



GLUTEN FREE "NEWS"

Published by the
Waterloo/Cedar Falls Celiac Support Group



SECOND ISSUE 2013

JULY 2013

~ Picnic Fun ~

Don't forget our next meeting

Sunday Aug. 04th, 2013 at 1:00PM- George Wyth Park at the back shelter house - Josh Higgins Shelter- where we have had the walk cookout before.

Theme is "Picnic Fun." Bring your favorite picnic dish to share.

The group will provide the meat (Burgers, Brats, Hot Dogs), table service, drinks, & condiments.

Please be sure to mark your calendars, bring the family and join the fun!

If it is pouring rain at 12:00 noon we will cancel and our next meeting will be Oct. 06, 2013 2:00PM at Covenant.

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 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 Lauderville, 108 Celeste St., Hudson, IA 50643

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

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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, August 4, 2013
Regular Meeting

Time: 1:00 p.m.

Place: George Wyth Park, Back shelter house (Josh Higgins Shelter)

Theme: Picnic Fun – bring your favorite picnic dish to share

Date: Sunday, October 6, 2013
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Election of officers
Fall tailgating, what's your favorite..

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

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.

Gluten free girl every day by Shauna Ahern (4/30/13)

Gluten is my bitch: Rants, recipes, and ridiculousness for the gluten-free by April Peveteaux (5/07/13)

The Everything gluten-free college cookbook by Carrie S. Forbes (7/18/13)

The Everything gluten-free baking cookbook by Carrie S. Forbes (9/18/13)

Gluten free recipes for people with diabetes: A complete guide to healthy gluten-free living by Nancy S. Hughes (10/15/13)

201 Gluten-free recipes for kids: Chicken nuggets! Pizza! Birthday cake! All your kids' favorites – All gluten free! by Carrie S. Forbes (11/18/13)

Gluten Free 101: The essential beginner's guide to easy gluten-free cooking by Carol Fenster (1/14/14)

~NEW PRODUCTS~

NEW PRODUCT ALERT



Pillsbury has new gluten free products out. Chocolate Chip Cookie dough, pie and pastry dough and thin crust pizza dough. I have only tried the cookie dough and it is delicious! Nothing like a hot cookie fresh from the oven. Fareway in Evansdale and the Hy-Vee @ Crossroads are the two confirmed stores known.

I read about a new product in the Gluten Free Philly blog. I haven't seen them around here but they look worth looking for:

The company's new gluten-free Ruffles Crispy Fries are not your ordinary potato sticks. The thick French fry-shaped snacks are sliced from real potatoes (says so right on the bag), with slivers of potato skin left on for good measure. They're offered in two varieties - Original and Cheese-Flavored - and are sold primarily at 7-Eleven stores in 1.4-oz. bags for \$1.09. No MSG to be had in either flavor.

Chex has a new flavor out: Vanilla. I love this stuff. To me, it tastes like a sugar cookie. It is probably my favorite flavor of the gluten free cereals so far. What about you?



At the Cedar Valley Irishfest this year (August 2-4) the Infamous Welsh Cookie Company will be there. They make GF Welsh cookies and I have asked them to make a variety of cookies and I would put the info here. I got to try two different kinds last year and I loved them. They're a little dense but sweet and with not a lot of options down at the festival, a nice treat. You can find them on Facebook and I believe they take orders to bring with them.

~SHARED & SUBMITTED~

Gluten be gone: Restaurants cater to new food fad

Submitted by Deb Miller

Plucked from the relative obscurity it enjoyed merely a few years ago, gluten intolerance or

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



sensitivity has become one of today's hottest health topics.

Nearly 30 percent of Americans reported in January wanting to cut down or eliminate gluten in their diet, according to new data from the NPD Group. And where consumers see a chance to be healthier, restaurants and food manufacturers see a business opportunity.

Gluten is a protein that is found in wheat, barley and rye. It is found in bread, pasta and other products and contributes to elasticity of dough. Some people are allergic to it, others say it gives them headaches or makes them feel tired.

