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Easy Delicious Gluten-Free Skillet Meals



Synopsis

Cooking gluten-free can be easy and delicious. Imagine a tasty gluten-free one-pot skillet meal on the table in about 40 minutes. This cookbook features mouthwatering gluten-free recipes that use common, inexpensive ingredients you already have in your pantry and refrigerator. Choose from beef, chicken, pork, fish, and vegetarian skillet recipes so easy even an older child can cook them. If you enjoyed those popular boxed dinners that helped a busy cook transform a pound of hamburger or a can of tuna along with some pasta or rice into an easy one-pot meal you will love gluten-free skillet recipes like these: Taco in a Skillet Beefy Italian Skillet Chili Macaroni Skillet Salisbury Beef and Mushroom Skillet Cheeseburger Macaroni Skillet Stroganoff Mushroom Skillet Cheesy Chicken and Rice Skillet Chicken Broccoli Alfredo Skillet Tuna Mushroom Skillet...and many others... This fully illustrated cookbook includes bonus sections on identifying foods that contain gluten, shopping gluten-free, and reducing cross-contamination with gluten-containing foods in your kitchen. So whether you have: Celiac Disease Gluten Intolerance Autism Asperger's Syndrome ADHD - Attention Deficit Hyperactivity Disorder Or you have found that you just feel better when you eliminate gluten from your diet you will love these easy and delicious skillets.

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Customer Reviews

Purchased this looking for more ideas on good GF recipes. Purchased in the easy Kindle format.

Was looking for GF recipes that take less time and are easier to make than most of the fussy GF recipes I find on the internet. What is great about this book is it is an easy read and well laid out. And, lots of real information on why exactly our bodies may benefit from having a gluten free lifestyle. In general what I've found is the recipes are super easy! And practically no need to hunt many stores for 'fussy' specially branded gluten free ingredients! Much of what goes into these dishes are ingredients that are easy to find and buy. That is a big plus when you work late all week and don't have time to assemble complicated dishes. One dish recipes are great, too! Less of a mess in the kitchen. In fact, a lot of this stuff is ingredients we keep on hand most of the time to begin with. We like the taco skillet and beefy italian skillet a lot! We're gonna try the tastes like ravioli skillet soon!

If you are new to Gluten-Free (GF), this is the cookbook for you. The author gives an overview of what gluten is & where it's found in our food. She discusses which foods are safe to eat if you or your loved ones have a gluten sensitivity/intolerance. The book contains many Skillet-style GF recipes that the author created over the last decade--like tasty Cheeseburger Macaroni & sizzling Southwest Fajita skillet. The recipes use budget-friendly ingredients & are easy to make. There's even a section for Vegetarian GF recipes! This is a great find for learning about and enjoying gluten-free cooking. I highly recommend it.

Wow! What a fantastic set of recipes and information for families who are implementing a special diet. It contains recipes for tasty meals that are easy, economical and gluten free. I especially like the comprehensive information about gluten included in the first part of the book. It answered so many of my questions and gave me knowledge that will help me everyday in avoiding gluten and making healthy choices for my family.

I missed making hamburger helper, and these recipes are a lot like it. And they are inexpensive to make. Thank you!

A nice collection of recipes to have on hand for busy weeknights. I appreciate that there are a few vegetarian options as well!

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