



GLUTEN FREE "NEWS"

Published by the
Waterloo/Cedar Falls Celiac Support Group



FOURTH ISSUE

DECEMBER 2010

PRESIDENTS NOTES:

What a great Holiday party. We enjoyed good food and good conversation.

Kristi and I would like to thank everyone for all of your help this year we could not have this support group if it wasn't for each and every one of you.

Looking ahead to a Gluten Free 2011! We have a full year planned, listed below is a tentative schedule please feel free to jump in with ideas to go with these events or new things you would like to see in the new year. This is not etched in stone so please if you have a thought or 2 let us know!

Feb 6th:

Food: Super Bowl tail gate/ appetizers'

Topic: Back to Basics

April 3rd:

Food: None

Topic: Mini food fair with restaurants bringing samples and talking about how they keep up safe June

5th:

Food: Breakfast ideas

Topic: Hy-Vee dietitian

Aug 7th:

Food: Family favorites

Guest Speaker: ???

Oct 2nd: (state meeting in Oct sometime)

Food: Soup and bake potato bar

Guest Speaker: ??

Elections of officers Think about this one... would you like to be an officer?

Dec 4th:

Holiday dinner

Stay warm and healthy this winter and hope to see you all in February!

Denise

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



Don't forget to Check Us Out on the "WEB"

Face Book - Cedar Valley Celiacs
Website - www.wfceliacs.com

Saliva Screening for Anti-transglutaminase Autoantibody Effective for Diagnosing Celiac Disease in Children

Celiac.com 12/13/2010 - Driven by the high prevalence of celiac disease, a team of researchers based in Italy to assess a new, noninvasive disease screening strategy that would allow them to make an early diagnosis of celiac disease in 6- to 8-year-old children.

Timely diagnosis will help doctors to initiate a gluten-free diet in willing patients, achieve growth targets, and prevent celiac disease complications.

For the study, the research team recruited 5000 subjects, and ultimately tested 4048 saliva samples for anti-tissue transglutaminase (tTG) and immunoglobulin (Ig)A using fluid-phase radioimmunoprecipitation.

For children with positive samples, the team arranged follow-up screening by serum radioimmunoassay tTG IgA, enzyme-linked immunosorbent assay tTG IgA, and anti-endomysium IgA. Children with positive serum assays underwent endoscopy with duodenal biopsies, and researchers advised those diagnosed with celiac disease to start a gluten-free diet.

The team gained screening consent from 4242 parents (84.8%), and obtained usable saliva samples from a total of 4048 children (95.4%). Thirty-two children showed positive salivary tTG IgA, with another nine showing borderline autoantibody results.

Thirty-one of the 32 tTG IgA-positive subjects, and three of the nine borderline subjects also had positive blood screens. intestinal biopsy showed twenty-eight children with villous atrophy, while one child showed Marsh 1 lesions. The research team recommended a gluten-free diet to three children without performing endoscopy.

This makes for a celiac disease rate of 1.16% in the study population, including 19 known cases of celiac disease.

The results show that screening detected three cases of celiac disease for every two cases diagnosed before screening was 3:2. The ratio between symptomatic and asymptomatic patients was 1:1.6.

The study shows that saliva screens for celiac disease can be effective in identifying celiac disease early in childhood.

Also, for this study at least, the data shows full compliance with gluten-free diet in the children diagnosed with celiac disease.

Record \$45 Million to Fund Celiac Disease Research at University of Maryland

Celiac.com 11/22/2010 - A \$45 million donation to University of Maryland Center for Celiac Research will be used to create a first-of-its-kind institute to find new treatments, and perhaps a cure, for celiac disease. The donation comes at the behest of the family of a grateful patient from Indiana, Shelia Cafferty.

The institute made possible by the donation could eventually employ up to 200 doctors and researchers who will not only study celiac disease, but use it as a model to better understand other associated autoimmune disorders, including diabetes, rheumatoid arthritis and multiple sclerosis.

Dr. Alessio Fasano, Director of the Center for Celiac Research announced the donation at a press conference at West Baltimore's University of Maryland BioPark.

Speaking about the donation, Fasano told interviewers that raising "enough money is always a problem" for celiac research, and that what has been needed "for a major breakthrough is thinking out of the box, and this will allow us to do just that."

