



GLUTEN FREE "NEWS"

Published by the
Waterloo/Cedar Falls Celiac Support Group



THIRD ISSUE 2012

JUNE 2012

PRESIDENT'S NOTES:

Here we are already at the end of June. Where does the time go? Summer will be over before we know it. I hope everyone is enjoying their summer. This is a great time to spend time with family and friends. Most of the time these get together involves grilling out, food, food, and more food. Remember it is most important to keep yourself safe and happy during these times. With a little bit of planning ahead you also can enjoy the summer cookouts with family and friends. This is also a great time to help educate and to help everyone understand the best way to keep us all safe.

We have a couple of members who do not drive and would love rides to our meetings. If you are willing and able to help with rides please give me a call at 319-234-2104 and I will get you in touch with them.

We also talked about making up doctor's packets to hand out to our local doctors. If you are willing to take some around to your doctors let me know.

The more we inform the Cedar Valley the better it will be for all of us.

As a reminder, Mama Mimi's Take and Bake Pizza in Cedar Falls and Waterloo are doing their "buy one get one free" pizzas on Tuesdays again this summer. They make great pizzas and have been great with our group.

We will be having a August meeting this year on Sunday August 5th at 2:00 pm in meeting rooms 1 & 2. Hope to see you all there.

Kristi Jo Simmerman

**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**



~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, August 5, 2012
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Brunch!

Agenda:

Date: Sunday, October 7, 2012
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Potato Bar and Soup & Trick or Treat

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



NOTICE

Due to a lack of vendors, the Gluten Free Expo at the McLeod Center in Cedar Falls scheduled for August has been CANCELLED. Refund checks will be issued, but we hope to try this again in a couple of years.

Local Restaurants serving up Gluten Free

Bourbon Street – Cedar Falls
Brown Bottle
Carlos O'Kellys
CU Restaurant
Godfather's
Mama Nick's
Montage – Cedar Falls
Pizza Ranch



~NEW PRODUCTS~

Look for:

New Apple-Cinnamon Chex Cereal



NEW BOOK ALERT

I have not read these books, nor do I endorse them. These are just some titles I have come across in my studies that look good and may get added to my own personal library. I thought I'd share.

Recipes

Deliciously G-Free – Elisabeth Hasselbeck

The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! - Tammy Credicott

Unbelievably Gluten-Free: 125 Delicious Recipes: Dinner Dishes You Never Thought You'd be Able to Eat Again - Anne Byrn (Oct 23, 2012)

Gluten-Free Girl and the Chef - Shauna James Ahern and Daniel Ahern (Oct 9, 2012)

Reference

The Gluten-Free Edge: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life - Peter Bronski, Melissa McLean Jory MNT and Amy Yoder Begley (Jul 3, 2012)

~SHARED & SUBMITTED~

Frito-Lay to unleash gluten-free snacks; Lay's, Doritos, Ruffles, Tostitos and Sun Chips to carry no gluten label

Frito-Lay, one of the largest snack makers in the world, has launched an initiative that will see qualifying products carry a gluten-free label.

With brands that include Lay's, Doritos, Ruffles, Tostitos and Sunchips, the snack food manufacturer has announced plans to develop a multi-year gluten-free validation process that would allow some of its North American products to carry the health claim.

Foods will not be reformulated but tested in accordance with limitations set by the Food and Drug Administration of 20 parts per million.

News that the PepsiCo subsidiary has jumped on the gluten-free train could serve as further proof that what some pundits have already dismissed as a fad is a trend that's just gaining steam.

Earlier this month, the largest pizza delivery chain in the world, Domino's Pizza, also developed a gluten-free crust for customers with gluten sensitivities.

Recently, however, the pizza chain came under fire by the North American Society for the Study of Celiac Disease, for what they charge is a misleading claim.

The announcement, for instance, came with a slew of disclaimers warning that while the new recipe is certified gluten-free, the product is not recommended for those with celiac disease as store operations differ. Guarantees that the pizza would be completely free from gluten can't be made, the company said.



Celiac disease is a digestive disorder triggered by gluten, a protein found in common cereal grains like wheat, barley and rye. The consumption of gluten causes an immune reaction that damages the lining of the small intestine and prevents the absorption of certain nutrients.

