

THE TERM "GLUTEN-FREE"

is no longer a guarantee of some dish that's weird and dry and best left to the three to six million Americans with celiac disease. The second Wednesday of each month, *Ina's* features golden brown gluten-free fried chicken that's been dipped in egg whites and then rolled in a mixture of potato starch and tapioca flours. This bird doesn't need gluten (a protein in wheat, barley, rye, and oats) to come out juicy and crispy as can be; it's every bit as good as *Ina's* "regular" fried chicken (available other nights). And *Ina Pinkney* is not the only restaurateur in town to step up: Check out chicagomag.com/glutenfree for our comprehensive list of gluten-free friendly spots. 1235 W. Randolph St.; 312-226-8227.

-PENNY POLLACK

TREND

GLUTEN-FREE ZONES