



GLUTEN FREE "NEWS"

Published by the
Waterloo/Cedar Falls Celiac Support Group



FIRST ISSUE 2014

MARCH 2014

PRESIDENT'S NOTES:

NOTE : TIME CHANGE FOR APRIL 06, 2014 MEETING 1:00 PM eating lunch at 1:15

The April meeting theme will be "Pasta Extravaganza" The group will be providing different pasta dishes to try. This will be a luncheon so come hungry. Please bring a salad, dessert or bread to share. We will be eating at 1:15 and having the meeting after lunch, You may bring your family if you like just let us know if you will be bringing them so we make sure we have plenty of pasta!

At our last meeting we discussed members taking a meeting and planning it for 2014. Rita Smith and Denise Launderville are planning the April 2014 meeting. Tracey and Noelle Brueske signed up for the June 01, 2014 meeting so if you would like to help them please contact them at the April meeting. We have 3 people signed up for the October 05, 2014 meeting, Cindy Ache, Michelle Deblieck and Sherry Hoefler. December is our Holiday potluck.

I will have the sign-up sheets at the April meeting so anyone else that would like to help can sign up.

**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 2014 are FREE.

We would still like member updated information.

Mail this form by Jan. 31, 2014 to: Denise Lauderville, 108 Celeste St., Hudson, IA 50643

Name _____

Address _____

City _____

State _____, Zip _____

Phone _____

E-Mail _____

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

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

Comments and Ideas: _____



~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 6, 2014

Time: 1:00 p.m.

Place: Covenant Medical Center

Theme: Pasta Extravaganza

Date: Sunday, June 1, 2014
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

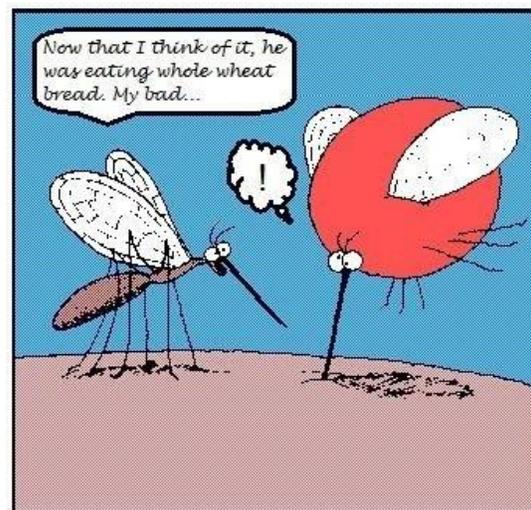
Theme: ??

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

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
Noodles & Company
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 searching that look good and may get added to my own personal library. I thought I'd share.

The How Can It Be Gluten Free Cookbook by Editors at American Test Kitchen

Gluten-free living: Simple, delicious, gluten-free recipes for the modern family by Martha Stone

NEW PRODUCT ALERT

Sam's Mills has started making a new line of cookies and bars. They have become my favorite. They remind me of the Danish butter cookies that come in the tins at Christmas time, something that I miss during the holidays. These fit the niche just fine.



~SHARED & SUBMITTED~

6 Gluten-Free Foods That Make You Fat

From the eat this not that newsletter

Submitted by Rita Smith

This is a good reminder, that just because it's gluten free and safe for us to eat, does not make it healthy, and there are always alternatives. Read below!

1) Worst Gluten-Free Cookie: Glow Gluten-Free Gingersnap Cookies (2 cookies)

220 calories, 12 g fat (5 g saturated), 16 g sugars

If you're looking to indulge without too much remorse, gingersnaps are often the way to go. Ginger naturally packs a flavorful punch without tacking on the caloric heft of chocolate chips, nuts, or candy pieces. Unfortunately, just two of Glow's cookies contain as much saturated fat as 10 McDonald's Chicken McNuggets and more calories than seven Nabisco Ginger Snaps! Enjoy Life uses fruit juices, dates, and applesauce to help sweeten and soften its cookies while keeping fat and calories to a minimum.

Eat This Instead!

Enjoy Life Eat Freely Soft Baked Gingerbread Spice Nut & Gluten-Free Cookies (2 cookies)
120 calories, 4 g fat (0 g saturated), 10 g sugars

2) Worst Gluten-Free Bread: Aleia's Gluten-Free Farmhouse White Bread (2 slices)

240 calories, 8 g fat (0 g saturated), 36 g carbohydrate, 4 g fiber

Aleia relies on a combination of eggs and canola oil to bind its loaves, which means more fat and calories per slice. Build a sandwich on this bread, and you'll be on your way to a belt-busting lunch



before you've even added toppings. Instead, Udi's bread cuts calories by a full third, and it's bolstered by a substantial 6 grams of fiber and 5 grams of protein.

Eat This Instead!