Must-Do's for Newly Diagnosed Celiacs

If you've just been told that you or a family member has celiac disease, it's likely your head is spinning with information overload and you're in a daze of disbelief. A celiac diagnosis isn't the worst thing but it can feel like the end of your world—at first.

I was diagnosed over ten years ago by a gastroenterologist who didn't offer any guidance about how to live my life gluten free. Although I commend him for finally discovering the reason behind the ailments that had stumped doctors for many years, when he informed me that I had to change my lifestyle, he didn't include instructions on how to do it. Since then, I've spoken to celiac groups and taught gluten-free cooking classes around the country and I can confirm my experience was not unique. People are often left with more questions than answers after their diagnosis and they can feel woefully unsupported.

Fortunately, it's never been easier to embark on a special-diet lifestyle. Follow these tried-and-true steps to be on your way to a happier and healthier gluten-free life.

1. Understand Your Disease.

Make a point to learn all you can about your condition. Read recently published books written by acknowledged experts and turn to websites run by national celiac organizations, noted celiac research centers and trusted publications. The Internet offers a wealth of material but some of it is erroneous or, at minimum, conflicting. Be sure to verify data and make certain your sources are reliable. As you learn more about the disease and your new lifestyle, you can explore other

resources with more confidence and better scrutinize the information being proffered.

2. Build a Medical Team.

Consult with a doctor and nutritionist who specialize in celiac disease. We're fortunate to have a number of celiac research and treatment centers located throughout the United States. If you're not currently receiving specialized celiac care, consider seeking out the closest celiac center. A good nutritionist can answer your questions and get you off to a good start on the gluten-free diet. Over the years, it's a smart idea to see an expert physician for regular check-ups and follow-up blood tests to be certain you're not inadvertently ingesting gluten. Celiacs are typically susceptible to related medical conditions, ranging from lactose intolerance and osteoporosis to other autoimmune disorders, and an alert doctor will be able to work closely with you to lower your risks.

As an important aside, a specialist can counsel your relatives about whether they should undergo blood tests or genetic screening for this inherited autoimmune disorder. Your family members—particularly first-degree relatives—are at risk for contracting the disease. Undetected and untreated, celiac disease can wreak havoc on the immune system and set loved ones up for serious medical problems in the future.

3. Join a Support Group.

Chances are there is a celiac support group within short driving distance from where you live or work. If you don't consider yourself the support-group type, I urge you to reconsider. These groups offer a wealth of information, food samples, tips for local restaurants, physician recommendations, recipes and, of course, friendship and emotional support.

If your child is now gluten free, a support group dedicated to kids and their families is a must. These groups organize meetings, parties, picnics, field trips and so much more. Plus, they are an invaluable source for kid-friendly activities



and restaurants in your town, not to mention summer camps and food brands.

4. Check Your Pantry.

This step includes cleaning or replacing the items in your kitchen where gluten contamination can occur: scratched pans, the toaster, your food mill and breadmaker, etc. Do the homework to truly understand cross contamination, gluten-containing ingredients and food labeling, so that your kitchen becomes a safe haven that you can rely on for tasty, uncontaminated foods. (Go to *Living Without's* [Quick Start Guide](#) to the gluten-free diet.)

If someone in your household plans to continue to eat gluten, organize your cabinets so that no gluten-containing foods are mistakenly used. Use clear plastic bins in your pantry to segregate items so there are no mix-ups when unpacking the groceries or when reaching for cereals or snacks. Color-code pans, utensils and the like with fun-colored duct tape so that it's easy to tell which are dedicated for gluten-free use.

If all this seems too much for you, encourage the gluten-eaters in your family to join your gluten-free lifestyle. It's easier and causes fewer headaches (and stomachaches!) if you're all in this together.

5. Stock the Basics.

Use this time as an opportunity to improve your overall diet by choosing simple, nutritious, unprocessed foods. Most whole foods are naturally gluten free. At the same time, buy some prepared items, like frozen pizzas, pasta, soups, pretzels and other favorite snacks—whatever you enjoyed eating before going gluten free. Having these on hand will keep you from feeling deprived and help you avoid the temptation to cheat. Try a few different brands to figure out which you like best. Then stick with them for at least six months or until you're comfortable enough with your new diet to branch out.

The best ways to find tasty alternatives and avoid wasting money (gluten-free commercial products are expensive!) is to get connected with other consumers (yes, a support group) and to attend gluten-free fairs at local natural food stores where you can sample different items before buying.

