

## **The Midwest Book Review**

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James A. Cox, Editor-in-Chief

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Featuring a beautiful, full-color and full-page photograph of virtually every recipe, *Indian Inspired Gluten-Free Cooking* lives up to its title with a medley of mouth-watering East Indian cuisine, which relies heavily on rice, lean meats, and vegetable dishes - all ideal for pursuing a gluten-free diet. The 100+ recipes include Roasted Vegetable Kebabs, Carrot Rice Pilaf, Swiss Chard Lentil Crumble, Spice-Rubbed Oven-Roasted Chicken, Roasted Plums with Spiced Walnuts, and much more. A useful [FAQ](#) about gluten-free foods and a handy guide to Indian ingredients round out this excellent addition to any international or gluten-free cookbook collection!