In some ways, Cafferty's nutritional health battle is similar to that fought by many people with celiac disease and gluten-intolerance.

She suffered nine years of debilitating gastrointestinal symptoms and rashes before she began to suspect wheat a few years ago. Cafferty, a nurse, put herself on a gluten-free diet, which provided relief, but not all of the answers.

She continued to visit doctors looking for answers. About a year ago, Cafferty's determined husband tracked down Dr. Fasano, who was able to diagnose her gluten sensitivity.

Fasano's diagnosis provided tremendous relief for the Caffertys, and left them with a resolve to help save others from going through similar suffering.

"There are a lot of people like me, not getting answers," she said by phone from Indiana. She was unable to make the announcement with her husband Ken. "When you don't feel good, it impacts your activity and your daily living."

As a result of their gratitude and resolve, Sue Cafferty and her husband Ken gave \$5 million to Fasano's center and arranged for the donation of another \$40 million from a foundation with which they are affiliated, but which declined to be named.

Ken Cafferty said he and his wife want their money to raise the public's and doctors' awareness, as well as to fund research into treatments and a cure for celiac disease and other autoimmune disorders. "It's heartbreaking to see

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



someone you love suffer," he said.

During the press conference, Dr. Jay Perman, president of the University of Maryland, Baltimore, said he expected the celiac center to collaborate with numerous researchers across, and that research done "using the Cafferty's funds will...enable research to result in real solutions for patients and their families.

Better Education for Celiac and Gluten Sensitive Patients

Celiac.com 12/06/2010 - The hazards to health created by celiac disease and gluten sensitivity are well understood. From nutritional deficiencies to osteoporosis, from depression to autoimmune disease, and from psoriasis to thyroid disease, there are few areas of the human body that gluten doesn't touch in a negative way.

There is so much emphasis on our inadequate abilities to diagnose gluten intolerance, that when we do finally make the diagnosis I believe we are guilty of another problem—lack of adequate education to those affected patients. Just last month a research study was released by the American Journal of Gastroenterology, 2010 Jun; 105(6):1412-20. The article was entitled "mucosal recovery and mortality in adults with celiac disease after treatment with a gluten-free diet". The research team hailed from the Division of Gastroenterology and Hepatology at Mayo Clinic College of Medicine.

They stated that while a positive clinical response is typically observed in most adults with celiac disease after treatment with a gluten-free diet, the rate of small intestine recovery is less certain. Their aims were to estimate the rate of intestinal recovery after a gluten free diet in a cohort [a group of people with statistical similarities] of adults with celiac disease, and to assess the clinical implications of persistent intestinal damage after a gluten-free diet.

Of 381 adults with biopsy-proven celiac disease, 241 had both a diagnostic and follow-up biopsy. Among these 241, the confirmed mucosal recovery at 2 years following diagnosis was 34% and at 5 years was 66%. Most patients (82%) had some positive clinical response to the gluten-free diet, but it did not prove a reliable marker of intestinal recovery.

Poor compliance to the gluten-free diet, severe celiac disease as defined by diarrhea and weight loss, and total villous atrophy at diagnosis were strongly associated with persistent intestinal damage.

There was a trend toward an association between mucosal recovery and a reduced rate of all-causes of death, adjusted for gender and age.

The conclusions were that intestinal recovery was absent in a substantial portion of adults with celiac disease despite treatment with a gluten-free diet, and that there was an association between confirmed intestinal recovery (vs. persistent damage) and reduced mortality independent of age and gender.

So what can we learn from this?

1. Eating gluten-free when you are sensitive will cause you to feel better.
2. Going on a gluten-free diet is not enough to ensure that your intestines will heal.
3. Failing to heal your intestines puts you at increased risk for disease and death.
4. Successfully healing your intestines reduces your incidence of death from disease.

While you likely knew the first point, 2, 3, and 4 are perhaps less well known.

Where I see that we are failing the gluten intolerant population is in the narrow focus of eliminating gluten as the only needed treatment. What the above research proves is that, unfortunately, for over 30% of those diagnosed simply eliminating gluten is insufficient to ensure intestinal healing.

If patients were educated that healing their intestine would make the difference between contracting disease or not and extending their life expectancy or not, I think they'd be more interested in ensuring that it occurs.

