



## 20 GLUTEN-FREE OPTIONS YOU KNEED TO TRY IN TUCSON

LISTS



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### GLUTEN, KEEP YOUR FILTHY CRUMBS OFF ME!

Gluten — a protein found naturally in wheat, rye, and barley, and hybrids of these grains — has become a bone of contention in society today.

Several groups of people have benefitted by avoiding gluten in their diet. These include those with a wheat allergy, Celiac disease, and those with a gluten sensitivity. A possible solution is to stay away from gluten and find dietary alternatives to bread, pizza crusts, and pastries — common dishes with gluten.

Many gluten-free flours — such as those made from whole grains, seeds, and beans like quinoa, flax meal, and almond — have become readily available on the market and are sources of iron, calcium, and vitamin B — which are essential in a gluten-free diet.

What a relief that there are alternatives to our much-loved cereals, breads, crackers, and pastas. Exploring new foods and grains — including the likes of teff and buckwheat — creates the opportunity to expand our food choices and embrace the gluten-free lifestyle, if we so choose.

# FEAST

3719 E. SPEEDWAY BLVD.



Assorted dishes at Feast (Credit: Jackie Tran)

Feast's menu changes monthly, but one thing that doesn't change is the array of GF dishes. *Bitter Cocoa Risotto*, *Crispy Turnips*, and *Black Garlic Compound Butter* followed by *Chamomile Panna Cotta* with *Bailoni Wachauer Golden Apricot Liqueur* and a *Honey Tuile* are just a few of the menu's gluten-free choices.

For more information, visit [eatatfeast.com](http://eatatfeast.com).