

Go Gluten Free Without Losing the Taste!



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Scared Wheatless is a humorous book of recipes on the serious subject of healthy eating. The author, Mary Jo Eustace, has been in the culinary world for over 20 years. She's been a TV host, a chef, the author of multiple cookbooks and a memoir. She's also a mother of two; a daughter with alopecia who needs a restricted diet and a son who thinks healthy food is the pits. Not one to be brought down by a setback, Mary Jo found out everything she could about gluten free recipes, autoimmune disease and food allergies to help family, friends, and all those struggling every day to eat food that actually made them feel good after eating it.

For many of us, the idea of cutting out gluten, soy or dairy is the beginning of a nightmare and the end of eating anything that resembles a good-tasting meal. The secret, though, is that gluten free doesn't have to mean boring and gross. Mary Jo has tested each delectable dish in this new book to make sure it's not only healthy but tastes great!

In *Scared Wheatless* Mary Jo talks candidly about her divorce, her family's health, tricking her son into eating healthy recipes, and provides comprehensive details on how to finally make your food pantry work for you. Tips, twists and experiments offer plenty of substitutions for different tastes and different dietary restrictions.



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Black Bean and Quinoa Burgers

These burgers are the perfect alternative to meat. They are high in protein, substantial, and delicious. Great with a gluten-free bun or on top of a green salad, they totally pack a punch.

- 1/2 cup (125 mL) uncooked quinoa
- 1/4 cup (60 mL) walnuts
- one 19 oz (540 mL) can black beans, drained and rinsed
- 1 clove garlic
- 1/2 cup (125 mL) chopped onions
- 1 tsp (5 mL) prepared horseradish
- 1/4 cup (60 mL) chopped red pepper
- 1/4 cup (60 mL) gluten-free breadcrumbs
- 1 egg
- 1/4 cup (60 mL) sundried tomatoes
- 2 scallions, chopped
- Salt and pepper to taste
- 2 Tbsp (30 mL) olive oil
- 5 or 6 gluten-free hamburger buns
- Sliced avocado for garnish
- Arugula for garnish

1. Cook quinoa according to the instructions on the package and set aside.
2. In a food processor, grind up the walnuts.
3. Add the beans in the food processor and pulse slightly, so the mixture is still chunky.
4. Transfer to a mixing bowl and add the quinoa, garlic, onions, horseradish, red pepper, breadcrumbs, egg, sundried tomatoes, and scallions. Mix well. Salt and pepper to taste.
5. Make into 5 or 6 burger patties, depending on the size you want.
6. In a large skillet over medium-high heat, heat the olive oil and cook the burgers for about 4 minutes per side, until the outside is golden and crispy.
7. Place inside hamburger buns and garnish with slices of avocado and arugula.

Makes 5 to 6 hamburgers

Why not try . . . making the burgers with half corn and half black beans? Add some coriander for a southwestern flavor, and serve with salsa and guacamole.



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