But the trend to go gluten free has caught on with consumers who don't have either condition but instead see it as part of a healthy diet or a way to lose weight. (Which some doctors caution may not be true.)

As a result of the growing gluten backlash, restaurants have released a bevy of new gluten-free items and menus, while grocers have lined their shelves with new options from food manufacturers that eliminate the ingredient. Some even advertise products as "gluten free" that naturally lack the ingredient.

"A generation ago, health was about avoiding fat, cholesterol, sugar and sodium in our diet," said Harry Balzer, NPD's chief industry analyst.

"While those desires still exist for many, they no longer are growing concerns."

In the past year, gluten-free or wheat-free orders grew to number over 200 million, more than double what they were four years ago.

According to a National Restaurant Association survey, professional chefs named gluten the eighth most popular trend of 2013. Quick-service restaurant operators paid even more attention to it and called it the top menu trend this year.

This interest is part of an overall jump in consumers' desire for healthier restaurant foods, said Joy Dubost, the association's nutrition director.

"Consumer interest in health and nutrition is a long-term trend on restaurant menus that takes a variety of forms, be it the latest fad diet or lifestyle dietary changes," Dubost said.

"Restaurants generally offer a wide variety of menu options to meet this interest, and also

encourage customization of other items to fit specific diets, for example, salad dressing on the side or choice of side dishes."

Several companies have launched new items or entire menus for the diet including Domino's Pizza, **Bloomin' Brands'** Outback Steakhouse and Darden Restaurants' Olive Garden. To create these offerings, restaurants often modify existing recipes by substituting ingredients rather than completely starting from square one, she added.

In addition to wanting to reach a new customer, Mary Chapman, Technomic's director of product innovation, said restaurants may create these menus to appear innovative or to avoid alienating an entire dining group.

"Restaurants think a lot about how to avoid the 'veto vote' or that one person who can't or won't go to a certain place because they don't have what they can or want to eat," she added.

Ironically, restaurants sometimes caution those with celiac disease against consuming these products. Domino's sparked controversy when it warned consumers that its gluten-free pizza crust was prepared in a common kitchen with the risk of gluten exposure.

"Therefore, Domino's DOES NOT recommend this pizza for customers with celiac disease," the company said on its website. "Customers with gluten sensitivities should exercise judgment in consuming this pizza."

Chapman said this is a common issue for gluten-free menus because it's so difficult to avoid cross-contamination in a kitchen.

Still, the recent sharp uptick in gluten interest begs the question: Will gluten avoidance follow the restaurant law of gravity that other eating fads have succumbed to — that what goes up in popularity must come down?

For now, companies are betting the trend has some staying power. In July, Smart Balance, which has since changed its name to Boulder Brands, bought Udi's Health Foods, which makes a variety of gluten-free products from bread to cookies, for about \$126 million in cash and said it expected the purchase to accelerate its growth rate.



But In some ways, Chapman said gluten awareness is just another diet trend, like the low-carb craze, which was inspired by the Atkins and South Beach diet craze of the early 2000s.

"We saw restaurants offering sandwiches made with lettuce rather than bread and burritos served in bowls instead of tortillas," she said. "Some of those dishes still exist because there's still a market for them, but they're not all over the menu."

She added that every product has a lifecycle regardless of whether it's part of a diet trend. "I hate to call it a fad, because there are people who are benefiting from the increased awareness and attention," she said. "Those people will always need to think about whether something has gluten in it. But the market will certainly shrink as attention moves to the next thing."

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Bear Creek Country Kitchens Soup Mix.

Thank you for your interest in Bear Creek Country Kitchens Soup Mix. Please be advised the below are gluten free soups;

- Navy Bean
- Split Pea
- Cheddar Broccoli
- Clam Chowder
- Creamy Potato
- Creamy Wild Rice
- Cheddar Potato
- Chili
- Tortilla

I hope this helps.