You'll also want to stock some gluten-free baking mixes and a reliable all-purpose gluten-free flour blend. After my diagnosis, it didn't take me long to become frustrated with recipes calling for six gluten-free flours, all different from the ones I'd needed for the last recipe I'd tried. I had cabinets bursting with more flours and gums than I'd even known existed just months before. Worse than the clutter was the expense. Find an all-purpose flour blend that can be used for almost everything from fish sticks and tempura to birthday cake and sandwich bread. Once you've gained confidence, you can then experiment with the growing variety of tasty alternative gluten-free flours made from whole grains and seeds. These offer rich flavor, nutrients and fiber that will enhance your culinary repertoire. (For more information, go to [Flour Power](#).)

6. Dust Off Your Apron.

Even if you've never baked from scratch, consider doing it now. Despite all the new gluten-free products available, many just don't taste like the foods you remember. That's where you and your oven come in. Any item you enjoyed prior to your diagnosis, you'll be able to enjoy once again, gluten free. Bread, cookies, cake, muffins, pizza—you're limited only by your imagination.

There is a growing number of wonderful websites and cookbooks offering excellent advice. Again, this is where you'll thank your support group. These new friends will give you recipes, baking tips and cookbook and website recommendations worth their weight in gold.

You can start with gluten-free mixes and then ease in to your own from-scratch recipes. As you grow accustomed to this new way of cooking, expect a few culinary setbacks. But be assured



that you'll become a pro at creating some amazing treats your whole family will love. You may even discover that you have a knack for cooking.

7. Buy a Bread Maker.

A good bread machine can be your new best friend. This little helper can produce a scrumptious loaf of soft, fresh bread in less time than you may expect. Unlike yeast breads containing gluten, gluten-free dough doesn't require the laborious kneading, punch-down and double-rise cycles. Thus, in less than an hour and a half, the heavenly smell of baked bread can fill your kitchen. Imagine sandwich bread, French toast, bread pudding, stuffing—all your favorites in very little time and not much fuss.

8. Patronize Local Businesses.

You'll feel better once you figure out the dining spots in your town that serve safe foods. If there are no chain restaurants that offer gluten-free menus nearby, such as Outback Steakhouse or P.F. Chang's China Bistro, develop a relationship with a small local eatery with an agreeable chef who's willing to work with you. Become a repeat customer—give them every reason to want to serve you. The same holds true for your local natural food store or grocery. Ask the manager to stock safe items you'll purchase with regularity. Encourage them to group the gluten-free foods together to make shopping easier.

9. Don't Settle.

Just because you are now eating gluten free doesn't mean that you don't have the right to enjoy delicious meals. Trust me. I've tasted more than my share of just plain awful gluten-free food. Don't buy it. Don't order it. Don't make it. Once you know it's possible that your food can be just as good as (if not better than!) wheat-based foods, you'll become adamant about wanting only the best. If we all demand better, companies and restaurants will have to respond with delicious products.

10. Exhale.

Relax. It's going to be all right. Your diagnosis is a life sentence, not a death sentence. You've been handed the opportunity to largely control your health by what you choose to put into your body. Without a prescription, you can heal yourself simply by taking charge and changing a few of your foods. Now don't you feel better already?

Jules E. Dowler Shepard, author of [The First Year: Celiac Disease and Living Gluten-Free](#) (Da Capo Press), lives in Catonsville, Maryland. She is creator of Jules Gluten Free All Purpose Flour and founder of [JulesGlutenFree.com](#).

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"She read the ingredients listed on the label!"



Kathy Smart's Top 10 Gluten-Free Superfoods

1. Broccoli Sprouts

Broccoli sprouts pack 20 times more cancer-fighting, enzyme-stimulating activity into each bite than the grown-up vegetable. Research suggests that eating the sprouts (they have a radish-like taste) kills off H. Pylori bacteria that cause stomach irritation and ulcers. Broccoli is part of the powerhouse brassica family of vegetables. Broccoli contains important phytochemicals that are released when they're chopped, chewed, fermented, cooked or digested. The substances are released, then break down into sulphorophanes, indole-3-carbinol and D-glucarate, which all have a specific effect on detoxification. Broccoli sprouts can actually provide more benefit than regular broccoli as they contain 20 times more sulfurophane. Add these to your salads and get creative with them in your meals.

