

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Navapai County

Rita Carey Rubin's Gluten-Free Kitchen Essentials

These are ingredients I keep on hand most of the time. Add fresh, seasonal vegetables and fruits, plus proteins like eggs, tofu, fish and/or poultry and grass-fed beef for a simple list to work from every day.

STARCHY FOODS: Pasta (different shapes and types, gluten-free these days), rice (brown, white and black), beans (usually dried black, pinto, garbanzo and navy), French green and red lentils, corn or gluten-free tortillas (my husband is intolerant of wheat and gluten), polenta (coarse corn meal).

FATS AND OILS: Extra virgin olive oil, plus avocado oil, ghee (clarified butter) and coconut oil, for high heat cooking.

NUTS AND SEEDS: Any and all kinds.

NUT BUTTER: Peanut butter and tahini (roasted sesame seed butter).

CANNED GOODS: Tomatoes, beans, fish.

FLAVOR BOMBS (to use in small amounts for a burst of color and flavor): Olives, pesto, hot sauces, red Thai chili paste, anchovies, and Trader Joe's sundried tomatoes in olive oil.



MISCELLANEOUS DURABLE FRESH PRODUCE:

Onions, garlic, celery, carrots, cabbage, winter squash, potatoes, lemons, limes.

CHEESE: Chao brand vegan cheese, Kite Hill vegan cream cheese, and/or flavorful real cheese like feta, goat and Parmesan.

FROZEN ITEMS: Green peas, fruit, cauliflower pizza crust, almond flour pizza crust.

SPICES: Cumin, coriander, turmeric, chilies (many types), salt, pepper, cinnamon, Mexican oregano, fennel seeds, bay leaves.

FRESH HERBS: Parsley, cilantro, basil, mint (when in season).

SWEETENERS: Stevia, honey, maple syrup.