



GLUTEN FREE "NEWS"

Published by the
Waterloo/Cedar Falls Celiac Support Group



FOURTH ISSUE

November 2011

PRESIDENT'S NOTES:

Our Next meeting is at 1:00 PM December 04, 2011. This is our Holiday Potluck Dinner.

NOTE : Please plan to attend we always have a delicious gluten free meal and a fun time. The meat, drink, plates and utensils will be furnished by the group. Please bring a food item to share. We are in need of... some relishes, breads, vegetables, and of course you can bring anything you would like to share. Please remember the recipe for the next newsletter. Speaking of newsletters, Shannon Jensen is doing the newsletter so if you have items please forward them to her at surlygirl@mchsi.com . If you have ideas for what you would like to do for our 2012 meeting's please bring them to our meeting in December and February.

Have a safe and healthy winter

Denise

**A BIG thank you to Clark Printing for printing our newsletter FREE OF CHARGE. Please contact them if you have any printing needs.
319-233-6637**



Membership Form

Waterloo/Cedar Falls Celiac Support Group

Membership dues for 2012 are \$20.00.

Make check payable to: **Waterloo/Cedar Falls Celiac Support Group** and mail along with this form by Jan. 31, 2012 to:

Denise Launderville, 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: _____



~FUNDRAISERS~

The group will be doing some fundraising and your help will be needed!

Please call or e-mail Kristi Simmerman for details and to sign up for this at (319) 234-2104 or ksimmerman@mchsi.com

~MARK YOUR CALENDARS~ UPCOMING CELIAC SUPPORT GROUP MEETINGS

Note: We must have 15 members in attendance to hold meetings. Please call Kristi Simmerman at (319) 234-2104 if you are unable to attend.

Date: Sunday, December 4, 2011
Holiday Dinner-PotLuck

Time: **NOTE THE TIME CHANGE**
1:00 p.m.

Place: Covenant Medical Center

Theme: 'Tis the season! Holiday party

Agenda: Holiday gathering

Date: Sunday, February 6, 2012
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Planning the Gluten Free Fair and 2012 meetings Back to Basics discussion

Agenda:

If you have any information for the newsletter please send it me. I would be more than happy to include it in the next edition. My e-mail is surlygirl@mchsi.com

Check out our Website @ www.wfceliac.com and find us on Facebook @ Cedar Valley Celiacs

CHECK IT OUT!!!

Our very own Diane Ebert has taken on the role of a lifestyle mentor, specializing in gluten free living. She also has put together a newsletter that can be sent out to anyone via email. For more information about Diane's services or to sign up for the newsletter, go to: <http://eepurl.com/fPair>

NEW

Come visit our **brand new Hy-Vee** located at the corner of Ansborough Avenue and 4th Street in Waterloo. **Grand Opening is October 25th!** We have a large gluten-free section in our HealthMarket. I have decorated the store with gluten-free tags. As you walk the aisles, you will see brown GF tags on products, indicating that they are gluten-free!

Have a wonderful day!

Beth Barber, RD LD

Registered Dietitian

Ansborough Avenue Hy-Vee

Contact Beth if there are items that you would like to see that they don't have. They are currently carrying the top 20 from the other stores.



~NEW PRODUCTS~

Larabar has a new bar on the market: Chocolate Chip Cherry Torte. I have yet to find it but chocolate covered cherries are right up my alley!

NEW BOOK ALERT

As a librarian, I am all about the books. Each month I will share with you some of the newest titles out in stores. These are books that I am interested in checking out. If you are on a limited budget, check with your local library.

Recipes

Free for all cooking: 150 easy gluten-free, allergy-friendly recipes the whole family can enjoy – Jules E. Dowler Shepard

Gluten free in five minutes – Roben Ryberg

Gluten-free Makeovers – Beth Hillson

Gluten Free on a Shoestring: 125 Recipes for eating well on the cheap – Nicole Hunn

Quick-fix gluten free – Robert Landolphi

Reference

Wheat Belly: Lose the wheat, lose the weight and find your path back to health – William Davis, MD.

Celiac Disease for Dummies – Ian Blumer MD

~SHARED & SUBMITTED~

www.iowahealthieststate.com

According to the 2010 Gallup-Healthways Well-Being Index®, Iowa is #19 in the nation when it comes to being physically, emotionally and mentally healthy. We know we can do better, so we plan to claim the #1 spot by 2016. It's ambitious, but with your help, we can help change Iowa and show the rest of the nation the road to wellness. Take the pledge to help create a healthier, happier Iowa today!