I am not a researcher but my clinic sees hundreds of patients who align with the results of this study completely. Patients come to see us who have been told that they shouldn't consume gluten and for the most part they follow that recommendation. They know that they feel better when they are gluten-free so that is an impetus to not cheat. When they do cheat they know that they'll "pay" for it but they still do so fairly regularly.

Why do they cheat? Because they believe that the diarrhea, headache, bloating, etc is temporary and that when it goes away they are "fine" again. Their thought process is not unreasonable, it's just wrong!

If each patient was educated that cheating created intestinal destruction that in turn put them on a fast track towards disease and early death, I believe that cheating would take on a whole new perspective.

Patients need this education and they need it often. Our book "The Gluten Effect" was written with this intention—our patients actually requested it. They asked for a written reminder of why they should maintain their gluten-free lifestyle. Later I began taping Youtube videos because other patients preferred a reminder in a video form.

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



I'm trying to say this in a few different ways because it is terribly upsetting to meet patients, as I so often do, who have been diagnosed celiac or gluten sensitive and do not follow their diet solely due to ignorance.

After almost 25 years of clinical experience I also know that some people "hear what they want to hear" and doctors with the best of intentions cannot get through to everyone. But I strongly believe that we could be doing a much better job at enlightenment.

Further, we also need to educate patients about the secondary effects associated with gluten. When the immune system of the intestine is suppressed, as is the case in the presence of gluten pathology, inhospitable and pathogenic organisms can gain entry into the intestine and remain there. These organisms may be in the form of bacteria, parasites, amoebas or worms and if they are not identified and eradicated, complete healing of the intestines is all but impossible.

The good bacteria that are housed in the gut, known as the microbiome or probiotics, make up much of the intestinal immune system. In gluten intolerant patients this important population of organisms is often insufficient due to the onslaught from gluten and pathogenic organisms. If the population of these probiotics is not restored to a healthy, robust balance, any attempt to achieve a healthy intestine will be unsuccessful.

Lastly, it is an interesting catch-22 that in order to digest our food we need enzymes and enzymes are made from the nutrients we digest. This circular pattern is dramatically interrupted in the gluten intolerant patient. Celiacs in particular suffer from very poor absorption. It shouldn't then come as a surprise that augmenting with proper enzymes may be critical for "priming the pump" until proper digestion of nutrients is restored.

Unfortunately I find that few, if any, of these points are made clear to patients who are gluten intolerant. Most believe they are doing all they need to do simply by maintaining a mostly gluten-free diet. Nothing could be further from the truth.

To review we need to do the following:

- Maintain a "perfect" avoidance of gluten
- Test for the presence of pathogenic organisms
- Test for any imbalance of the probiotic organisms
- Evaluate the need for enzymes
- Evaluate for the presence of any other food sensitivities, e.g. dairy
- Educate the patient until they have a full understanding of the above
- Test to ensure that the intestine is healed

"PRODUCT INFORMATION"

Jennie-O Italian Style Turkey Meatballs used to be gluten-free. There has been an ingredient change, and there is also new packaging. The new bags now contain oat bran and are no longer gluten-free. They have been removed from the Hormel gluten-free list. For more info, read my blog post.

<http://glutenfreeoptimist.blogspot.com/2010/10/my-200th-blog-post-looking-back-new.html>

M & M brand MINT plain M/M contain wheat
READ ALL LABELS. Ingredients can and do change.
<http://glutenfreeville.com/research/clarification-on-hersheys-gluten-free-labeling>

This is from List Serv.

I was in Walgreens today, looking for meds to help me fight a nasty cold. Since I could not find the Tylenol version of the Sinus daytime, non-drowsy congestion and pain meds that I usually buy, I picked up the Walgreens version (acetaminophen and phenylephrine HCL). I phoned the number on the box, while I was in the store, and I was told it is gluten-free. The rep had me read the code number off the box to identify the product, and she warned me that depending upon where you are shopping, the product may come from a different manufacturer, that this one has a P in front of the number, an indication of her company...whose formulary list gluten-free. She suggested looking for the P in the future, or calling the phone number on the box when I'm buying a new batch somewhere else or in the future. Just though I'd pass on that suggestion. (On this box, the code number is next to the expiration date.)

This is from List Serv.