Udi's Gluten-Free Millet-Chia Ancient Bread (2 slices)
160 calories, 5 g fat (0.5 g saturated), 28 g carbohydrate, 6 g fiber

3) Worst Gluten-Free Breakfast:

Glutino Sesame Seed New York Style Bagel (1 bagel)
440 calories, 16 g fat (3 g saturated), 620 mg sodium

Bagels are notoriously calorie-dense—even those without gluten. The listed serving size may be half a bagel, but don't be fooled—few people will stop at half. To add further insult, Glutino's also manages to pack in more fat per bagel than three scoops of Breyer's Original Strawberry ice cream. Kinnikinnick's is the most moderate bagel around. Make this your morning go-to instead, and you'll save 12 pounds over six months!

Eat This Instead!

Kinnikinnick Foods Tapioca Rice Sesame Bagels (1 bagel)
210 calories, 7 g fat (2.5 g saturated), 390 mg sodium

4) Worst Gluten-Free Dessert:

Tia's Scrumptious & Totally Healthy Gluten-Free Grandma's Chocolate Cake (1 individual sized cake)
510 calories, 33 g fat (9 g saturated), 31 g sugars

This "Totally Healthy" cake contains as many calories as 8.5 Fudgesicles, as much fat as 3.5 McDonald's Hamburgers, and more sugar than 10 feet of Fruit by the Foot candy. Splurge on one of these cakes just twice a week and you'll pack on 15 extra pounds by the end of the year! Satisfy your sweet tooth with Amy's deceptively decadent loaf cake; because it comes frozen,

you can defrost it a single slice at a time and save the rest for later.

Eat This Instead!

Amy's Gluten-Free Organic Cakes, Chocolate (1 slice, 1/6 of cake)
180 calories, 7 g fat (1 g saturated), 17 g sugars

5) Worst Gluten-Free Snack:

Udi's Gluten-Free Original Granola (1 cup)
520 calories, 20 g fat (2 g saturated), 20 g sugars

With 20 grams each of both fat and sugar, Udi's granola resembles a dessert far more than it does a breakfast food. In fact, more honey and canola oil go into this granola than do fruit or nuts. Bakery on Main's granola is still too calorie-dense to scarf down like cereal, but a judicious sprinkling over yogurt makes for a solid snack.

Eat This Instead!

Bakery on Main Gluten-Free Cranberry Orange Cashew Granola (1 cup)
320 calories, 15 g fat (1 g saturated fat), 16 g sugars

6) Worst Gluten-Free Frozen Dinner:

Amy's Kitchen Gluten-Free Dairy Free Rice Macaroni & Cheeze (227 g)
520 calories, 22 g fat (5 g saturated), 740 mg sodium

Amy's removes the gluten and the dairy from this dish, but leaves plenty of oil-derived fats. This diminutive tray packs as much fat as 9 Chewy Chips Ahoy cookies and fulfills 25 percent of your day's saturated fat allowance. But in a rare, impressive feat, Glutino manages to create a decent Alfredo pasta. The key? A cream-free, milk-based cheese sauce and enough lean chicken to supply 15 grams of protein.

Eat This Instead!

Glutino Gluten-Free Chicken Penne Alfredo (260 g)
340 calories, 8 g fat (3.5 g saturated), 830 mg sodium



~RECIPES~

Soups, Salads, and Breads

Cheeseburger Soup

Compliments of It's a Keeper and modified for GF

1 pound ground beef, browned and drained of excess fat
¾ cup onion, diced
¾ cup carrots, diced
¾ cup celery, diced
1 teaspoon dried basil
1 teaspoon dried parsley flakes
4 tablespoons butter, divided
3 cups chicken broth
4 cups potatoes, peeled and diced
¼ cup GF all purpose flour
8 oz of Velveeta processed cheese, cubed
2 cups cheddar cheese, shredded
1½ cups milk
¾ teaspoon salt
¼ to ½ teaspoon pepper
½ to 1 tsp salt

In a large Dutch oven, melt 1 Tbsp butter. Add onion, carrot and celery and sauté until tender. Add basil and parsley and sauté for 30 seconds.

Add the chicken broth and potatoes; cover and bring to a boil. Reduce heat and simmer for 10-12 minutes or until the potatoes are fork tender.

Meanwhile, in a small skillet, melt the remaining butter and add the flour. Cook for 3 minutes or until a bubbly paste forms. Add to the soup and bring back to a boil. Boil for 2 minutes. Reduce heat to low and stir in the cheeses, milk, salt and pepper. Stir until cheese melts. Top with extra shredded cheese before serving.

Blender Black Bean Soup

Submitted by Shannon Jensen

2 (15-ounce) cans black beans – drained and rinsed
2 cups gluten free chicken or vegetable stock
½ cup prepared salsa
1 teaspoon ground cumin
Salt & Pepper
1 lime – optional
Garnish:
½ cup sour cream
Juice of ½ a lime (more or less)
Sliced green onion tops (green part) or cilantro

Put 1 can of black beans in a blender with the chicken or vegetable stock, salsa and ground cumin. Blend until smooth. Put into a saucepan with the other can of beans and heat over medium heat. Taste and add salt and pepper if needed. Add the lime juice. Stir some lime juice into the sour cream until smooth and swirl some over the top of each serving and garnish with chopped green onions or cilantro.

