



GLUTEN FREE "NEWS"

Published by the
Waterloo/Cedar Falls Celiac Support Group



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PRESIDENT'S NOTES:

Almost spring... can't wait.

Just a reminder that The Gluten & Allergen Free EXPO (www.gfafexpo.com) is in Des Moines on Saturday April 6th from 10-4 and Sunday April 07 from 10-4.

General Admission Entry at 10am.

One adult ticket to the Vendor Fair and Classes-\$20.00

Childs ticket age 3-12 - \$5.00

Early Admission: Adult at 9am - \$35.00 (Only 400 of these tickets are available.)

Childs early ticket age 3-12 - \$10.00.

We do have a few people going to this on Saturday April 06, 2013, so if anyone would like to drive or carpool please contact Kristi 319-234-2104 - ksimmerman@mchsi.com or Denise at 319-988-2150 - dlauderville@hotmail.com.

The EXPO is being held at Palace Theater at Adventure Land Park, 305 34th Avenue NW, Altoona, IA 50009.

We will be holding our regular meeting on Sunday April 07, 2013. Our theme is Sweet treats
We will have some samples from the following companies.

Lisa's Baked 2 Order – 319-529-3272 - <http://lisasbaked2order.com> - <http://www.facebook.com/LisasBaked2Order>

Rhonda Roberts -3 Friends Catering. 319-404-1521

Jen - Cookie Crave – 319-290-2783 - <http://www.cookiecravecf.com> - cookiecrave@yahoo.com

You may contact any of these vendors if you would like to pre order items and have them brought that day.

**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 2013 are \$20.00.

Make check payable to: Waterloo/Cedar Falls Celiac Support Group and mail along with this form by Jan. 31, 2013 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, April 7, 2013
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Sweet Treats
Cookies, and Muffins and
Cupcakes – Oh, My!

Date: Sunday, June 2, 2013
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Favorite Summer Potluck-
We are working on a speaker for
this meeting more information to
follow.

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



SAVE THE DATE

April 6th – April 7th, 2013

Gluten and Allergen Free Expo in Des Moines, IA
Presented by Living Without
<http://gfafexpo.com>

April 20th – April 21st, 2013

Gluten and Allergen Free Expo in Chicago, IL
Presented by Living Without
<http://gfafexpo.com>

September 22nd – September 25th, 2013

15th Annual Celiac Disease Symposium is in
Chicago, Illinois
<http://icds2013.org/>

Local Restaurants serving up Gluten Free

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



~NEW PRODUCTS~

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.

Against all grain: Delectable paleo recipes to eat well and feel great by Danielle Walker (7/30/13)

Artisanal Gluten-Free Cooking: 275 Great-Tasting, From Scratch Recipes from Around the World, Perfect for Every Meal and For Anyone on a Gluten-Free Diet - and Even for Those Who Aren't by Kelli and Peter Bronski

The Complete Guide to Naturally Gluten-Free Foods: Your Starter Manual to Going G-Free the Easy, No-Fuss Way by Olivia Dupin

Eat like a dinosaur: Recipe & Guidebook for Gluten-free kids by Paleo Parents and Elana Amsterdam

The EVERYTHING gluten-free slow cooker cookbook by Carrie Forbes

The healthy gluten-free life: 200 delicious, gluten-free, dairy-free, soy-free, and egg-free recipes! by Tammy Credicott

How to Cook Gluten-Free: Over 150 Recipes That Really Work by Elizabeth Barbone

The Paleo slow cooker: Healthy, gluten-free meals the easy way by Arsy Vartanian (3/06/13)

~SHARED & SUBMITTED~

Submitted by Deb Miller – PRODUCT CHECK

Thank you for your inquiry regarding Tyson products. Our Fresh, IFF (Individually Fresh Frozen) and Premium Chunk Chicken in the can do not contain gluten. There is no gluten added to the chicken. The marinade consists of chicken broth, salt, and flavorings. A lot of people assume that "flavorings" contain gluten; however, the USDA labeling regulations restrict the ingredients that may be grouped as flavorings or natural flavors. Here is a link to the USDA website that has great information regarding what can be included:

<http://www.fsis.usda.gov/OA/FAQ/flavorings.htm>

We appreciate your interest in our products.

Thank you,
Vicki Phelps
Tyson Foods, Inc.
Consumer Relations
Corporate Food Safety & Quality Assurance

Submitted by Deb Miller – PRODUCT CHECK

Yes, the apple cinnamon raisin yogurt was discontinued and replaced with the apple turnover flavor when all the yogurts were reformulated last month. Our new supplier does not offer the apple cinnamon raisin. The new formulation of yogurts are gluten free.