Interesting thing I learned this morning at a hotel breakfast buffet. I talked to the waitress and explained the CD issues. She was more than accommodating and provided me with a plate from the kitchen that was cooked in a new, clean pan. What I found most interesting was she told me not to eat the bacon off the buffet as they cook it in their fry-o-lator, the same one they used for all fried items including those that are breaded. She later came out and said that the chef told her this is a very common way for cooking bacon for large buffets as it is quick, easy and no mess to clean up.

Corn protein a step toward 'holy grail' for gluten-free bread, say researchers

By Caroline Scott-Thomas, 02-Dec-2010

Related topics: Gluten free, Science & Nutrition, Cereals and bakery preparations, Proteins, non-dairy



Defatted corn protein could be used for making gluten-free bread with a crumb structure and texture closer to that of wheat bread, according to chemists at the USDA's Agricultural Research Service (ARS).

Developing palatable gluten-free breads has been a major challenge for bakers because gluten – the protein found in wheat, rye, barley and spelt – plays a crucial role in giving bread its chewy, elastic texture. Meanwhile, demand for gluten-free products has increased as more Americans are being diagnosed with celiac disease, an autoimmune disorder in which symptoms are triggered by gluten consumption.

An article published in the latest edition of *Agricultural Research Magazine* details how ARS chemists Scott Bean and Tilman Schober at the Grain Quality and Structure Research Unit in Manhattan, Kansas have been working on ways to replicate the texture of gluten-containing bread without the gluten. They said they have had some success using non-gluten-containing grains for pan breads, but for leavened breads, the dough tends to spread out too much.

They had previously found that using a corn protein called zein could produce a more wheat-like dough, but the resulting bread was still flatter than wheat bread and lacked dough strength. However, by removing some of its fat content, they found they could make a bread that more closely resembles wheat bread.

"We found that removing more of the fat from the protein's surface allows the proteins to stick to each other much like wheat proteins do — leading to the elastic nature of wheat dough," Bean said. *"...Corn protein, in our view, is an intermediate step to achieving the Holy Grail of gluten-free breads — forming a wheat-like dough using non-wheat proteins, resulting in products with a fluffy, light texture."*

Bean and Schober said that sorghum may prove even more effective than defatted corn protein as a replacement for wheat in breads.

The research could lead to the development of more palatable gluten-free breads for the estimated 1 in 133 Americans with celiac disease – as well as for others with wheat allergy or gluten intolerance, they said.

TESTING YOUR CELIAC KNOWLEDGE

From CONNECT WITH HEALTHY LIVING- Theresa Brandon

1. Which of the following symptoms is the most common one for celiac to have? a) diarrhea b) fatigue c) heartburn d) bloating

2. Which of the following are reasons why you might continue to have symp-toms even after you've been on the glu-ten free diet for awhile? a) bacterial overgrowth b) lactose intolerance c) inadvertent ingestion of gluten d) all of the above

3. Which of the following names is NOT another name for Celiac Disease? a) celiac sprue b) gluten enteropathy c) irritable bowel syndrome d) nontropical sprue

4. Which of the following statements is false? a) once their damaged villi have healed, celiac may eat small amounts of gluten. b) the development of CD requires a ge-netically predisposed person who is eating gluten. c) CD may not develop until a —trigger factor|| starts the abnormal immune re-sponse. d) almost 50% of celiac do not present with gastrointestinal symptoms.

5. Which of the following describe symp-toms of celiac disease? a) stunting of growth, weakness, constipation and anemia b) dental enamel hypoplasia, abdominal pain and arthritis c) delayed onset of puberty, osteoporosis, dyspepsia and neurologic problems d) all of the above

ANSWERS: 1-B, 2-D, 3-C, 4-A, 5-D

1. Celiacs MAY donate blood. a) True—as long as their hematocrits are at least 38% and they don't have anemia. b) False –the FDA doesn't allow it.

