



## Gluten-free Pasta: More Than 100 Fast and Flavorful Recipes with low- and No-carb Options

By Robin Asbell

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Running Press. Paperback. Book Condition: new. BRAND NEW, Gluten-free Pasta: More Than 100 Fast and Flavorful Recipes with low- and No-carb Options, Robin Asbell, When you cut out gluten, often you cut out your favorite pasta dishes, too, or find the store-bought gluten-free substitutes to be disappointing. But if it's pasta you're craving, there's a whole world of noodles just waiting to be twirled around your fork: homemade fresh pastas, Asian rice-based noodles, and quick GF boxed brands that will satisfy. You WILL eat pasta again! Gluten-Free Pasta approaches pasta three ways: with recipes for homemade fresh pastas, recommendations for store-bought brands, and also veggie "pastas" that serve as guilt-free noodle stand-ins. Traditional Italian favorites are all well-represented, but Asian noodle soups, pasta bakes, and even wheat flour-free appetizers for entertaining. Expert chef Robin Asbell shows that eating a gluten-free diet can include delicious Potato Gnocchi, Cacio e Pepe, Spinach and Chevre-Filled Jumbo Tortellini, Kung Pao Chicken with Linguine, Fast Pho, Veggie Lasagna, and Spicy Kimchi-spiked Mac and Cheese. With this cookbook in hand, any pasta dish is possible, and all of them will be absolutely delicious.



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