2. Savi Seeds

Omega 3

Sacha inchi seeds are the richest source of Omega 3 on the planet! At 7000mg of heart-healthy Omega 3 per one ounce serving, they offer 13 times more Omega 3 than an ounce of wild salmon – without having to deal with unpleasant fishy flavors and aftertastes!

Protein

Savi Seeds are an exceptional source of plant-based protein with 8 grams of complete protein per ounce – more than most nuts and seeds. This highly digestible protein is very useful in tissue regeneration and muscle development, and it's easily digestible... no irritation, gas, or acidity.

Tryptophan

This ancient food source is also a particularly

abundant source of tryptophan, an amino acid that can help promote a positive mood – containing about 29 mg of tryptophan per gram of protein, which is more than 8 times higher than roasted turkey.

Antioxidants

Sacha inchi seeds have a high concentration of powerful natural antioxidants like Vitamin E, which helps to ward off cardiovascular disease and cancer by protecting cells from the damaging effects of free radicals.

3. Sesame Seeds

They're credited with protecting liver cells from the damaging effects of alcohol and other chemicals. For a concentrated form, try tahini, the yummy sesame seed paste that's a staple of Middle Eastern cooking.

4. Hemp

Benefits of Consuming Hemp:

- Lower blood LDL cholesterol levels
- Lower blood pressure
- Improve cardiovascular circulation & function
- Improve organ function
- Improve immunity levels
- Increased energy levels & metabolic rate
- Reduce symptoms of PMS & menstrual cramps
- Reduce inflammation and the symptoms of arthritis
- Improve recovery of muscles after exercise
- Reduce & treat dry skin and hair conditions
- Reduction of many degenerative diseases through preventative measures

5. Psyllium

This plant's bursting with soluble fiber, which mops up toxins (cholesterol, too) and helps clear them out. Stir powdered psyllium into juice to help cleanse your colon, or have psyllium-fortified Bran Buds for breakfast. (Start with a small amount and gradually increase your dose as



your GI tract becomes used to it.)

6. Cranberry Juice or Fresh Cranberries

The organic acids of cranberry juice have an emulsifying effect on stored fat in the body, states Certified Nutritional Scientist Ann Louise Gittleman, Ph.D.

Cranberries stimulate the metabolism to start using stored fat! Cranberry juice is also a natural diuretic, and can help to rid one of extra water weight due to hormonal fluctuations and excess salt consumption.

7. Beets or Beetroot

You can't beat beets! Beets are full of vitamins B3, B6, C and beta-carotene. They're also a valuable source of iron, magnesium, zinc and calcium — all necessary to promote optimal detoxification and elimination. Beets also support good gallbladder and liver health — organs that are paramount for breaking down and removing toxins. The high amount of fibre in beetroot improves digestion and helps eliminate bodily waste.

8. Dandelion Greens

Dandelions are considered a powerhouse food full of nutrients that are essential for anyone regularly eating the "Standard American Diet" (SAD). They're a rich source of minerals and provide a variety of phytonutrients. They're super antioxidants that support cleansing of the digestive tract and offer great liver support. Try adding dandelion leaves to your salad.

9. Goji Berries

These berries are LOADED with antioxidants! Goji berries boost immunity, improve longevity and promote sexual health. They have also been shown to help cancer patients when used along with traditional treatments. The berries may also help regulate blood sugar and reduce cholesterol

levels.

10. Tumeric

Curcumin is the active ingredient in the spice turmeric, which gives it its yellow color. The rate at which your detox pathways function depends on your genes, your age, lifestyle and a good supply of nutrients involved in the detox process. Curcumin is used a lot in Ayurvedic Medicine to treat liver and digestive disorders.



~RECIPES~

Buffalo Chicken Dip

Submitted by Kristi Simmerman

- 2 (10 oz) cans chunk chicken (drained)
- 2 (8 oz) pkgs cream cheese (softened)
- 1 cup Ranch Dressing
- ¾ cup red hot sauce
- 1 ½ cups shredded cheddar cheese

Heat chicken and red hot sauce until heated through. Stir in cream cheese and Ranch dressing. Cook stirring until well blended and warm. Mix in half the cheddar cheese and transfer mixture to slow cooker. Sprinkle the remaining cheese over top. Cover and cook on low setting until hot and bubbly.

The Best Spinach Artichoke Dip Ever!