2. Continued gluten ingestion can lead to an increase in other autoim-mune diseases. a) True b) False

3. How much of their lost bone mass can adult celiac regain, once they go on a gluten free diet? a) 100% b) 75-90% c) 30-50% d) 10-20% e) No recovery is possible

4. Continued gas and bloating after going gluten-free can be due to which of the following? a) lactose intolerance b) bacterial overgrowth c) accidental ingestion of gluten d) all of the above

5. Most rashes are caused by DH a) True b) False

ANSWERS: 1-a, 2-a, 3-d, 4-d, 5-b

1. Boys are more than twice as likely as girls to have the antibodies which are markers for CD, according to a study done at the University of Bristol in the UK. a) True b) False

2. Children have been know to out-grow celiac disease and may go on to eat a diet that includes wheat when they are adults. a) True b) False

3. Dermatitis herpeticiformis is an in-flammatory condition of the skin and is not contagious in any way. a) True b) False

4. "Herpeticiformis" means that DH is related to Herpes. a) True b) False

5. It may take from several weeks to several years for the skin disease to respond to the gluten free diet. a) True b) False

6. There is significant information to indicate that non-steroidal anti-inflammatory drugs, like ibuprofen make dermatitis herpeticiformis worse. a) True b) False

7. Glutinous rice: a) is GLUTEN FREE because glutinous just means —sticky|| b) contains gluten and must be avoided c) should be checked-sometimes it is O.K.

ANSWERS: 1-b, 2-b, 3-a, 4-b, 5-a, 6-a, 7-a How did you do? Get 100%

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



B&G FOODS INC. - GLUTEN FREE PRODUCT LIST

AC'CENT

Flavor Enhancers (all varieties)

BRER RABBIT Molasses

Mild, Full and Blackstrap

BRER RABBIT Syrup

Light & Full

B & G

Pickles, Peppers, Relishes, Capers, Sauerkraut, Green & Black Olives

Cooking Sprays

Canola Oil
Buttery

Dips

Guacamole Dip
Classic Onion Dip
Veggie Ranch Dip

WRIGHT'S Liquid Smoke

Hickory and Mesquite

Dressings

House Herb Vinaigrette Dressing,
Caesar Dressing
Balsamic Vinaigrette
Italian Vinaigrette
Raspberry Balsamic Vinaigrette

Pasta Sauces

Kicked Up Tomato Pasta Sauce
Roasted Gaaahlic Pasta Sauce
Roasted Red Pepper Pasta Sauce
Vodka Pasta Sauce
Home Style Marinara Pasta Sauce
Chunky Marinara Pasta Sauce
Sicilian Gravy Pasta Sauce
Italian Style Tomato & Basil Three Cheeses
Eggplant & Gaaahlic

Rubs:

Chicken, Fish, Rib, Turkey, and Steak

GRANDMA'S MOLASSES

Original and Robust

REGINA

All Vinegars & All Cooking Wines

Mustards

Smooth Honey Mustard
Dijon Mustard
Kicked Up Horseradish Mustard
NY Deli Style Mustard
Yellow Mustard

Stocks

Beef
Chicken
Vegetable

Salsas

Original Recipe Medium Salsa
Kicked Up Chunky Hot Salsa
Southwest Style Medium Salsa
Gaaahlic Lovers Medium Salsa

Essence:

Original, Italian, Southwest, Bayou Blast
Bam It Salad Seasoning
Garlic Parmesan Essence for Bread

JOAN OF ARC

Light & Dark Red Kidney Beans, Red Beans, Black Beans,
Pinto Beans, Butter Beans, Great Northern Beans, Garbanzo Beans

UNDERWOOD SPREADS

Deviled Ham

Cacciatore Dinner Sauce

POLANER

All Fruit, Sugar Free, Jams, Jellies, Preserves, Fiber Ready To Use Wet Spices – Basil, Garlic, and Jalapenos

TRAPPEY

Hot Sauces, Peppers and Okra

ORTEGA

Beans

Refried Regular & Fat Free
Black Beans w/Jalapenos
Black Beans

Dinner Kits

Pizza Grande Dinner Kit
18 count Taco Kit
12 count Taco Kit
Sponge Bob

Pouches

Nacho Cheese Sauce

Rice's

Saffron Yellow Rice
Spanish Rice

Salsas

Black Bean & Corn (Mexican)
Garden Mild & Medium
Original Mild & Medium
Roasted Garlic
Picante Mild, Medium & Hot
Thick & Chunky Mild & Medium
Salsa Verde

VERMONT MAID Syrup

All Varieties

LAS PALMAS

Red Chile Sauce, Red Enchilada Sauce, Crushed Tomatillos

ORTEGA-Cont:

Salsa con Queso

Seasonings

Taco
Taco, Hot & Spicy
Chipotle Mix
Taco 40% less sodium Mix
Guacamole Mix (1oz.packet)
Jalapeno & Onion Mix

Taco Sauce

Mild, Medium & Hot Green

Taco Shells

Hard Shells - Yellow & White
Tostada Shells
Whole Grain
Round Tortilla Chips

Peppers

Chiles & Jalapenos

This is from List Serv.