Sincerely,
Jennifer Valentino
Consumer Relations
Specialty Brands of America Inc.

Gluten-Free Dunkin' Donuts Are Here

by Leslie Morris, *June 24, 2013*

Dunkin' Donuts fans unite – the company is readying to sell gluten-free cinnamon-sugar doughnuts and blueberry muffins in stores



nationwide this year, positioning itself as the first in the fast food industry to offer gluten-free pastries.

The company was pleased with the results of its pilot in Massachusetts locations earlier this year and the gluten-free items are now available in the Hartford, Connecticut area.

Note that the new menu items are not necessarily lower in [calories](#) than other baked goods sold by Canton, Massachusetts-based Dunkin' Brands. The wheat-free doughnut has 320 calories, while its glazed doughnut has 260 calories. The gluten-free blueberry muffin has 400 calories versus 460 for the standard version and 410 for a reduced-fat one. So, though the tasty eats will be better alternatives for those who are gluten intolerant, they will not necessarily be better for you. They are still doughnuts, after all.

The suggested prices are \$1.89 for Dunkin's gluten-free doughnuts and \$2.39 for muffins. The Dunkin' chain has more than 7,300 U.S. shops.

- See more at:

http://www.triumphdining.com/blog/2013/06/24/gluten-free-dunkin-donuts-are-here/?utm_source=Triumph+Dining+List&utm_campaign=d6d5b4deb6-Newsletter+7%2F9%2F13&utm_medium=email&utm_term=0_c9c15f454b-d6d5b4deb6-121997630#sthash.trgePZuT.dpuf

Top US Cities Ordering Gluten-Free Takeout

by Laura Mertens, *July 2, 2013*

GrubHub, the site which helps you find and order food online, has been tracking where and how



often customers are ordering gluten-free options at takeout restaurants.

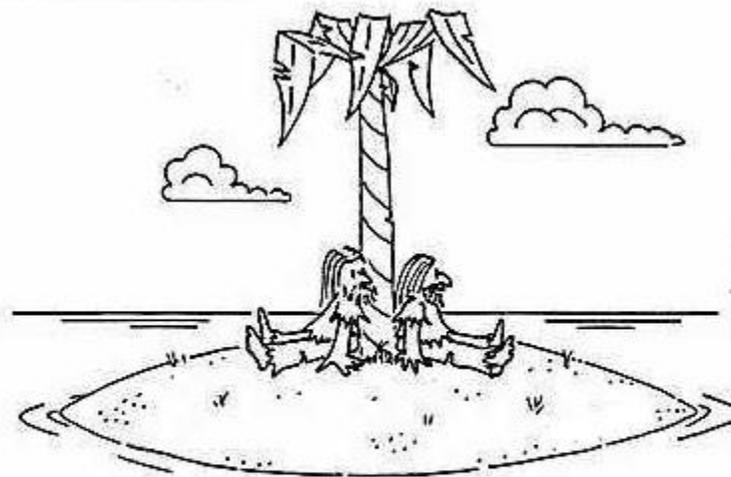
Looking at GrubHub's 2013 orders reveals that gluten-free menu items have become a lot more popular since April of 2012. 60% more popular. That's a whole lot of gluten-free food being ordered!

To find out more about where the demand for gluten-free takeout is greatest, analysts looked at GrubHub's orders from their network of more than 200,000 restaurants in over 500 cities across the country. Results suggest that diners in the Pacific Northwest region are leading the demand for gluten-free takeout. Seattle topped the list with Portland and Eugene, Oregon coming second and third.

These are the top ten cities where diners are ordering gluten-free -

- 1) Seattle
- 2) Portland, OR
- 3) Eugene, OR
- 4) San Jose, CA
- 5) Chicago
- 6) Raleigh, N.C.
- 7) Denver
- 8) Minneapolis, MN
- 9) Los Angeles
- 10) Albany, NY

GrubHub also looked at the the dishes gluten-free customers were ordering. Gluten-free pizzas, salads, burgers, wraps and sandwiches were found to be the most ordered gluten-free items. Not really a surprise since these are probably the most common gluten-free options offered.