Types of wheat

Borrowed from the Gluten-free Homemaker with permission

Out of the three gluten containing grains, wheat, rye, and barley, wheat is the one most commonly found in foods. But did you know that there are several types of wheat?

Thanks to the Food Allergen Labeling and Consumer Protection Act, all forms of wheat have to be listed as wheat. That makes label reading much easier for us. However, it doesn't mean that you won't see the types of wheat listed by their lesser known names or get questions from family or friends about them.

When I was diagnosed 11 years ago, it was common for health food store employees to tell you that you could eat spelt. While that form of wheat might be easier for some people to digest, if you have celiac disease or a gluten sensitivity, it is off limits.

Here is a list of types of wheat or other names for wheat. They all contain gluten.

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Bulgur – a form of wheat that has been parboiled, dried, and cracked

Couscous – dried granules of semolina (see below)

Durum – a type of wheat

Einkorn – a type of wheat

Emmer – a type of wheat

Farro – a type of wheat

Kamut – a type of wheat

Semolina – a granular product of durum wheat

Spelt – a type of wheat

Triticale – a hybrid cross between wheat & rye

As I said, in the United States these forms of wheat have to be declared on food labels as wheat. That means you might see something like this on a box of pasta: "Durum (Wheat) Semolina." Or it might have a list of ingredients, then a statement that says, "Contains wheat ingredients."

I think it is helpful to be familiar with these types of wheat, though. That way when someone says, "You can eat spelt." You can answer them, "No, I can't. Spelt is a type of wheat and contains gluten."

WHEAT ALLERGY ALERT

Product Recall Oct. 27, 2011

Wells Enterprises, Inc. is recalling a limited quantity of "Blue Bunny[®] Personals[®]" due to undeclared wheat.

The lids of some packages describe the product as "Blue Bunny Super Chunky Cookie Dough"

ice cream, while the carton describes the product as "Blue Bunny Peanut Butter Panic" ice cream. The product inside is "Super Chunky Cookie Dough," which contains wheat.

The product was shipped to Florida, Indiana, Iowa, Kansas, Massachusetts, Minnesota, Mississippi, Missouri, Nebraska, North Dakota, Oklahoma, Oregon, Pennsylvania, Tennessee, Texas, and Wisconsin.

The recall affects Blue Bunny[®] Personals[®] ice cream, packaged in 5.5-oz. cartons with Lot Number 10009, "Best Used By" date 10/1/2012, and UPC 0 [70640 00464](#).

Consumers may return the product to the place of purchase for a refund. Consumers with questions may contact the company at [\(800\) 331-0830](#), Monday through Friday between 8:00 a.m. and 5:00 p.m. CT.



~RECIPES~

Wild Rice and Turkey Soup

Recipe adapted from Midwest Living Magazine

Recipe submitted by

- 1 6.2-ounce pkg quick-cooking long grain and wild rice mix
- 1 Tablespoon butter or margarine
- 4 ounces shitake mushrooms, stems removed and sliced (about 1 ½ cups)
- 2 stalks celery, sliced (1 cup)
- Handful of matchstick carrots (optional)
- 2 14-ounce cans of GF reduced sodium chicken broth or 3 ½ cups chicken stock
- ¼ teaspoon ground black pepper
- 2 cups chopped smoked turkey or chopped cooked turkey or chicken (about 10 ounces)
- 1 cup whipping cream
- 2 Tablespoons dry Sherry (optional) (Marsala works well)

Prepare the rice mix (using the seasoning packet) according to package directions, except omit any butter or margarine.

In a large saucepan, melt butter over medium heat. Add mushrooms and celery. Cook about 5 minutes or until vegetables are almost tender and most of the mushroom liquid has evaporated, stirring occasionally. Add chicken broth. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Stir in cooked rice mixture, turkey, whipping cream and, if you like, dry sherry. Heat through. Makes 6 main-dish servings.

*I made a double batch with 2 bags of Success brown rice, but have also made it with wild rice or a GF "box rice mix" and it worked well. ** chop mushrooms if serving to those who don't like that texture. I have even used freeze-dried mushrooms. Freezes well.

Chamomile Cauliflower Soup

Submitted by Lyn Goss

- 6 Chamomile Tea Bags
- 3 cups water
- 1 large head cauliflower; cut into 3-inch pieces

Boil water and tea bags in large saucepan for five (5) minutes. Remove tea bags, squeezing the excess liquid into the pan. Add the cauliflower to the tea, cover and simmer for 15 minutes or until tender. Drain, reserving 1 cup of the liquid.