I'm sorry all of our private label ice cream products are manufactured in facilities with



gluten containing products so unfortunately we cannot guarantee them as gluten free.

Thanks for your email. Let me know if you have further questions or comments.

Hope you have a good day too!

Missy Petty
Hy-Vee, Inc. | 1801 Osceola Avenue | Chariton,
IA 50049

Submitted by Rita Smith

Local Oven
2650 Midway Rd Suite 114
Carrollton, TX 75006
Email: todd@localoven.com
Website: www.localoven.com

I was in Texas after Christmas and had some of the bread for this bakery. They are a 100% dedicated gluten free manufacturing facility. They offer the following items
Baguette, Biscotti, Pita Pocket, Hamburger Buns, Hot Dog buns, Bread Crumbs, and Croutons.

Submitted by Rita Smith

Bite-Sized Bakery offers gluten free cake balls. I have not tried them.
[319-427-2077](tel:319-427-2077)
Email: info@bite-sizedbakery.com
Website: www.bite-sizedbakery.com

Why Gluten-Free Living Is Popular (and Isn't Just a Fad)

by Zach Rachins

While you and I know that gluten-free isn't just a passing fad, a lot of people out there ask why gluten-free living is all of a sudden so popular. Sure, it has become a lot more prevalent in everyday society, and the gluten-free fad is in full swing, but a gluten-containing diet has long been considered detrimental to human health.

[Increased diagnoses of celiac disease](#) and gluten intolerance corroborate the fact that gluten can lead to chronic health issues.

Not surprisingly, there are historical events that have led to the modern grain-based diet (and the introduction of gluten). Medical discoveries and agricultural changes along the way have led us to where we are today.

So, why isn't gluten-free living a passing fad? We start in Ancient Egypt.

Gluten-Free Living Begins

The gluten-free diet is originally mentioned in Ancient Egyptian records. Scientists found a frightening correlation between the introduction of the grain-based diet and new-found degenerative diseases like diabetes, cancer, osteoporosis, thyroid disorders, and obesity in the Egyptian mummies of that era.

What went wrong? Not only were humans replacing their meat-based proteins with grains, but they were also unaware of the ways that their bodies viewed the primary compound created by grains - gluten.

Humans had evolved for millions of years, and their bodies were designed to use very recognizable forms of energy (food), such as animal proteins. Gluten works entirely differently in the human body. Making such a shift from meat to grain was asking the body to turn foreign materials into energy, and bodies responded with immune reactions as a form of protection. (This is what happens as a result of celiac disease or gluten intolerance when you ingest gluten: your body responds with an immune reaction because it does not recognize the protein.)

The Drastic Change that Led to Modern Gluten-Free Living

The Egyptians modified grains in ways that made them easier to digest and absorb than more recent generations, so while the Egyptians could link chronic health problems to gluten, they did not experience the huge range of problems modern people face. Grains were commonly soaked, sprouted, fermented, and leavened, which is not common today. Prior to the Industrial



Revolution grains also remained in fields longer and lost many of the things our bodies view as toxic.

It wasn't until the 1960s that agronomist Norman Borlaug developed the concept of dwarf wheat. This wheat had shorter stalks and larger heads, it could bear extra weight, and most importantly, it drastically increased how much wheat a farmer could grow.

The results weren't all bad, as this change helped millions of people (especially in developing countries) find sustenance; however, it was detrimental to the more developed countries that already relied so much on grains in their diets. The devastating effect from this approach was that after staying constant for over 100 years before the 1960s, the nutritional content in wheat, especially minerals like magnesium, zinc, iron, and copper took a major drop-off.

The evolution in how wheat has been processed, and the increasing concerns the grain-based diet has produced over time shows that the gluten-free fad, as some people call it, won't slow down. While some health issues came to light many years ago, they are popping up in more and more people today. This can result in [gluten intolerance or celiac](#); but for a lot of other people, it just means feeling healthier.

Gluten-Free Labeling Regulations: Update

The Gluten-Free Labeling Regulations are in the final stage. The Office of Management and Budget did receive the final version of Gluten-Free Labeling of Foods from the Food and Drug Administration (FDA) on Feb 25, 2013. This is the last step in the process to regulation on food labeling.