" I REALLY HOPE
COCONUTS ARE GLUTEN FREE"

~RECIPES~

Soups, Salads, and Breads

Arugula Salad

From the kitchen of Emily Thode

Submitted by Shannon Jensen

- 4 cups baby arugula
- 1 cup cherry tomatoes halved (grape tomatoes are good, too)
- 1/4 cup pine nuts, roasted
- 2 Tablespoons olive oil.....good olive oil...it makes a difference
- 1 Tablespoon rice vinegar
- Salt to taste (I used sea salt)
- 1/4 cup grated Parmesan cheese
- 1 large avocado sliced
- Fresh ground pepper

Emily doubled the recipe and was generous with tomatoes and pine nuts. She put the first seven ingredients into a lidded bowl and shook it to mix, then topped with sliced avocados.



Cauliflower Crust Garlic Breadsticks

Submitted by Shannon Jensen

Serves 2 to 4

1/4 of a large head of cauliflower (about 5 1/2 oz/160 g)

1 teaspoon olive oil

2 cloves garlic, grated or minced

1 large egg, lightly beaten

4 oz mozzarella cheese, freshly grated and divided (low-fat cheese is fine)

1/2 teaspoon dried Italian herb seasoning, divided

1 pinch each salt and pepper

Cooking spray

Marinara sauce, for serving (optional)

Preheat the oven to 350F and line a 9 by 5-inch loaf pan with parchment paper so that the excess paper hangs over the sides; lightly spray the parchment paper with cooking spray.

To "rice" the cauliflower, grate it on a cheese grater; you should have about 1 1/2 cups (lightly packed) of riced cauliflower. Put the riced cauliflower into a microwave-safe bowl and microwave (uncovered) until softened, about 6 to 8 minutes, stirring occasionally (don't add water or anything else); cool slightly. While the cauliflower cooks, heat the oil in a small skillet over low heat; add the garlic and cook until fragrant, about 30 seconds to 1 minute, stirring constantly; cool slightly.

To the bowl with the softened cauliflower, add the garlic, egg, 3/4 of the cheese (reserving 1/4 for topping later), 1/4 teaspoon of the dried Italian herb seasoning (reserving 1/4 teaspoon for topping later), and a pinch of salt and pepper. Stir to combine and then spread in the prepared loaf pan.

Bake until the loaf is set and starting to turn golden, about 30 minutes. Line a baking sheet with a piece of parchment paper; use the parchment paper to lift the loaf out of the loaf pan and carefully flip it over onto the lined baking sheet (so the bottom is on top). Bake until golden, about 10 minutes.

Preheat the broiler. Cut the loaf cross-wise into 8 pieces. Slightly separate the pieces and sprinkle the cheese on top along with the remaining 1/4 teaspoon dried Italian herb seasoning. Broil a couple minutes until the cheese is melted and golden in spots. Serve hot or warm. (If you let it cool for about 10 minutes after taking it out of the oven, the crust will harden a bit so it's easy to hold like a thin-crust pizza.)

Entrees

Copycat Outback Alice Springs Chicken

Submitted by Shannon Jensen

Recipe:

4 boneless skinless chicken breasts, pounded to 1/2 inch thickness

Lowry's Seasoning Salt

6 bacon slices

1/4 cup regular mustard

1/3 cup honey

2 Tbsp. Mayonnaise

2 teaspoons dried onion flakes

1 cup sliced fresh mushroom or small can of mushrooms

2 cup shredded Colby/Jack cheese

First, sprinkle and rub the chicken breasts with seasoning salt. Cover and refrigerate for 30 minutes.

While the chicken is in the refrigerator, cook bacon in a large skillet until crisp. Remove bacon and set aside. ***Do not discard grease.***

Saute chicken in the bacon grease for 3 to 5 minutes per side, or until browned. Place chicken in a 9" x 13" casserole dish or pan.

