book the most enjoyable, and if you are not part of the gluten-free world, then you may become a convert by bookÃ¢â ¬â„¢s endÃ¢â ¬Â¦Get on the gluten-free bandwagon, finding ways to love these products, while at the same time creating recipes that are very friendly to the wallet.Ã¢â ¬Â• Ã Â Ã¢â ¬Å“Hunn successfully tackles a chief complaint voiced by special-diet newbies: sticker shock. Her practical tips for shopping and cooking to save time and money are a gift to all of us who are paying too much for too little.Ã¢â ¬Â• TheSavvyCeliac.com, 4/19/11Ã¢â ¬Å“The money you spend on the book will be saved by following HunnÃ¢â ¬â„¢s great tips.Ã¢â ¬Â•Ã Â Marin Independent Journal, 5/4/11Ã¢â ¬Å“Compiles [HunnÃ¢â ¬â„¢s] best recipes and helpful hints on cutting costs, all in best friend blogger-style. Her tips to economizing are good reminders and handy for the working parent.Ã¢â ¬Â• SimplyFrugalLiving.com, 4/27/11 Ã¢â ¬Å“I have never come across a book of such consequence to the gluten-free household as Gluten-Free on a Shoestring.Ã¢â ¬Â•Ã Â San Francisco Book Review, May 2011Ã¢â ¬Å“Hunn has not only bestowed her readers with a complete cookbookÃ¢â ¬Â¦but she shows us how to save money, and time, on our mealsÃ¢â ¬Â¦ItÃ¢â ¬â„¢s well worth a bite.Ã¢â ¬Â•Treasure Valley Family Magazine, September 2011Ã¢â ¬Å“The recipes included are easy to prepare, explained in a friendly manner, and reflect a variety of delicious options.Ã¢â ¬Â• Epicurious.com, 9/6/11 Ã¢â ¬Å“Even when she's telling you something you think you already knowÃ¢â ¬â •like grow your own vegetablesÃ¢â ¬â •Hunn adds an extra bit of information that takes the wisdom to another level.Ã¢â ¬Â•ReadJunk.com, 9/12/11 Ã¢â ¬Å“The tone of the book is friendly and supportive, and the recipes are very clear and simple to follow.Ã¢â ¬Â•Delight Gluten-Free, December 2011Ã¢â ¬Å“[The] perfect holiday gift book.Ã¢â ¬Â• Ã Â Natural Solutions (website), 1/1/12Ã¢â ¬Å“[A] favorite cookbook of 2011.Ã¢â ¬Â•Ã Â ElementalCheapness.com, 1/19/12 Ã¢â ¬Å“If you are like most celiacs and pine for baked goods but balk at shelling out the outrageous prices for store bought, this cook book might be just the thing.Ã¢â ¬Â•FreshLife.com, 1/18/12Ã¢â ¬Å“A great book loaded with easy-to-follow recipes for the newly gluten-free. Trouble-free on time and finances, this book is a great first step toward a new lifestyle that has been shown to clear up eczema, heal acid reflux, and even eliminate inflammation in a gluten intolerant system.Ã¢â ¬Â•

Nicole Hunn is the personality behind the Gluten-Free on a Shoestring blog, featured in the New York Times and MSN Money. She lives with her family in Westchester County, New York.

My wife was diagnosed celiac over five years ago, so we aren't new to gluten-free baking and cooking. As the primary cook in the house, I'm always on the lookout for new recipes, approaches, and the like when it comes to preparing gluten-free meals. Having read the reviews here and looked over some of the recipes on the author's site, I thought this book would provide some good, easy alternatives for when I don't have the time or energy to put together a more complex or involved recipe.I thought wrong.It's not that the recipes in this book are bad, per se, but neither are they good. Textures are off, flavors are bland, and many of the baked goods come out tasting largely the same. In addition, there are occasional ingredients that plain get me scratching my head. I'm not sure if they are there to add to the flavor profile, serve as some sort of binding or moisturizing agent, or simply got put in because the author likes them. Each of those are fine, but if you are going to have non-typical ingredients, then it would be nice to know if they are essential to success or something that can be left out if they are not to your preference.Generally, almost every recipe I've made from this book has ended up with my wife and I looking at one another and saying, "So, if we want it to taste good/hold together/be lighter next time, we should probably..." The thing is, you CAN cook & bake gluten-free fairly easily, with satisfying results. It just takes a decent amount of hunting and experimenting. I had hoped the author of this book had done that, thus saving me a bit of trouble (it's certainly marketed that way), but I was wrong.If you are just embarking on gluten-free cooking and aren't expecting much or wanting to invest a lot of effort, this book is a good starting point. If you have any experience with cooking gluten-free, though, this is not a book you will miss. My only regret is not using it enough to realize this before my return window closed.

As an award-winning baker and lover of gourmet food, when I discovered I was gluten intolerant, the task of figuring out how to live/eat gluten free seemed daunting at best. I am highly sensitive to even GF products that are produced using equipment that is also used in the manufacturing of wheat products (hello to thirty hours of suffering). Having made the mistake of purchasing a GF cookbook that required me to mix up different blends of GF flours pending the type of recipe I was making (very expensive, and the eight bags of remaining 'flours' completely useless to me now), with few of the recipes I tried being anywhere close to tasty, I was ready to try some of Nicole's recipes even though they seemed far too easy. I'd already read the first two very informative chapters on GF basics and had found that I could use my own choice of GF flours in any recipe. FYI, I use Namaste

Foods Perfect Flour blend for cakes, breads, pizza dough, muffins, thickening soups and sauces, and in casseroles. I use Gluten Free Mama, Mama's Almond Blend All purpose gluten-free flour for cookies, scones, brownies and bar cookies, pie crusts and crisps. I usually give a restaurant or a cookbook three chances if a meal or recipe is less than desirable. I am delighted to share that every recipe I've tried in Nicole's cookbook thus far has been truly delicious, exceeding all expectations. While I've only tried six recipes, three of them have been made 4 - 10 times each (Meatlove, White Sandwich Bread, Pizza Dough...the other three were Irish Soda Bread, Popovers and Brioche Bread...all YUMMY!). In fact, while I am looking forward to trying SO many more recipes in this book, I am a little hesitant about baking some of the dessert recipes for fear that they'll be so amazing that I'll begin to have trouble fitting into my clothes! Gluten-Free on a Shoestring is a GF cook's dream, offering loads of recipe options from breakfast to dinner and dessert, with ample selections for appetizers, breads and cultural meals in between. In short, save money and time, and hit the ground running- you won't be disappointed.

Have been gluten free for nearly three years and like many others on a gluten free diet I gave up many things due to expense. There have been many occasions where I really wanted to buy a package of cookies, but just could not justify the expense. That's not to say that I couldn't just make my own, and often I did. I discovered this book, blog and facebook page through Living Without Magazine. If you're up in the air about the book, let me say that the recipes are easy to follow, use things you probably already have on hand, and delicious. Have heard that some don't like the fact that it's printed in blue ink, to be completely honest I didn't even notice. I have very bad eyesight and actually find the blue on white easier to focus on over the traditional black on white. For me this book came at the right time...we are a single income family with 2 kids (ages 7 & 2), 2 dogs, and I just started back at college (the husband is also considering heading back to school) so $$ is pretty tight. Due to behavior and other issues I'm taking the kids gluten free for the summer to see what changes and what doesn't, and I think that this book will help me accomplish those things w/o breaking the bank. There is sound advice and tips in this book that are worth the price. I recommend this book.

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