Pioneer Woman

- 3 Tablespoons Butter
- 4 Tablespoons Garlic, Minced
- 1 bag Spinach
- Salt And Pepper, to taste
- 2 cans Artichoke Hearts, Rinsed And Drained
- 3 Tablespoons Butter (additional)
- 3 Tablespoons Flour
- 1-½ cup Whole Milk (more If Needed)
- 1 package (8 Ounce) Softened Cream Cheese
- ½ cups Crumbled Feta
- ½ cups Grated Parmesan
- ¾ cups Grated Pepper Jack Cheese
- ¼ teaspoons Cayenne
- Extra Grated Pepper Jack
- Pita Wedges, Tortilla Chips, Crackers

Preparation Instructions

Melt 3 tablespoons butter in a skillet over medium heat. Add the minced garlic and cook for a couple of minutes. Crank up the heat a bit and throw in the spinach. Stir around and cook for a couple of minutes until the spinach wilts. Remove the spinach from the skillet and put it in a small strainer. Squeeze the excess juice back into the skillet. Set the spinach aside.

Throw in the artichokes and cook over medium high heat for several minutes, until liquid is cooked off and artichokes start to get a little color. Remove the artichokes.

In the same skillet or a different pot, melt 3 additional tablespoons of butter and whisk in 3 tablespoons of flour until it makes a paste. Cook over medium-low heat for a minute or two, then pour in milk. Stir and cook until slightly thickened; splash in more milk if needed.

Add cream cheese, feta, Parmesan, pepper jack, and cayenne and stir until cheese are melted and sauce is smooth. Chop artichokes and spinach and add to the sauce. Stir to combine.

Pour into buttered baking dish. Top with extra grated pepper jack and bake at 375 for 15 minutes, or until cheese is melted and bubbly.

Serve with pita wedges, chips, or crackers!

Broccoli Bacon Salad

Hy-Vee Newsletter – modified to be GF

- 1 clove garlic, minced
- ¼ cup GF mayonnaise
- ¼ cup reduced-fat sour cream
- 2 teaspoons cider vinegar
- 1 teaspoon sugar
- 4 cups finely chopped broccoli crowns*
- 1 (8 ounce) can sliced water chestnuts, rinsed and chopped
- 3 slices cooked bacon, crumbled
- 3 tablespoons dried cranberries
- Freshly ground pepper, to taste

Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper; stir to coat with the dressing.

*Tip: Most supermarkets sell broccoli crowns, which are the tops of the bunches, with the stalks cut off. Although crowns are more expensive than entire bunches, they are convenient and there is considerably less waste.



To make ahead: Cover and refrigerate for up to 1 day.

Shrimp with Macaroni Salad

Submitted by Mary Gray

1 (14 oz) GF Macaroni (cooked well and drained)
2 cans medium drained shrimp
1 carton grape tomatoes (diced)
2-3 stalks celery (diced)
½ green pepper (diced)
1 small onion (diced)
½ lemon (juiced)
Salt & pepper to taste
Mayonnaise thinned with sour cream or milk

In large bowl combine macaroni with other ingredients. Chill in refrigerator overnight.

Italian Frittata

Grandmafarmer.blogspot.com

2 teaspoons olive oil
1/3-1/2 pound mild Italian Sausage, cooked
1 potato, diced
1/3 cup onion, sliced
2 tablespoons red bell peppers, chopped
1/3 cup spinach leaves, lightly chopped
1 small roma tomato, diced
3 farm fresh eggs
1/4 cup milk
2 tablespoons grated parmesan cheese
1/4 teaspoon salt
1/8 teaspoon pepper

Preheat broiler. Heat 6 inch cast iron skillet with 1 teaspoon oil on stove.

Add onion, pepper, sauté over medium heat 3 minutes.

Meanwhile beat eggs, milk, seasonings in bowl or large measuring cup.

Add potatoes to pan salt and pepper to taste, sauté another 4 minutes.

Add sausage to pan, sauté another minute.

Turn down heat to medium low, add other tbsp oil, pour in egg mixture, sprinkle spinach on top.

Cover and cook 5 minutes.

Remove lid, with rubber spatula, loosen egg from sides of pan.

Sprinkle tomato, cheese on top.

Place under broiler about 6-8 inches from heat, broil 3-5 minutes, until slightly brown and bubbly.

Cut into wedges.