To make the Honey Mustard: In a small bowl, mix the mustard, honey, mayonnaise and dried onion flakes.

Spread some of the Honey Mustard over each



piece of chicken, then layer with mushrooms, crumbled bacon, and shredded cheese.

Bake in a 350° oven for 30 minutes, or until cheese is melted and chicken is done.

Serve with the left over Honey Mustard Sauce that you made.

Buffalo chicken Penne

Submitted by Shannon Jensen

1 box gluten free penne pasta
1 lb chicken breasts, cooked and cubed
1/2-1 c Frank's hot sauce (less for less hot, more for hotter)
3/4-1+ c ranch dressing
1-2 c cheese

Cook pasta. Drain.

Mix hot sauce, ranch dressing and 3/4 c cheese.

Add pasta and chicken and mix. Pour into prepared casserole. Sprinkle w/ remaining cheese. Bake in 350 for 25 minutes.

Busy Mom's baked shrimp with lemon butter sauce

Submitted by Shannon Jensen

2 packs of (12 ounce) 41-60 Medium Frozen Shrimp, defrosted
1 stick of Salted Butter
1 Tablespoon Minced Garlic, (jarred)
One Lemon, Sliced
sprinkling of Garlic Powder
sprinkling of Onion Powder
sprinkling of Salt

Preheat oven to 350 degrees

Line a rimmed baking sheet with foil (for easy clean up)

- Slice lemon into thin slices and set aside.
- Melt butter in microwave for one minute. I just use the wax paper on the butter to cover the top of the bowl.
- Add garlic to hot butter to infuse garlic flavor and add to baking sheet.
- Add lemon slices on top.
- Place shrimp on top of lemon/garlic/butter.
- Sprinkle with Italian Seasoning, Garlic Powder and Onion Powder.

- Bake for 15 minutes.
- Serves 4

Desserts

No-Bake Peanut Butter Oatmeal Cookies

Submitted by James Surly (Shannon's dad)

2 cups sugar
Dash of salt
1 stick butter (1/2 cup)
1/2 cup milk
1 cup peanut butter
1 teaspoon vanilla
3 cups GF oatmeal
Waxed paper

In a large saucepan bring to a boil the sugar, salt, butter and milk. Boil mixture over medium heat for 1 full minute. Remove from heat immediately.

Add peanut butter and vanilla; stir well. Add oatmeal and stir until thoroughly incorporated. On a sheet of waxed paper, drop mixture by the teaspoonfuls. Drizzle with a mixture of cocoa, powdered sugar and water if desired. Cool until set and firm.

Coconut Macaroons

Submitted by Deb Miller

3 large egg whites
1/2 cup sugar
1/2 teaspoon pure vanilla extract
1/4 teaspoon kosher salt
14-ounce package sweetened shredded coconut (about 5 cups)

Heat oven to 325° F. Line 2 baking sheets with parchment.

Vigorously whisk together the egg whites, sugar, vanilla, and salt in a medium bowl until glossy, foamy, and the sugar is mostly almost dissolved. Fold in the coconut, stirring until evenly combined.

Using a small ice cream scoop, drop the batter in mounds (about 2 tablespoons each) 1 inch apart



on the prepared baking sheets. Bake, rotating the sheets halfway through, until golden brown, 20 to 25 minutes; let cool completely. The macaroons will keep for up to 5 days at room temperature in an airtight container.

Easy Gluten Free Chocolate Glazed Doughnuts

makes about 18 doughnuts

Submitted by Shannon Jensen

For the doughnuts:

1 gluten free chocolate cake mix (I used King Arthur)

2 eggs

1/2 cup butter, melted

1 cup milk

For the glaze:

1 cup gluten free semi sweet chocolate chips

4 tablespoons butter

4 tablespoons corn syrup

2 teaspoons water

Preheat oven to 350 degrees.

