



Stocking the Pantry: Gluten-Free Cooking Essentials

- Butter or butter alternative
- Canned tomatoes (crushed, diced, etc.)
- Cooking wine
- Dried or fresh herbs
- Eggs or egg substitute
- Frozen cranberries
- Frozen vegetables - varieties (Check for gluten-containing ingredients, especially if the vegetables contain a sauce)
- Gluten-free bread crumbs
- Gluten-free chicken broth or bouillon
- Gluten-free condiments
- Gluten-free flour
- Gluten-free grains (rice, millet, quinoa, etc.) and pasta
- Gluten-free gravy
- Gluten-free salad dressing
- Gluten-free vegetable broth
- Heavy cream, half and half or milk substitute
- Tomato sauce
- Non-stick spray (Be careful - some contain flour)
- Olive oil
- Spices (salt, pepper, red pepper flakes, meat seasoning, etc. Always check the label!)
- Vegetable oil
- Vinegar

Tip:

If you're newly diagnosed, replace all your porous kitchen items, like wooden spoons and cutting boards. Gluten can get stuck in the cracks, causing cross-contamination.

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