Sausage Spinach Cheddar Quiche

Glutenfreesimplygood.blogspot.com

4 eggs
1 cup milk
1 lb gluten free Italian bulk sausage (I use Ingles Markets brand)
1 container fresh organic baby spinach
1-2 cups sharp cheddar cheese, grated (I use Laura Lynn Sharp Cheddar block)
1/2 or 3/4 tablespoons onion powder (I use McCormick brand)
Salt and pepper, to taste

Brown and break up the sausage until it is cooked and no longer pink.

Drain and set aside

Cook spinach. This doesn't take long at all...just melt some butter in pot or deep pan, add spinach. Cover and cook over medium heat for just a few minutes till done.

Drain liquid from spinach and set aside.

Preheat oven to 375 degrees.

In large bowl combine sausage, spinach, eggs, milk, cheddar cheese, onion powder and salt and pepper.

Stir till combined.

Grease a pie plate with GF butter then pour the quiche mixture into the pie plate. Place in oven and cook for 30-35 minutes until golden brown and center is set.

Sesame Pulled Pork Lettuce Wraps

www.5dollardinner.com

About 1 pound BBQ pulled pork, cooked in slow cooker

3 tablespoons GF soy sauce

2 teaspoons sesame oil

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon ground ginger



Dashes of pepper

Large or small lettuce leaves from the garden

1 medium carrot, peeled and grated

Side dish ideas – pineapple, [cooked sweet potatoes](#)

Place a 2-3 lb. pork roast in the slow cooker. Pour about 1/2 cup water in the base, then pour 1/2 cup BBQ sauce over the top. Cook on low for 8 hours. When done cooking, remove from the slow cooker and using 2 forks, pull the meat apart. Split the pulled pork into 2 meals worth - one for this meal, and the rest for BBQ pulled pork sliders or something else.

In a small bowl, whisk together the soy sauce, sesame oil, garlic powder, onion powder and ground ginger with a few dashes of pepper. Pour over the half of the pulled pork that you will use for the lettuce wraps.

Pick and clean a few lettuce leaves...or get some from the fridge! Place some of the Sesame

Pulled Pork into the lettuce and top with some grated carrots.

Goes great with pineapple or cooked sweet potatoes!

Escaloped Potatoes and Ham

6-8 potatoes (approx 8 C. diced potatoes)

1 onion (diced)

2 lb Hormel Cure 81 dinner ham (approx 4 C)

Escaloped Potatoes (cont'd)

1 container Pacific gluten free cream of mushroom soup

2-3 cups grated cheddar cheese

1 cup Milk (may add more if needed)

Mix all together, put in greased 13x9 baking dish.

Bake at 375 degrees for 1 1/2 hours or until done.

BLT Bits

Submitted by Denise Launderville

16 to 20 cherry tomatoes

1 pound sliced bacon, cooked and crumbled

1/2 cup mayonnaise

1/3 cup chopped green onions

3 tablespoons grated Parmesan cheese

2 tablespoons snipped fresh parsley

I added fresh cilantro and chopped garlic cloves to taste

Season to taste- salt, pepper, etc.

Directions

Cut a thin slice off of each tomato top. Scoop out and discard pulp. Invert the tomatoes on a paper towel to drain.

In a small bowl, combine the remaining ingredients. Spoon into tomatoes. Refrigerate for several hours.

Yield: 16-20 appetizer servings.

Corn Dog Mini Muffins

lowagirleats.com

These poppable bites consists of a sweet and crispy cornbread mini muffin, studded with a salty, all-beef hot dog. They taste exactly like a state fair corn dog, just in a teeny-tiny package!

1/2 cup melted butter (or 1/4 cup butter + 1/4 cup unsweetened applesauce)

1/2 cup sugar

2 eggs

1 cup buttermilk

1/2 teaspoon GF baking soda

1 cup GF cornmeal

1 cup GF all purpose flour

1/2 teaspoon salt

8-10 all-beef hot dogs, cut into 1" bites

Instructions

Preheat oven to 375 degrees. Combine butter and sugar in a bowl, and whisk to combine. Add eggs and whisk to incorporate. Add buttermilk and whisk to incorporate.

In a separate bowl, combine baking soda, cornmeal, flour, and salt, and stir to combine.

Whisk into wet ingredients in two batches.