Gluten-Free at Mcdonald's, Burger King, Jimmy John's and More

by Max Librach

To most people, "fast food" is synonymous with greasy, yet delicious burgers and fries. Well unfortunately for us gluten-free folks, we can count on the buns being off-limits 100% of the

time. Even the seemingly safe French fries are very often fried in the same fryers as breaded chicken fingers.

What's a gluten-free dieter to do? Keep driving until you come across a Boston Market. Seriously – you'll see why.

Our review of gluten-free fast food options continues this week as we explore McDonald's, Burger King, Jimmy John's, Boston Market, Whataburger, Krispy Kreme, Carl's Jr., Popeye's, and Zaxby's.

McDonald's Gluten-Free Menu

McDonald's does not offer a gluten-free menu and does not have a dedicated fryer. In fact, the oil the fries are cooked in actually contains wheat derivatives. Fortunately, they've been upping the healthy food quotient on their menu lately, and there are several snack choices available such as apple dippers with low fat caramel dip, and the fruit and yogurt parfait - hold the granola. Beware of the Fruit and Walnuts though, as the walnuts contain wheat.

All of the chicken contains gluten except the grilled chicken fillet, but it does have soy lecithin which a lot of celiacs also avoid. Ice cream is always good, and so is a side salad with Newman's Own dressings - all except for the sesame ginger flavor.

Burger King's Gluten-Free Menu

Burger King stipulates that all of its hamburger patties as well as the tendergrill chicken fillet, ham slice, bacon slice and egg patty do not contain gluten, but they cannot guarantee they won't come in contact with a gluten-containing product at some point during preparation.

The sausage patty, French fries and tacos don't contain gluten, but unless they're cooked in a dedicated fryer, they should be avoided. The garden fresh salad with apple and cranberry is a good bet (add the tendergrill chicken if you dare). It's best to check with the manager about gluten-free food handling practices or else stick to the ice cream.

Jimmy John's Gluten-Free Menu



A friend to celiacs and carb-cutters alike, Jimmy John's sub shop will make any of their sandwiches wrapped in lettuce instead of a bun, and call it the JJ Unwich. They offer no specific gluten information but all of their ingredients are fresh and wholesome, with lots of veggies and sprouts. Skip the sauces if you're not sure, but this is a great place to find a gluten-free gourmet sandwich!

Boston Market's Gluten-Free Menu

Boston Market publishes a comprehensive nutrition guide, and gluten-free menu offerings are plentiful. In addition to the Southwest Santa Fe salad you can feast on fresh hot rotisserie chicken, roasted turkey breast, chicken tortilla soup with toppings, creamed spinach, fresh steamed vegetables, garlic dill new potatoes, mashed potatoes, sweet corn, loaded mashed potatoes, green beans, broccoli with garlic butter sauce, cranberry walnut relish and cinnamon apples. In 2011, Boston Market actually made their poultry gravy gluten-free as well! You can definitely make a meal out of that!

Whataburger's Gluten-Free Menu

Whataburger offers no specifically gluten-free items, however offerings that don't intrinsically contain gluten are bunless burgers and grilled chicken patties, the apple and cranberry salad, garden salad, apple slices, vanilla shake - skip the strawberry malt - and packaged fruit chews. Inquire about the possibility of a dedicated fryer before trying the French fries or hash brown sticks.

Krispy Kreme's Gluten-Free Menu

Krispy Kreme offers no gluten-free products. All of Krispy Kreme's doughnuts and pies are made with wheat products, and Krispy Kreme management has no immediate plans to offer gluten-free items, as they feel they couldn't possibly come close to matching the flavor and texture of their current product (so it would not be

worthwhile to them). Until technology improves, alas, no Krispy Kreme for celiacs, [except maybe the coffee.](#)

Carl's Jr. Gluten-Free Menu

All of Carl's Jr. bunless burgers, sausage patties, sauces, cheeses and toppings are okay except the Teriyaki versions, which have gluten in the Teriyaki sauce. Avoid all of the charbroiled chicken breasts, which are marinated in gluten-containing soy sauce. Ditto for the various grilled chicken salads.

Your best bet is the Low Carb \$6 Burger, which is actually served without the bun anyway. Also the chili is fine, and if they have a dedicated fryer, go for the chili cheese fries. But stay away from the CrissCut fries; those have gluten in them no matter what they're cooked in!

