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Indian Inspired Gluten-Free Cooking

Alamelu Vairavan, Margaret Pfeiffer

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Popular TV host and cookbook author Alamelu Vairavan teams up with registered dietitian Margaret Pfeiffer to spice up your gluten-free diet!

This book aims to help users easily prepare gluten-free aromatic foods, uniting the exquisite flavors of Indian cooking with western comfort food using only commonly available ingredients. Most gluten-free diets are bland and restrictive, but Indian cuisine opens the door to a new world of flavors and dining options. Rice, vegetable and lean meat dishes fit naturally into the gluten-free regimen. With inventive offerings like Pomegranate Yogurt Salad, Mushroom and Green Pea Quinoa with Pistachios, Chickpeas with Ginger and Mango, and Chicken in Almond-Coconut Sauce, this cookbook brings the rich flavors of Indian cooking to your gluten-free table. Indeed, this cookbook is for anyone--not just those who are gluten intolerant or gluten sensitive--because the recipes are a great way to add tasty, healthful options to your everyday meals.

Includes:
More than 100 easy-to-follow step-by-step recipes

- Helpful FAQ on gluten-free foods
- Guide to Indian spices, rice, grains and legumes used in the recipes
- Nutritional analysis for each recipe
- Beautiful color photo for each recipe

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