In a bowl combine gluten free cake mix, eggs, butter, and milk. Beat until smooth, about 2 minutes.

Spread into greased doughnut pans.

Bake for 13-15 minutes.

Remove from pan and cool on wire racks.

For Glaze:

In a microwave safe bowl combine chocolate chips, butter, and corn syrup and cook until melted. I cook 30 seconds, stir, cook 30 seconds, stir, and repeat until smooth and melted. Stir in water to thin it out a little.

Dip cooled doughnuts in glaze. The glaze will harden slightly as it sits.

Enjoy!

<http://www.lynnskitchenadventures.com/2013/03/easy-gluten-free-chocolate-glazed-doughnuts.html>

Flourless Chocolate Cake

Submitted by Shannon Jensen

16 oz. solid dark chocolate (use your favorite GF dark chocolate bars)

1 cup organic light brown sugar, packed

1/2 cup organic white cane sugar

3/4 cup *very* hot strong coffee (or use espresso powder in very hot water)

2 sticks unsalted butter, room temperature, cut into pieces

2 tablespoons unsweetened organic cocoa powder

8 large organic free-range eggs, at room temperature

1 tablespoon bourbon vanilla extract- yes, a tablespoon!

Instructions:

Preheat the oven to 350°F. Prepare a 10-cup Springform pan by lining the bottom with a circle of buttered parchment. Wrap the outside of the whole pan (underneath, to catch any leaks) with a big piece of foil.

Break up the dark chocolate into pieces and pour the chocolate into the bowl of the food processor. Pulse until the chocolate breaks up into small bits. Add the sugar. Pulse until the chocolate and sugar turns into an even, sandy grain.

Pour the hot water or coffee slowly into the feed tube as you pulse again. Pulse until the chocolate is melted. Magic!

Add the butter pieces and the cocoa powder, and pulse to combine. Add the eggs and vanilla, and process till smooth. The batter will be liquid and creamy.

**Note for cooks across the pond: One stick of butter here equals 8 tablespoons, or one half cup, 4 oz.*

Pour the batter into the lined Springform pan. Bake at 350° F in the center of the oven, till puffed and cracked and lovely - about 55 to 65 minutes. (Note - it took an hour *plus* 15 minutes when I baked this at high altitude.) Use a wooden toothpick to check the center of the cake; pick should emerge clean, with maybe a crumb. Place the cake pan on a wire rack to cool. The cake will deflate. Don't worry! When cooled a bit,



press down on it gently with a spatula to make it even, if you wish. Or not.

When the cake is completely cooled, cover, and chill it for at least three hours (best up to eight hours), until serving. Overnight is even better.

Serve thin slices with drizzled chocolate sauce or a sprinkle of sifted powdered sugar. Garnish with a fresh berries or mint leaves.

Yield: 12 to 15 slices

Read more:

<http://glutenfreegoddess.blogspot.com/2007/01/flourless-chocolate-cake-11.html#ixzz2YbLnm0EJ>

~WEB WORTHY~

A lot of these links come to me through my searches. Always do your research, and 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

Easy Eats (digital magazine)

www.easyeats.com

Gluten Free Living

www.glutenfreeliving.com

Living Without

www.livingwithout.com

Simply Gluten Free

<http://simplyglutenfreemag.com>

Products

Front Porch Sweets

<http://www.frontporchsweets.com/about/>

Oregon Cracker Company

<http://livingearthbakery.mybigcommerce.com/>

Recipes and Support

Carla's Gluten Free Recipe Box

<http://glutenfreerecipebox.com/>

Elana's Pantry

<http://www.elanaspantry.com/gluten-free-recipes/>

Frito's Gluten Free

<http://www.fritolay.com/recipes/dishes/gluten-free>

Pillsbury Gluten Free

<http://www.pillsbury.com/recipes/product-recipes/gluten-free/all-gluten-free>

Six Sister's Stuff GF Recipes

<http://www.sixsistersstuff.com/2013/01/50-delicious-gluten-free-recipes.html>