Butterfingers have always been one of our GF go-to candies, the new Butterfinger Snackerz are **NOT GF**. They have a cracker in the center and the 3rd ingredient is wheat. Stick with the regular Butterfingers instead

If you like the buns at the CU Restaurant then contact Rhonda Roberts she makes an assortment of Gluten Free baked goods to order.
Rhonda Roberts
Jrroberts1@hughes.net
319-404-1521

Holiday Dinner was a great time we had over 60 people in attendance and lots and lots of great food!



Here is the Display that was at the Cedar Falls Public Library for the months of October, November and December.





"Recipes"

Chocolate Coffee Trifle (Deb McKinney)

1 box chocolate cake mix (I used King Arthur GF and had half left – YUM!)
Chocolate pudding (or 6 oz. instant pudding mix + Milk)
½ cup strong coffee (dry)
12 oz. Cool whip
10 oz. toffee chips

Bake cake according to directions. Cool. Prepare pudding according to directions and set aside. Crumble cake (and reserve ½ cup if desired for garnish*). Place half cake crumbs in bottom of decorative bowl. Layer with ½ dry ground coffee, half pudding, half cool whip & half toffee chips. Repeat layers. (Finish with reserved cake crumbs). Refrigerate 4 or 5 hours before serving.

Note: I make it using Panera Hazelnut coffee ☺
* I prefer to use the toffee chips as garnish

Grape Salad (Diane Ebert)

- 1) In one bowl, mix the following:
8oz softened cream cheese
½ c sugar
- 2) In another bowl mix:
1c sour cream
1t vanilla

Mix the 1st and 2nd bowls together. Set aside. This can be made ahead and put in the refrigerator.
Clean 4lbs of seedless Red Grapes and add above mixture. Mix well.

Before serving, Add
1/3c brown sugar and 2T chopped pecans on top. Do not stir

Chocolate Cheesecake (Bev Boesen)

1 cup flour
1 cup chopped nuts
1 cup margarine
¼ cup brown sugar
8 oz. cream cheese
1 cup powdered sugar
3 boxes instant chocolate pudding
1 teaspoon vanilla
4 cup milk
12 oz. Cool Whip

Mix and oppress the first 4 ingredients into a 9 X 13 pan.
Bake at 350 for 15 minutes or until brown. Cool. Stir

together the last 6 ingredients (Use less than ½ the cool whip) until it begins to thicken slightly. Spread on top of the first layer. Top with remaining Cool Whip. Can be topped with chopped nuts also.

Cereal Jumbles (Mary Gray)

½ pkg chocolate flavored Almond Bark
2 ½ cups Rice Chex
Nuts optional

Melt almond bark in the microwave or double boiler. Mix in Rice cereal and nuts. Stir well. Drop on wax paper by spoonfuls.

Cashew Butter Crunch Popcorn

14 cups freshly popped popcorn (Made from ½ cup popcorn kernels & 2 tablespoon canola oil)
1 ½ cup salted cashews
8 tablespoon butter, plus additional for greasing
1 cup packed light brown sugar
¼ cup light corn syrup
½ teaspoon salt
¼ teaspoon baking soda

Preheat oven to 250. Lightly butter a very large baking sheet (or use 2); spread popcorn and cashews on sheet. Keep warm in oven.

Mix butter, brown sugar, corn syrup and salt in a small saucepan; stir frequently until simmering and sugar dissolves. Clip a candy thermometer (digital is awesome) to the inside of the pan and continue cooking undisturbed until temperature reaches 248 F (firm ball stage)

Remove from heat and stir in baking soda. The mixture will roll vigorously; continue stirring until smooth.

Drizzle sugar mixture evenly over popcorn and cashews; toss well with flat metal spatula or spoon.