Spray a mini muffin tin with non-stick spray, and spoon 1 Tablespoon of batter into each mini muffin cup. Place one hot dog bite into the middle of each cup. Makes 48 mini muffins.

Bake for 8-12 minutes (oven temperatures vary), or until cornbread is golden brown. Cool in mini muffin tin for 5 minutes before serving. Store leftovers in the refrigerator, and re-heat for 20-30 seconds before serving.



Baked Frozen Potatoes

1 (2 lb) bag hashbrowns
1 stick butter (or margarine)
1 ½ tsp salt
¼ C minced onion
½ C. shredded cheddar cheese (or more)
2 C. Milk

Mix hashbrowns & onion & part of cheese and put in a buttered 13x9 pan. Heat milk, butter & salt and pour over hashbrowns. Top with remaining cheese. Bake at 350 for 1 hr.

Pepperoni & Sausage Pizza Puffs

www.plainchicken.blogspot.com

¾ cup Flour
¾ teaspoon baking powder
½ teaspoon garlic powder
¾ cup whole milk
1 egg (lightly beaten)
4 oz Mozzarella cheese –shredded (about 1 C)
2 oz mini turkey pepperoni (about ½ C)
4 oz low-fat sausage , cooked and crumbled
½ cup Pizza sauce

Pre-heat oven to 375 degrees. Grease a 24-Cup mini muffin pan. In a large bowl , whisk together the flour, garlic powder and baking powder; Whisk in the milk and egg. Stir in the mozzarella, sausage and pepperoni; let stand for 10 minutes. Stir the batter and divide among the mini-muffin cups. Bake until puffed and golden, 20 to 25 minutes. Meanwhile, microwave the pizza sauce until warmed through. Serve the puffs with the pizza sauce for dipping.

Gluten Free Banana Bread

Prep time: 15 min
Cook time: 40-50 min
Servings: 16

2 C gluten –free all purpose baking flour
1 tsp. Baking powder
½ tsp. Salt
½ C. butter
½ C. turbinado sugar

2 eggs, lightly beaten
3 T. maple syrup
6 ripe bananas, mashed

Preheat oven to 350 degrees. Lightly grease a 9x5 loaf pan. In a large bowl, combine flour, baking powder, and salt. Stir in eggs, maple syrup and mashed bananas until well blended. Add the banana mixture to the flour mixture; mix until batter is just moist. Pour batter into prepared loaf pan. Bake in pre-heated oven for 40 to 50 minutes, until a toothpick inserted into center of loaf comes out clean. If using muffin or cupcake tins, bake for 15 minutes or until a toothpick inserted into center comes out clean.

Footnotes:

To make this vegan, replace the eggs with 2 additional bananas and use vegan margarine instead of butter.

Gluten Free Bubble Bread

Gluten-free bubble bread is fun to make and a great recipe for special occasion brunches. Serve with honey butter or fruit butter for a real treat.

You'll need a tube cake pan for this recipe. I used Gluten-Free Pantry All Purpose Gluten-Free Flour made with white rice flour, tapioca starch, potato starch and guar gum. For best results with this recipe, use this flour blend or one with very similar gluten-free flours and starches.

Prep Time: 30 minutes
Cook Time: 40 minutes
Rest 30 minutes / Rise About: 1 hour
Total Time: 2 hrs 10 minutes
Yield: Approximately 8 servings

*Note: All ingredients should be at room temperature for optimal rising of bread and a gluten-free flour blend similar to the one used in this recipe are recommended for best results.

1-16 oz box of Gluten-Free Pantry All Purpose Flour or 3 cups + 3 Tbsp gluten free flour blend
1/2 C. gluten-free cornstarch

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



1/3 C. sweet rice flour
1/4 C. cane sugar
1 1/2 teaspoon guar gum or xanthan gum
1 1/4 teaspoon salt
2 Tbsp dry active yeast
1 C. buttermilk or light canned coconut milk
3/4 C. / 6 oz water (for sweeter bread substitute pineapple juice)
6 tablespoons melted and cooled butter or vegetable shortening
(Spectrum organic All Vegetable Shortening works well)
2 Lg eggs and 1 egg white (reserve yolk to make egg wash to brush on bread just before baking)
1 teaspoon apple cider vinegar
1 tablespoon buttermilk or coconut milk to use in egg wash

Preheat oven to 350. Grease a 10 inch tube cake pan (angel food cake pan). Melt butter and allow to cool to lukewarm temperature. Place gluten-free all purpose flour mix, cornstarch, sweet rice flour, cane sugar, guar gum, salt, and yeast in a large mixing bowl. Whisk to thoroughly combine.