- ¼ cup chopped onion
- 2 celery stalks, chopped
- 1 Tablespoon butter or olive oil

While cauliflower is simmering, sauté onions and celery in oil until clear.

Put in blender with cauliflower, salt and pepper to taste, and reserved liquid. Blend until smooth. Serve.

(I use 1 teaspoon sea salt and all of the liquid and it is still quite thick.) Serves 4.

Marlboro Man's Favorite Sandwich

Recipe adapted from the Pioneer Woman

Submitted by Shannon Jensen

- 1 whole Large (or 2 Small) Onions
- 2 sticks Butter (Lots And Lots Of Butter)
- 2 pounds (to 3 Pounds) Cube Steak (tenderized Round Steak that's been extra tenderized)
- Lawry's Seasoned Salt (or Similar Seasoned Salt)
- 1/2 cup (approximately) GF Worcestershire Sauce
- Tabasco Sauce, To Taste
- 4 whole gluten free rolls (I made this with Udi's hotdog buns!)
- Cheese, optional (I used Provolone)

Slice onions and cook in 1/4 stick butter until soft and light brown. Remove and set aside.



Slice cube steak against the grain. Season with Lawry's.

Heat 2 tablespoons butter over high heat (in same skillet) until melted and beginning to brown. Add meat in single layer. Cook one side until brown, then flip and cook until brown, about a minute on both sides.

Add 1/2 cup (at least) Worcestershire sauce, 5 to 6 shakes Tabasco, and 2 tablespoons butter. Add cooked onions. Stir to combine.

Butter gluten free rolls and brown in skillet.

To assemble, lay bottom half of roll on plate. Place meat mixture, followed by a spoonful of juice from the pan. Add cheese if using, top with other half of roll, cut in half, and devour!

Cinnamon Orange Pork Tenderloin

Recipe adapted from Gluten Free Checklist daily

2 Tbs. light brown sugar
2 Tbs. dark brown sugar
2 tsp. orange zest
2 tsp. ground cinnamon
1-1/2 Tbs. plain yogurt
2 Tbs. orange juice
1 lb. boneless pork tenderloin chops

Preheat oven to 350°F. In a shallow bowl, mix brown sugars, zest, and cinnamon. In a small bowl, mix yogurt and orange juice; brush over pork. Dredge pork in brown sugar mixture. Place on a rack in a roasting pan. Bake 35-40 minutes or until meat thermometer reads 160°F.

Corn Casserole

Submitted by Shannon Jensen

1 can whole kernel corn (drained)
1 can GF creamed corn – with liquid

1 cup sour cream
1 stick melted butter
1 10 oz pkg GF cornbread mix
shredded cheddar or parmesan cheese for topping

Preheat oven to 350°F. Mix all ingredients except for cheese and place into a sprayed casserole dish, spread evenly. Bake in oven for about 45 minutes, until just set. Top with cheese while still warm.

Five Spice Pecans

Recipe borrowed from Taste of Home

2 cups pecan halves
2 Tablespoons brown sugar
2 Tablespoons maple syrup
1 teaspoon Chinese five-spice powder

In a large nonstick skillet, cook pecans over medium heat until toasted, about 4 minutes. Add the brown sugar, syrup and five-spice powder. Cook and stir for 2-4 minutes or until sugar is melted. Spread on foil to cool. Store in an airtight container.

Raw Pear Cake

Submitted by Mary Gray

2 eggs
1 cup sugar
2/3 cup oil (scant)
1/2 teaspoon vanilla
1/2 cup nuts, chopped
1 1/2 cup pears, chopped
1/2 lemon, squeezed
1 1/2 cup GF flour
1/2 teaspoon xanthan gum
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg



Cream together eggs, sugar, oil and vanilla. Chop pears and mix with lemon juice. Sift together dry ingredients. Add dry ingredients to creamed mixture in small amounts. Fold in pears and nuts. In 9x13-inch pan, bake at 325 degrees for 55-60 minutes. Evaluate for doneness. Frost with cream cheese frosting.

Cream Cheese Frosting

1 8 ounce package cream cheese
½ stick butter (optional) – not soft
2 cups powdered sugar
1 teaspoon vanilla (optional)

Cream together cream cheese, butter and vanilla. Slowly add powdered sugar, beating until creamy.

Crisp Caramel Treats

Submitted by Bev Boesen

¼ cup Margarine
4 cups miniature GF marshmallows
5 cups crisp rice cereal
Caramel sheets

Melt margarine in saucepan over low heat. Add marshmallows and cereal; mix well. Press half the mixture into a 9x9-inch pan. Top with caramel sheets, pressing lightly to cover well. Top with remaining cereal mixture, pressing lightly. Cool completely. Cut into squares. Caramel sheets are sold for making caramel apples.

