

Gluten-Free Goodness

Amaranth: A nutty-flavored seed, amaranth can be cooked whole as a side dish or ground into a light brown flour for baking.

Buckwheat: This triangular-shaped seed can be cooked whole in a Dutch oven or slow cooker for a side or main dish. When they're whole, hulled and raw, call them 'groats.' Kasha, the roasted version of buckwheat groats, has a deep, smoky flavor. Cracked groats (called 'grits') can be cooked like rice. And buckwheat flour makes a flavorful addition to pancakes and baked goods.

Corn: In the summer, enjoy cooked corn off the cob or in salads and succotash. Grits, cornmeal and polenta are available all year round.

Job's Tears: Sometimes sold in Asia Markets as "Chinese barley" (though it's not the same genus as barley), this grain has a texture similar to that of barley and can be used as a replacement.

Millet: This mild grain can be eaten as a breakfast cereal or as an alternative to rice.

Oats: Rolled, steel-cut, however you like your oats, this high-protein grain is wonderful for those on a gluten-free diet—as long as the package is marked "gluten-free"; oat crops are often roasted with wheat crops and processed in the same facilities. Besides making a great hot cereal, oats can be used for baking.

Quinoa: A buttery-tasting, versatile seed that comes in white and red varieties, quinoa (pronounced KEEN-wah or kee-NO-uh) is known for its high protein content. Cook whole as a hot cereal, use as a base for pilaf, or toss into salads. It can also be ground into flour.

Rice: Arborio or basmati, short or long grain, brown or white—rice is gluten free. Brown rice is quite versatile and can be eaten as a side dish, hot cereal, or pudding.

Sorghum: Also known as milo, it's the third most prevalent food crop in the world. Whole sorghum is chewy and nutty, and it makes a great substitute for bulgur wheat in tabbouleh and other side dishes.