Combine buttermilk, water (or juice substitute), melted and cooled butter, eggs and cider vinegar in a separate bowl. Whisk to blend. Using an electric beater or stand mixer, slowly pour liquid ingredients into dry ingredients. Mix on low until combined. Beat on high for 3 minutes.

With a large spatula scrape batter from the sides of the bowl. The batter should be very stiff and thick. Cover the bowl with a damp towel and allow to rest for 30 minutes.

Dust a cutting board with sweet rice flour and use a 1/2 C ice cream scoop or 1/2 C measuring cup to form balls, one at a time. Dip the scoop or measuring cup in water occasionally to prevent the batter from sticking. Roll each ball gently in enough rice flour sprinkled on the cutting board to prevent sticking and roll in the palm of your hand to shape nice round balls. Place each ball in the greased tube pan and continue to make balls and place them in layers in the pan until all the bread batter is used. Note if you use a 1/2 cup

measure you should end up with 15 balls. Place 6 balls in the bottom of the pan and make a second layer with 6 balls and then place the 3 remaining balls on the top towards the inside. If you make smaller balls just layer them in a similar fashion.

Cover the tube pan with a damp towel and sit in a warm, draft free location to rise for about 60 minutes or until almost double in size. Whisk reserved egg yolk in 1 tablespoon of water and lightly brush to top of bread. Bake in pre-heated oven for 35-45 minutes or until top is lightly golden brown and a digital thermometer reads 206 degrees when inserted in middle of loaf.

Cool for 5 minutes and remove the bread by lifting it from the tube pan with the center cone. Use a thin spatula or knife to loosen the bread from the bottom and inner cone of pan.

Reminder: Always make sure your work surfaces, utensils, pans and tools are free of gluten. Always read product labels. Manufacturers can change product formulations without notice. When in doubt, do not buy or use a product before contacting the manufacturer for verification that the product is free of gluten.

Chocolate Chip Cookies

Submitted by Bev Boesen

1/2 C. shortening
1/2 C. sugar
1/4 C. brown sugar
1 egg
1 C. flour
3/4 tsp salt
1/2 tsp baking powder
1/2 tsp xanthum gum
1 tsp vanilla
6 oz. Chocolate chips

Cream shortening. Add sugars, egg and vanilla. Add dry ingredients to creamed mixture. Drop by teaspoonfuls onto greased baking sheet. Bake at 350 degrees for 10-12 minutes.



Double Chocolate Bars

Submitted by Bev Boesen

Cream together: $\frac{3}{4}$ cup sugar
1 stick Oleo

Add: 2 eggs
1 teaspoon vanilla
 $\frac{3}{4}$ cup flour
2 tablespoons Cocoa

Spread in greased 13 x 9 cake pan. Bake at 350 for 15 minutes. Remove from oven and sprinkle with miniature marshmallows. Return to oven for 2-3 minutes to melt slightly. Cool.

Melt : 1 cup Chocolate Chips
1 cup Peanut Butter

Add: 1 $\frac{1}{2}$ cups Gluten Free Rice Krispies

Mix together & spread like frosting over the bars. Refrigerate until frosting is firm. Cut into bars.

Puffcorn Delight

Submitted by Sherry Hoefler

1 pkg Old Dutch puffcorn (9oz)
1 pkg -almond bark (24 oz)

Melt almond bark in microwave stirring every 20-30 seconds. When melted pour over puffcorn in large pan, stirring until well coated. Put on wax paper to cool, breaking corn apart. When cool, put in storage container and enjoy!

~WEB WORTHY~

As an Internet nut, 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 surlygirl@mchsi.com

Magazines

Delight
www.delightglutenfree.com

Gluten Free Living
www.glutenfreeliving.com

Living Without
www.livingwithout.com

Recipes

Gluten Free Homemaker
<http://glutenfreehomemaker.com>

Plain Chicken
(Not a gluten free website but recipes easily modified.)
<http://www.plainchicken.com>

Simply Gluten free
<http://simplygluten-free.com/>

Support

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Glutenfreeda
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Celiac Handbook
<http://celiachandbook.com/>