The cranberry apple walnut salad may sound like a winner, but it has the soy-marinated chicken and the walnuts are glazed in a honey coating containing wheat starch. Stick with the garden salad and hold the croutons. All of the dressings are fine. For dessert, shakes are great, but skip the malts.

Popeye's Gluten-Free Menu

All of the tasty chicken entrees at Popeye's Louisiana Kitchen are coated with breading containing gluten. The only gluten-free items on the menu are apple sauce, Cajun rice, red beans and rice, corn on the cob, coleslaw and jalapenos. Not much of a meal there.

Zaxby's Gluten-Free Menu

While offering the usual warning about common preparation areas, Zaxby's does publish an allergen guide with a few gluten-free menu items, including chicken wings, crinkle fries, the Caesar Zalad with no chicken and no croutons, side salad, coleslaw, celery, various milkshakes, dressings, wing sauces and beverages. Sauces and dressings to avoid are the sweet and spicy sauce, honey sesame, Teriyaki sauce, light ranch dressing and citrus vinaigrette. All of the rest are



safe and as usual, check for a dedicated fryer before trusting the crinkle fries.

For some additional similar reviews, check out the following links:

www.celiac.com/blog/2013/01/24/156-gluten-free-subway

<http://www.celiac.com/blog/2013/02/25/164-gluten-free-panera>

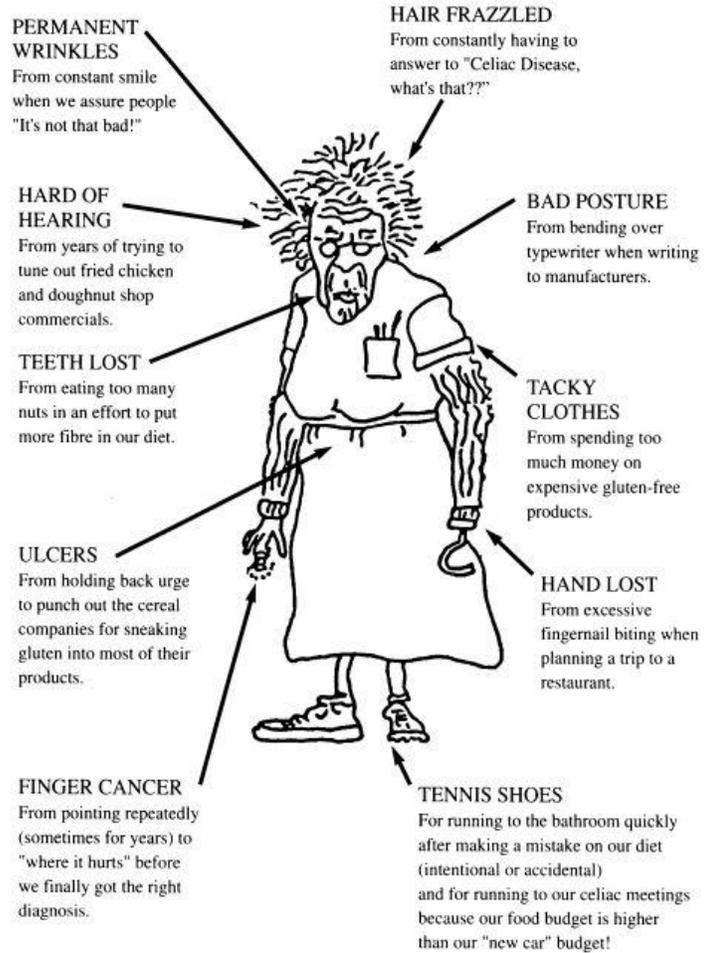
<http://www.celiac.com/blog/2013/02/04/158-gluten-free-taco-bell-wendys-jack-in-the-box>

Handy to have!

AMOUNT OF WHEAT FLOUR IN RECIPE	RICE FLOUR	POTATO STARCH	TAPIOCA STARCH	XANTHAM GUM
1/2 C	1/3 C	2 TBSP	1 TBSP	1/4 TSP
1 C	1/2 C	3 TBSP	1 TBSP	1/2 TSP
1-1/4 C	3/4 C	1/3 C	3 TBSP	2/3 TSP
1-1/2 C	1 C	5 TBSP	3 TBSP	3/4 TSP
1-3/4 C	1-1/4 C	5 TBSP	3 TBSP	1 TSP
2 C	1-1/2 C	1/3 C	1/3 C	1 TSP
2-1/2 C	1-1/2 C	1/2 C	1/4 C	1-1/8 TSP
2-3/4 C	2 C	1/2 C	1/4 C	1-1/4 TSP
3 C	2 C	2/3 C	1/3 C	1-1/2 TSP

Courtesy of www.Gygi.com/blog

"The Lighter Side of Celiac Disease"



Celiac Burnout



~RECIPES~

Soups, Salads, and Breads

GlutenFree Cloud Bread

Submitted by Shannon Jensen

3 eggs, separated
2 oz reduced fat cream cheese
1/2 teaspoon salt
1 teaspoon sugar

In a mixing bowl, beat egg whites until stiff peaks form.