Bake 45 minutes, tossing every 10 minutes. Cool on baking sheet, then store in a covered container at room temperature up to 3 days.

Makes 15 cups

(Diane Ebert)

Cool idea to go along with the 'carmel apple season', Take a Granny Smith apple, core it and put a snack size snickers in it (double check the label for the ingredients) and bake in oven JUST until melted.

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



Praline Sweet Potato Casserole

1 can (40 oz) sweet potatoes (drained)
1/3 Cup granulated sugar
2 TBLS margarine (melted)
1 tsp vanilla
1/2 tsp Cinnamon
1/4 tsp salt
2 lg eggs

Topping

3/4 packed brown sugar
1/4 cup chopped pecans
3TBLS GF flour
2 TBLS margarine (melted)
Preheat oven 350° Grease shallow 1 1/2 quart casserole.
In bowl mash sweet potatoes, stir in sugar, margarine, vanilla, cinnamon, salt and eggs, Spoon into prepared casserole. Mix topping ingredients. Sprinkle on potato mixture. Bake 30 minutes. Serves 6

Broccoli Casserole (Mary Gray)

2 stem bunches of fresh broccoli or (2 pkgs frozen)
3 eggs beaten
2 TBLS GF Flour
2TBLS butter melted
1 can FF mushroom soup
1 small onion diced fine
1 cup mayonnaise
1/2 cup sour cream (or 1/2 & 1/2)
1 cup grated cheddar cheese
GF bread crumbs buttered
Partially cook broccoli & drain. Combine all other ingredients except bread crumbs. Mix with broccoli. Butter casserole dish & pour in mixture bake at 350° for 30-45 min till bubbly. Partway through cooking sprinkle with GF bread crumbs.

Bread crumbs- 1/2 cup dry GF bread crumbs dash salt and 1 TBLS butter melted mix together.

Mashed potatoes

5 lbs potatoes
2-3oz packages cream cheese -softened
1 cup sour cream
1 tsp onion salt 1/2 tsp garlic powder
1 tsp salt
1/4 tsp pepper
2 TBLS butter
Cook and mash potatoes. Mix all other ingredients in large bowl until well mixed. Add mashed potatoes. Put in 9X13 casserole dish and refrigerate. Can bake later at 350° for 30 minutes. Serves 12.

Grandma's GF Dressing (Kristi Simmerman)

Dried GF bread crumbs seasoned with sage and salt & pepper
Browned ground beef
Browned sausage - crumbled
Carrots, celery, onions - Chopped) cook in oil until transparent
2 eggs
Milk

Put dried bread crumbs in bowl and cover with milk. Once crumbs are soft from milk add in 2 eggs, cooked meat (let it cool first) carrots, celery, onions, salt and pepper. Cook for 1 1/2 hours or so at 350°

Sweet and Sour Green Beans (Bev Boesen)

2 cans green beans
1 cup chopped onion
1 TBLS GF flour
1/2 cup bean juice
1 TBLS vinegar
3 TBLS brown sugar
1 tsp salt - pepper to taste
6 strips of bacon
Fry bacon and crumble. Drain juice from green beans reserving 1/2 cup of the juice. Using some or all of the bacon grease cook onion until tender, add flour, bean juice, vinegar, brown sugar, salt & pepper. Cook until thick. Add green beans and bacon.

Salted Nut Squares (Bev Boesen)

3 cups salted peanuts without skins, divided
3 TBLS butter or margarine
2 cups (12 oz) peanut butter chips
1 can (14 oz) sweetened condensed milk
2 cups miniature marshmallows

Place 1/2 of peanuts in ungreased 11X7X2 inch pan, set aside. In a sauce pan, melt butter and peanut butter chips over low heat. Add milk and marshmallows, cook and stir until melted. Pour over peanuts. Top with remaining peanuts. Cover and chill. Cut in to bars.

