

Amy Fothergill's Gluten-Free Pantry

USE THIS FORM AS A GUIDE TO STOCKING YOUR OWN PANTRY OR AS A SHOPPING LIST.

Note: Gluten can be hidden in many places like canned beans, spices, broth, and bulk items. Read the labels and check with the manufacturers.

CANNED GOODS

Diced tomatoes
Whole peeled tomatoes
Tomato paste
Beans (canned or dry): Black, Kidney, Cannellini, Garbanzo, and Pinto
Kalamata olives
Capers

GRAINS/LEGUMES*

Quinoa, Millet, Polenta
Buckwheat, Amaranth
Gluten-free quick cooking and rolled oats
Lentils, Split peas

GLUTEN-FREE PASTA/RICE

Pasta: Corn, Brown rice, and Quinoa
100% Buckwheat pasta
Rice: Arborio (for risotto), Brown, White, Jasmine and Basmati

NUTS & SEEDS (ASSUMING NO ALLERGIES)

Peanuts, Walnuts, Almonds
Pecans, Pine nuts
Pumpkin, Sesame, Sunflower, Flax, Chia

HERBS/SPICES

Flakey sea or kosher salt
Peppercorns, Ground pepper
Garlic powder or granules
Oregano, Rosemary, Thyme
Salt-free seasoning
Paprika, Ground mustard
Chili powder, Cumin, Coriander
Turmeric, Saffron, Bay leaves
Cinnamon, Nutmeg
Curry powder (check for gluten-free)

FRIDGE

Carrots, Celery
Lemon, Lime
Parmesan cheese
Large eggs
Ketchup
Gluten-free low-sodium soy sauce
Yellow mustard, Dijon mustard
Pure maple syrup
Fruit preserves

FROZEN

Peas, Corn
Chopped spinach (look for spinach in a bag which is easier to portion)
Berries or fruit

BAKING*

Gluten-free flours and starches
Gluten-free baking powder
Gluten-free vanilla
Baking soda
Xanthan or guar gum (store both in the fridge to maintain freshness)
Non-hydrogenated vegetable shortening
Organic white and brown sugar
Honey, Agave nectar

OTHER PANTRY*

Onions, Garlic
Potatoes, Sweet potatoes
Oils: Olive; Canola, Safflower, or Sunflower
Broths: Chicken, Beef, and Vegetable
Vinegars: Balsamic, White, Red wine, and Rice Wine (malt vinegar is *not* gluten-free)
Gluten-free breadcrumbs
Gluten-free cereals like corn flakes and/or brown rice crisp cereal
Alternative milks (for dairy-free): Almond, Coconut, Soy, or Rice

*See Amy's book, *The Warm Kitchen*, for more information about these items.