In a smaller bowl, beat yolks, cream cheese, salt and sugar until incorporated and as smooth as possible

fold yolk mixture into whites carefully, to blend well but not completely deflate the whites.

Place about 1/4 cup of batter onto a parchment lined (or well greased foil lined) baking sheet.

Should make 6 rounds

Bake at 300 for 20 minutes, or until browned allow to cool completely on a transferred cooling rack

store overnight before eating for best flavor.

Cheesy Garlic Pizza Bites

Submitted by Shannon Jensen

Pizza Bites:

4 cups Regular Baking Mix or Gluten Free Baking Mix
1/2 cup Shredded Colby Jack Cheese
1/2 cup Pepperoni (Torn into bite size pieces)
1 1/3 cup Water

Glaze:

1/2 cup Melted Butter
1 Tablespoon Garlic Powder
1/4 Tablespoon Salt
1/8 Tablespoon Onion Powder
1/8 Tablespoon Dried Parsley

Topping:

Garlic Powder
Parsley
Colby Cheese
Pizza Sauce for Dipping

Preheat oven to 375*.

In a large stand mixer, combine the baking mix, cheese, pepperoni, and water. Mix this well until the dough has formed.

Spray a baking sheet with non stick spray. Then, drop tablespoonfuls of dough onto the greased pan about 2 inches apart.

Bake these in the oven for 15-20 minutes.

Note- If you are doing gluten free, these take about 20 minutes to bake, check to be sure they are done inside by using a toothpick and testing to see if any dough comes out on the toothpick.

While these are baking prepare the glaze.

Combine all glaze ingredients.

As soon as they come out of the oven, top each one with a small amount of glaze.

Next, sprinkle with cheese, garlic powder, and additional parsley. It's best to do this as soon as they come out of the oven so that the cheese melts into the pizza bites.

Serve with pizza sauce for dipping.

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Pea Salad

4 cans early peas (drained)
6 eggs (hard boiled, chopped)
1 cup celery (chopped)
1 cup cheddar cheese (cut in chunks)

Dressing:

2 Tablespoons Miracle Whip
1 Tablespoon yellow mustard
1/2 cup sugar

Mix together and add to the ingredients above.

Note: I did not add all the dressing.



Appetizers

Gluten Free Coconut Shrimp

Submitted by Shannon Jensen

3 cups oil for frying, use coconut oil for a more coconut flavor
1 egg
2/3 cup of New Planet Beer, if you don't have gf beer use coconut milk.
3/4 cup tapioca flour or corn starch
1 1/2 teaspoon baking powder
1/4 cup tapioca flour or corn starch
1 1/2 cup shredded coconut, sweetened or unsweetened depending on your liking.
1/4 cup tapioca flour or corn starch
24 shrimp

In medium bowl, combine egg, 3/4 cup flour, gf beer and baking powder.
Pour 1/4 cup flour in a separate bowl.
Hold shrimp by tail, and lightly coat in flour, shaking off excess flour.
Hold shrimp by tail, and dredge in beer mixture, shaking off excess batter.
Mix 1/4 cup flour and coconut in a separate bowl.
Roll shrimp in coconut/flour mixture, and place on a baking sheet lined with wax paper. Meanwhile, heat oil to 350 degrees or medium heat.
Fry shrimp in batches: cook, turn once, for 2 to 3 minutes, or until golden brown. Using tongs, remove shrimp to paper towels to drain. Serve warm with your favorite dipping sauce.

Dipping Sauces:

Orange marmalade is a classic dipping sauce for coconut shrimp.

A separate dip to make is a pineapple dipping sauce reducing two cups of crushed pineapple with one cup of water and 3 Tablespoons of honey (or your sweetener of choice) and let it simmer for about 15-20 min until it thickens up.

Crack Dip

Submitted by Shannon Jensen

16 oz sour cream (regular or lite)
3 oz bacon bits (in bag)
1 – 1oz pkg ranch dressing mix
1 cup shredded cheese

Mix altogether. Allow flavors to meld. Serve with crackers, chips or crudite.