I used GF Rice Krispies.
I also used 3 caramel sheets and cut them to fit better but think it could have used the full 5 sheets for a good caramel taste.

Peanut Butter Cup Brownies

Recipe adapted from [Nestle's Very Best Baking](#)
Submitted by Denise Launderville

Makes 40 brownies as adapted

1 box of your favorite brownie mix
½ cup peanut butter chips
½ cup semi-sweet chocolate chips
¾ cup creamy peanut butter

Preheat oven to 350 degrees. Spray or grease 40 mini-muffin cups.

Prepare boxed brownie mix as directed. Spoon batter evenly into muffin cups (about 1 heaping teaspoon). Bake for 13-15 minutes or until top is set and a toothpick inserted into center comes out slightly wet. After brownies are out of the oven, wait for centers to fall. This will happen upon cooling. If not then tap the centers with the back of a teaspoon to make a hole for the peanut butter.

Place peanut butter in a small microwave-safe bowl. Microwave on high for 45 seconds then stir. While brownies are still warm spoon about half a teaspoon of peanut butter into the center of each brownie. Top with semi-sweet chocolate chips and peanut butter chips. Cool completely in pan.

Gingerbread Cake

Recipe from [glutenfreefoodieheaven.blogspot.com](#)

This moist and flavorful cake fills your home with wonderful Fall aromas! Shown topped with my home made apple butter. (Recipe for apple butter is given on The Gluten Free Farmer's Daughter blog.)

¼ cup vegetable oil
¼ cup butter
1 cup hot water
1 cup sorghum molasses or regular molasses
¾ cup brown sugar
1½ t. ground ginger or 1 T. fresh ginger root, finely chopped
1½ t. ground cinnamon
½ t. salt
2 t. baking soda
2½ cups GF flour blend



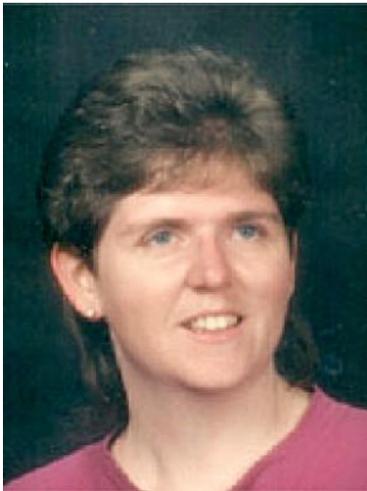
2 large eggs, beaten
½ cup pecans, finely chopped (optional)

In a saucepan combine all ingredients through the cinnamon. Bring to boil, stir until well blended. Remove from heat and set aside to cool.

Sift dry ingredients together. Add the cooled molasses and sugar mixture and stir. Stir in the well-beaten eggs.

Pour into a generously-greased and floured 9 x 12 inch baking pan. Bake in a 350°F oven for 25 to 35 minutes. The dark sugars and syrups tend to burn easily, so watch the cake closely for the last 5 minutes.

Serve warm or cooled with whipped cream, cream cheese frosting or apple butter.



In Memory of Ellen Duffy- Ellen was a long time member of our group. She passed away this summer. We have lost several members in the past couple years, please keep them and their families in your thoughts,

~WEB WORTHY~

I am an Internet nut and I scour it for websites to help me deal with the disease. Each month, I will post some noteworthy websites that have to do with Celiac/Gluten-free living for your Internet browsing pleasure. If you have a favorite website that the group should be aware of, please send the info to me at surllygirl@mchsi.com

Magazines

Delight Gluten Free
<http://delightglutenfree.com/>

Living Without
<http://www.livingwithout.com/>

Gluten Free Living
<http://www.glutenfreeliving.com/>

Recipes

Gluten-Free Goddess
Fresh, creative recipes to inspire your gluten-free life
<http://glutenfreegoddess.blogspot.com/>

Gluten free life with Jen
<http://gfreelife.com/>

No gluten, No problem
<http://noglutenoproblem.blogspot.com/>

Simply...Gluten Free
Celebrating the abundance of gluten free living
<http://simplygluten-free.com/>

Support

Celiac Disease Foundation
Raising Awareness since 1990
www.celiac.org

Gluten Intolerance Group (GIG)
<http://www.gluten.net/>

Don't miss
the Holiday Potluck
Dec. 04, 2011

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

