



## **Weeknight Gluten Free (Williams-Sonoma): Simple, healthy meals for every night of the week**

*Kristine Kidd*

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A sequel to the best-selling *Weeknight Fresh & Fast*, this new, solution-oriented cookbook offers colorful, nutrient-rich recipes for the gluten-free household, presenting fresh, healthy dinner ideas for the busy work week. It's a road map for cooking and eating healthfully anytime, no matter what the day brings.

Includes more than 100 enticing recipes and valuable advice for a vibrant gluten-free lifestyle.

- >Fulfill any craving with more than 100 gluten-free recipes for poultry, seafood, meat, and meatless dinners along with a handful of tempting desserts
- >Customize meals with eight versatile starchy staples and dozens of delicious variations
- >Discover clever tips and strategies for setting up a gluten-free kitchen, building a pantry, turning leftovers into exciting new meals, and more

After discovering that she had celiac disease, and facing significant changes to her lifestyle, Kristine Kidd had only one objective: to eat as well as she always had. In *Weeknight Gluten Free*, she presents more than 100 of her favorite quick dinner recipes developed during her self-described “year of glorious experimentation.” These vibrant, but simple meals are free of wheat, rye, and barley, and so satisfying and delicious, you’ll never realize those ingredients are missing.

Emphasizing quick, flavor-packed meals, Kristine transforms easy-to-find fresh ingredients into tempting gluten-free dishes: oven-fried chicken stays crisp on the outside and juicy inside when cloaked with crushed tortilla chips; grilled wild salmon fillets make a filling supper when served atop chickpeas simmered with Moroccan spices; spice-crusting seared steak and peppers simmered in a creamy sauce become enticing, family-friendly tacos when folded into corn tortillas; elbow pasta, made from a mixture of quinoa and corn flours, mingles with cheese, chard, and crisp bread crumbs for a tempting take on macaroni and cheese that no one will guess is gluten free.

Featuring poultry, seafood, meat, and meatless dishes, along with a handful of desserts, each chapter includes advice about preparing the fresh ingredients that inspire the dishes.

Sprinkled throughout the chapters are recipes for starchy, gluten-free staples that can replace wheat-based pastas, breads, or crusts in meals. For example, a genius recipe for microwave polenta takes just ten minutes and minimal stirring to prepare; a cornmeal-based pizza crust forms a tempting foundation for your favorite toppings; a flatbread made of chickpea flour can be made in minutes and used as a base, dipper, or wrapper; a skillet cornbread can be put together quickly—even on your busiest night.

Clever tips and an extensive how-to section offer ways to round out meals, customize recipes, and turn leftovers into new suppers later in the week. Expert advice on setting up your kitchen and stocking your pantry will help you create a gluten-free household with finesse. With this solution-packed title on your shelf, you’ll have a reliable guide for eating well every night, no matter what the day brings.

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