Also wonderful mixed with Gluten Free potatoes and baked at 250 for 35-40 minutes with added cheese on top.

Wheat Belly Onion Rings

Submitted by Rita Smith

3/4 cup coconut flour, divided
1/2 teaspoon smoked paprika
1 egg
1 Tablespoon melted coconut oil or olive oil
1 cup ground golden flaxseeds
1/2 cup almond meal
2 large sweet onions, cut into 1/2"-thick slices and separated into rings

Preheat the oven to 450°F. Coat 2 baking sheets with cooking spray.
Combine 1/4 cup of the coconut flour and the paprika in a shallow bowl. In another shallow bowl, beat the egg and oil until blended. On a large plate, combine the flaxseeds, the remaining 1/2 cup coconut flour, and the almond meal.
Dredge the onion rings in the coconut flour-paprika mixture, gently shaking off the excess. Dip in the egg mixture, letting the excess drip off. Dredge in the flax-seed mixture to coat. Place on the baking sheets and lightly coat with cooking spray.
Bake for 12 minutes, turning once, or until lightly browned.

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Spinach & Artichoke Stuffed Mushrooms

Submitted by Shannon Jensen

24 large mushrooms, stems removed
8 oz. (1 cup) cream cheese (homemade or store bought)
½ cup mayonnaise
1 x 10 oz. package frozen chopped spinach, thawed and squeezed dry
1 x 14 oz. can artichoke hearts, drained, rinsed and chopped
½ cup gluten free mozzarella shreds
¾ teaspoon garlic powder
¼ teaspoon onion powder
⅛ teaspoon ground pepper
¼ teaspoon sea salt

Preheat oven to 350°F.

Spray a large 9x13 baking dish with cooking spray. Arrange mushrooms in a single layer in the baking dish.

In a large bowl combine the remaining filling ingredients and stir well to combine.

Spoon the filling into each mushroom cap until nicely mounded.

Bake in preheated oven for 15 minutes until the filling bubbles a bit.

Entrees

Slow Cooker Tangy Pork Chops

Submitted by Shannon Jensen

4-6 Boneless or Bone In Pork Chops (You can use thin or thick cut)

Sauce:

2 cups Ketchup
1 1/2 cups Packed Brown Sugar
1/2 cup Chopped Onion
1 Tablespoon Liquid Smoke
1/2 Tablespoon Garlic Powder

In a small saucepan, combine all sauce ingredients and bring to a low boil. Whisk or stir until the sugar is well dissolved and the sauce is formed. Once done, turn off heat and set aside. Spray a slow cooker with non stick spray, place the pork chops on the bottom of the slow cooker. Pour the sauce evenly over the pork chops and cook on low for 6-8 hours.

I typically will turn these 1/2 way through the cook time and then check at 6 hours to see if they are done.

If you use thin cut pork chops, they should be done by 6 hours, thick cut will take closer to 8 hours.

Serve with sauce drizzled over the chops.

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Chicken Nuggets

Submitted by Rita Smith

1 pound boneless, skinless chicken breasts
2 eggs

2 Tablespoons butter, melted
1/2 cup ground golden flaxseeds
1/2 cup grated Parmesan cheese
1/2 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon sea salt

1/4 teaspoon ground black pepper
PREHEAT the oven to 375°F. Line a rimmed baking sheet with parchment paper. Slice the chicken into 1 1/2 to 2" pieces.



In a small bowl, whisk the eggs and butter.
In a shallow bowl, combine the flaxseeds, cheese, onion powder, garlic powder, salt, and pepper.

Coat each piece of chicken in the egg mixture and then roll in the flaxseed mixture. Place on the baking pan.

Bake for 20 minutes, turning once, or until no longer pink and the juices run clear.

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Chinese Sweet and Sour Chicken Balls

Submitted by Shannon Jensen

1 /2 cup brown rice flour
1/3 cup potato starch
1/4 cup tapioca starch
1 cup cornstarch
1 tsp baking powder
1 tsp baking soda
1 tsp sugar
1 1/3 cups cold water
oil (for frying)
2 lbs boneless chicken breasts, cut into chunks (you should get about 3-4 dozen pieces)
seasoning salt (optional)
Directions:

In a bowl combine rice flour mix, cornstarch, baking powder, baking soda, sugar and water until smooth.

