



FEBRUARY 15, 2013

## February favorites list

### COOK SIMPLE

Danny or I cook dinner nearly every night of the week. We treat ourselves to one dinner out with Lucy per week, usually Friday evenings before movie night. (She's crazy about old musicals. Tonight might be *Seven Brides for Seven Brothers* or *Fiddler on the Roof*.) But every other night, we're cooking.

Here's the deal. We're both at home for work. We cook for a living. And even we sometimes struggle to figure out what's for dinner that night. For those of you with traditional jobs, more kids, a hectic commute, and soccer practice? Some good boxed gluten-free meal kits that cook up quickly might be just what you need.

[cooksimple](#) is here to help you.

The [founder of cooksimple changed his life after receiving medical news that suggested he was twice as likely to die](#) as the average person. How did he become healthy? He started cooking his own meals. Now healthy and excited about helping others, Keith Lauver started this line of gluten-free meals kits. "The company was founded on the principle that people will eat healthier if doing so is tasty, easy, and accessible."

I have to be honest: Danny was dubious. Boxed meals? How good could they be? But he agrees. These are good. [Cowboy chili with cinnamon and quinoa](#). [Punjabi curry](#). [Skillet lasagna](#). [Tibetan dal](#). Each of these meals uses good spices and flavors. Best yet, they're all real ingredients. The Asian burgers contain: brown rice, gluten-free oats, sesame seeds, carrots, spices, sea salt, and dried onion, garlic, ginger, and orange peel. I like everything in there.

If you are new to gluten-free and cooking both, [cooksimple](#) might be just what you need to start eating well and feeling comfortable in the kitchen.

<http://glutenfreegirl.com/february-favorites-list-2/>