Acini De Pepe Fruit Salad

1 Cup sugar
1/2 tsp salt
3 eggs beaten
2 TBLS GF Flour

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



1 3/4 cup pineapple juice
1/2 lb Acini di pepe pasta (Schar GF ANELLINI)
2 sm cans mandarin oranges drained
2 lg cans pineapple tidbits drained (reserve juice)
Maraschino cherries, halved
10 oz bag colored mini marshmallows
8 oz cool whip

Combine sugar, salt, eggs, flour, and pineapple juice in saucepan. Cook and stir over med. Heat until thick (stir constantly as mixture scorches easily) Cool. Pour sauce over cooked and cooled pasta in a large bowl. Mix well refrigerate overnight. Prior to serving, add oranges, pineapple, cherries, marshmallows and cool whip. Mix well. Refrigerate leftovers. Salad will keep up to 10 days. Servers 12 or more.

Impossible Broccoli and Chicken Pie (Judy Honts)

(I used hamburger instead of chicken and it was delicious.)
1 bag of broccoli thawed and drained
1 1/2 c cheese (I used grated American cheese)
1 c chicken cooked and cubed
1/2 c onion

mix and place in greased pie pan, except 1/2 c cheese

mix until blended
2 eggs
1c milk
1/2 c GF Bisquick
1/2 t salt
1/4 t pepper

Pour over pie plate and bake 30-35 minutes in a preheated 400 degree oven. Put the remaining cheese on top and leave in the oven for 1 minute, or until melted.

Impossible Coconut Pie (Judy Honts)

3 eggs
1 3/4 c milk
1/4 c melted butter
1 1/2 t vanilla
1 c coconut
3/4 c sugar
1/2 c GF Bisquick

Stir until blended
pour into greased pie plate
bake 45-50 minutes at 350 degrees
(this pie is wonderful and reminds me of old fashioned custard)

Pumpkin Dump Cake By: LAURA METZGER (submitted by Deb Miller)

1 PKG YELLOW CAKE MIX, ANY BRAND (I USED BETTY CROCKER GLUTEN FREE YELLOW CAKE MIX)
1 16-OZ CAN OF PUMPKIN
1 12-OZ CAN EVAPORATED MILK
3 EGGS
1.5 CUPS OF SUGAR
4 TEASPOONS PUMPKIN SPICE
1/2 TEASPOON SALT
1 CUP CHOPPED PECANS (CAN SUBSTITUTE WALNUTS)
1 CUP MELTED BUTTER
WHIPPED TOPPING

Directions

PREHEAT OVEN TO 350* AND GREASE BOTTOM OF 13X9 PAN COMBINE PUMPKIN, EGGS, SUGAR, EVAPORATED MILK, PUMPKIN PIE SPICE AND SALT IN A LARGE BOWL. POUR INTO GREASED PAN. SPRINKLE THE DRY CAKE MIX EVENLY OVER THE MIXTURE. TOP WITH NUTS. DRIZZLE WITH MELTED BUTTER AND BAKE FOR 50 -55 MINUTES OR UNTIL GOLDEN BROWN. COOL COMPLETELY AND SERVE WITH THE WHIPPED TOPPING.. ENJOY!

Creamy Chicken and Vegetables with Dumplings Gluten Free (submitted by Deb Miller)

2 cans (19 oz each) Progresso® Traditional chicken rice with vegetables soup
1 cup Green Giant® Valley Fresh Steamers® frozen mixed vegetables
3/4 cup Bisquick® Gluten Free mix
1/3 cup milk
2 tablespoons butter or margarine, melted
1 egg
1 tablespoon chopped parsley

1. In 3-quart saucepan, heat soup and vegetables to boiling.
2. In small bowl, stir Bisquick mix, milk, butter, egg and parsley with fork just until blended. Gently drop dough by 8 rounded spoonfuls over boiling soup mixture.
3. Cook uncovered over low heat 10 minutes. Cover and cook 15 minutes longer.

Membership Form

Waterloo/Cedar Falls Celiac Support Group

Membership dues for 2011 are \$20.00.

Make check payable to: **Waterloo/Cedar Falls Celiac Support Group** and mail along with this form by Jan. 31, 2011 to: Denise Lauderville, 108 Celeste St., Hudson, IA 50643

Name _____

Address _____

City _____

State _____, Zip _____

Phone _____

E-Mail _____

Yes I will accept my newsletters via e-mail to save postage and printing costs

No I would like my newsletters mailed to the address listed above.

Comments and Ideas: _____

Don't forget to
register for 2011 !!

Waterloo/Cedar Falls
Celiac Support Group
108 Celeste St.
Hudson, IA 50643