Heat oil in a deep-fryer or Dutch oven to 375 degrees.

Dip the chicken pieces into the batter, then drop in hot oil and fry until golden and the juices run clear (about 5 minutes).

Remove to a paper towel.

Sprinkle with seasoning salt immediately after frying if desired.

Serve immediately with sweet and sour sauce.

Sweet and Sour Sauce

1/2 cup ketchup
1/2 teaspoon gluten-free soy sauce
1/3 cup white vinegar (for a sweeter sauce reduce to 1/4 cup)

3/4 cup water
1 1/4 cups white sugar
1/2 cup brown sugar, packed
3 tablespoons cornstarch
1/4 cup cold water
Directions:

In a saucepan combine the first 6 ingredients; bring to a boil whisking constantly.

Reduce heat to medium-low and continue to simmer stirring for 2 minutes.

In a small bowl or cup dissolve the cornstarch in 1/4 cup cold water until smooth, then add to the simmering sauce stirring constantly.

Cook stirring until bubbly and thickened (about 3 minutes, the sauce will thicken as it simmers).

Cool to room temperature then chill.

Remove from heat; set aside to cool.

Source: Based on a recipe from Recipenzaar

Grilled Chili Lime Shrimp

2 garlic cloves, minced
1 1/2 Tablespoons packed brown sugar
1/4 cup San-J gluten-free tamari soy sauce
2 limes, freshly squeezed
1 1/2 teaspoons chili powder
1/2 teaspoon red pepper flakes
2 Tablespoons scallions, chopped
2 Tablespoons olive oil
1 1/2 pounds large shrimp, peeled and deveined
1 cup long grain white rice
2 cups water

In a bowl, combine garlic, brown sugar, Tamari soy sauce, lime juice, chili powder, red pepper flakes, scallions and olive oil. Stir together well.

Add shrimp and coat on all sides. Cover with plastic and refrigerate to marinate for 30 minutes. Meanwhile, heat grill to 350 degrees F and place grill rack on top of grates.

In a small pot, bring 2 cups of water to a boil.

Add rice, bring back to a boil, and then lower heat to a simmer. Cover and let sit for 20 minutes undisturbed.

Drain shrimp and put on grill rack for 2 minutes on each side, or until shrimp are pink and opaque. Remove from grill and let rest.



After the rice has been cooking for 20 minutes, uncover lid to make sure that all of the water has been absorbed. Fluff rice with a fork.
Serve chili lime shrimp over bed of white rice.

Parmesan Crusted Chicken

1/2 cup mayonnaise
1/4 cup grated parmesan cheese
4 boneless, skinless chicken breast halves (about 1-1/4 lbs.)
4 teaspoons Italian seasoned gluten free dry bread crumbs
Preheat oven to 425 degrees. Combine mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs. Bake 20 minutes or until chicken is thoroughly cooked.

Side Dishes

Sesame Chicken Salad

8 oz. gluten free fusilli
1 cup snow peas
1 cup cooked chicken breasts, shredded
1/2 cup carrots, shredded
1 Tablespoon sesame seeds
1 scallion, thinly sliced
1/4 cup creamy peanut butter
2 teaspoons brown sugar
2 Tablespoons gluten free soy sauce
1 teaspoon sesame oil
1 teaspoon apple-cider vinegar

Cook pasta according to package directions; add snow peas to the boiling water for the last minute of cooking. Drain and rinse pasta and snow peas under cool water. To make dressing, whisk together peanut butter, brown sugar, soy sauce, sesame oil, and rice vinegar in a large bowl. Add the pasta and snow peas; mix well. Add chicken and carrots; toss to combine. Top with sesame seeds and scallions, and serve. (Serves: 4-6)

Desserts

Homemade Granola Bars

Submitted by Rita Smith

3/4-1 cup honey
2/3-1 cup creamy peanut butter
1 tsp vanilla extract
1 tsp cinnamon
4 cups rolled Gluten Free old-fashioned oats
1/2 cup Gluten free Rice Krispie cereal
1 cup honey roasted peanuts (can use slivered almonds-more nutritious or sunflower seeds)
1 canister Sunsweet Plum Amazins (or raisins or Cranraisins)
2 scoops Chia seeds (Optional but adds more nutrition and fiber)
1 bar dark 85% choco (Optional)

1. Preheat oven to 300°F.
2. Lightly grease a large baking sheet or spray with nonstick cooking spray.
3. Melt honey, peanut butter, vanilla and cinnamon in a large saucepan.
4. Add oats, cereal and peanuts; stir well.
5. Spread in a single layer on prepared baking sheet and cook for 30 minutes.
6. Turn off oven and let granola sit in warm oven for 30 minutes more. Cool, then stir in Plum Amazins/raisins/Cranraisins.
7. Press into bars.
8. Store in an airtight container.

French Apple Cake

Submitted by Mary Gray

1 1/2 cup Sugar, divided
1 cup butter (melted)
4 teaspoons water
4 oz Philadelphia cream cheese (softened)
1 Tablespoon lemon juice
3 cups sliced apples
1 cup gluten free flour
3/4 teaspoon xanthan gum
3 eggs



In heavy skillet, combine $\frac{3}{4}$ cup sugar & water. Cook until amber colored without stirring. Add lemon juice. Stir & pour into baking pan. Arrange apples on caramel. In bowl, beat eggs and remaining sugar until blended. Beat in butter, then cream cheese until smooth. Stir in flour. Spread over apples. Bake at 350 for 30 minutes or until toothpick comes out clean. Cool.

Topping:

4 oz Philadelphia cream cheese (softened)
1 Tablespoon Confectioners sugar
1 cup whipped cream or 1 pkg whipped Dream Whip
Mix well and fold in whip cream.

You can use pears or peaches instead of apples and you can eliminate the caramel if you wish.

Apple Streusel

Submitted by Deb Reuter

2 $\frac{3}{4}$ cup Gluten Free flour
1 cup + 2 Tablespoons shortening
 $\frac{1}{2}$ teaspoon salt
1 teaspoon lemon juice
1 egg yolk + milk to make $\frac{1}{3}$ cup (reserve the white)
1- 16 oz can of pie filling (any flavor)

Mix and roll out as pie dough. Divide in half top and bottom. Put on cookie sheet. Pour pie filling on bottom crust and put on top dough. Bake at 350 for 30-35 minutes. Beat egg white till foamy and spread on top. Bake 5 more minutes. Drizzle thin powdered sugar frosting over the top.

Peanut Butter-Chocolate Chip Bars with Chocolate Frosting

from Betty Crocker

1 box Betty Crocker Gluten Free Chocolate Chip cookie mix
 $\frac{1}{3}$ cup butter, softened
 $\frac{1}{3}$ cup gluten free peanut butter
1 teaspoon Gluten free vanilla
1 egg
1 cup Betty Crocker Rich & Creamy chocolate frosting

Heat oven to 350 (325 for dark or non-stick pan) Grease the bottom only of 8 or 9" square pan with shortening.

In medium bowl, stir together cookie mix, butter, peanut butter, vanilla & egg with spoon until soft dough forms (dough will be crumbly). Pat dough into pan. Bake 18 to 22 minutes or until edges are dry and golden brown. Run knife around inside edge of pan. Place on cooking rack. Cool about 1 hr. Spread frosting over bars. Cut into 4 rows x 4 rows.

Intense Chocolate Almond Bites

Author: Cheryl Harris

1 cup whole roasted almonds
 $\frac{1}{3}$ cup cocoa powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup honey
 $\frac{1}{2}$ teaspoon vanilla extract

Preheat oven to 325°.

Put the almonds, cocoa powder and salt in a food processor and grind until only small pieces of almond remain, about 2 minutes.

Add in honey and vanilla extract and pulse for 30 seconds.

Form into balls the size of a cherry and flatten down.

Place on a Silpat mat or parchment lined cookie sheet for ease of cleanup (these do not spread, so feel free to put them close together).

Cook for 9-11 minutes or until browning.

The bites harden as they cool after baking.

Makes 20 bites.



~WEB WORTHY~

If you have a favorite website that the group should be aware of, please send the info to me at surlygirl@mchsi.com

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www.easyeats.com

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www.livingwithout.com

Simply Gluten Free
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<http://www.jovialfoods.com/products/gluten-free-cookies.html>

Luce's Gluten Free Artisan Bread
<http://www.luceqfbread.com>

Sahale Snacks
<http://www.sahalesnacks.com/index.aspx>

Three Bakers
<http://threebakers.com/>

Recipes and Support

Celiac in the City
<http://celiacinthecity.wordpress.com/>

Ginger Lemon Girl
<http://gingerlemongirl.blogspot.com/>

Gluten Free Mike
<http://www.glutenfreemike.com/>

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Des Moines, IA

April 06-07, 2013

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