Appetizers

Buffalo Wing Dip

Borrowed from Tasteofhome.com

2 packages (8 ounces each) cream cheese, softened
½ cup ranch salad dressing
½ cup sour cream
5 tablespoons crumbled blue cheese
2 cups shredded cooked chicken
½ cup buffalo wing sauce
2 cups (8 ounces) shredded cheddar cheese, *divided*
1 green onion, sliced
Tortilla chips

In a small bowl, combine the cream cheese, dressing, sour cream and blue cheese. Transfer to a 3-qt. slow cooker. Layer with chicken, wing sauce and 1 cup cheese. Cover and cook on low for 2-3 hours or until heated through. Sprinkle



with remaining cheese and onion. Serve with tortilla chips. Yield: 6 cups.

Rockin' Crab Dip

*courtesy of Susan Wiggs via
www.AmericanFireFighter.com*

Serve this with crackers—preferably on a Saturday, since that's apparatus cleaning day and the cook can help clean.

1/2 pound Maryland crabmeat, picked clean
1 8-ounce package cream cheese
1/2 cup sour cream
2 Tablespoons mayonnaise
1 Tablespoon lemon juice
1 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
1 Tablespoon milk
1/4 cup grated cheddar cheese
pinch garlic salt
a sprinkle of paprika, for garnish
Mix cream cheese, sour cream, mayo, lemon juice, Worcestershire sauce, mustard and garlic salt.
Add enough milk to make a creamy consistency, then stir in half the grated cheese and all of the crabmeat. Pour into greased 1-quart casserole. Top with remaining cheese. Bake for about 30 minutes at 325 F until mixture is bubbly and browned on top.

Creamy Shrimp Cocktail Dip

Submitted by Shannon Jensen

1 (8 oz) container Neufchatel cream cheese, softened
1 (12 oz) bag frozen peeled, de-veined and cooked shrimp, thawed
2/3 cup ketchup
teaspoons horseradish sauce, plus more to taste if needed
1/4 cup shredded Parmesan cheese
2 green onions, sliced
Crackers or mini toasts, for serving

Spread cream cheese in the bottom of a shallow serving bowl.

In a separate medium bowl, toss shrimp with ketchup and horseradish sauce. Add more horseradish sauce to taste, if desired. Spoon shrimp mixture evenly over cream cheese. Sprinkle dip with Parmesan cheese and green onions. Serve immediately (or cover and chill until ready to serve) with crackers or toasts.

Entrees

Sriracha Honey Chicken Wings

www.budget101.com

3-4 pounds chicken wing drumettes, frozen
3/4 cup [Huy Fong Sriracha Hot Chili Sauce](#)
(or any Sriracha Sauce you prefer)
3/4 cup honey
2 tablespoons unsalted butter
juice of one lime (about 1/4 cup)

Combine the sauce, honey, butter and lime juice in the bottom of the slow cooker, stirring well to blend the ingredients together. Dump in the Chicken wings (after all, this is a "Dump" recipe!)

Stir the wings to coat them thoroughly in the sauce. Cover and cook on low for 6-8 hours. Alternatively, you can cook them on high for 3-4 hours.

Just prior to serving, line a cookie sheet with aluminum foil (for easy cleanup!) and turn the oven to Broil.

Place the wings in a single layer on the cookie sheet and drizzle the sauce over the top, broil them for about 4-6 minutes or until they take on a crispy, caramelized texture.

Thai Lemon Beef

Submitted by Shannon Jensen

1 lb. boneless top round steak
1/3 cup gluten free soy sauce
1/4 cup lemon juice
1/4 cup water
2-3 tsp dried crushed red pepper



4 garlic cloves, minced
1 Tbs vegetable oil
4 green onions, cut into 2-inch pieces
2 carrots, thinly sliced
2 tsp cornstarch
Gourmet House® Rice-Thai Jasmine Rice

Cut steak across the grain into 1/8-inch-thick strips and place in a medium bowl. Combine soy sauce, lemon juice, water, crushed red pepper and garlic. Reserve half of mixture. Pour remaining mixture over steak. Cover and chill 30 minutes. When ready to cook, drain steak and discard marinade. Stir-fry half of steak in ½Tbs hot oil in a large non-stick skillet or wok over medium-high heat for 1 minute or until outside of beef is no longer pink. Remove from skillet and repeat procedure with remaining oil and steak. Remove from skillet. Add the green onions and carrots to skillet and stir-fry about 3 minutes or until vegetables are crisp-tender. Whisk cornstarch into reserved soy sauce mixture; stir into vegetables and bring to a boil to thicken. Add steak and stir-fry until thoroughly heated. Serve immediately with hot cooked rice.

Baked Teriyaki Chicken

Submitted by Shannon Jensen

2 Tbs cornstarch
2 Tbs cold water
¼ cup white sugar
½ cup brown sugar
¾ cup KIKKOMAN Gluten-free Soy Sauce
½ cup apple cider vinegar
2 clove garlic, minced
½ tsp ground ginger
¼ tsp ground black pepper
12 skinless chicken thighs

In a small saucepan over low heat, combine the cornstarch, cold water, sugar, soy sauce, vinegar, garlic, ginger and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles. Preheat oven to 425° F. Place chicken pieces in a lightly greased or foil lined 9x13 inch baking dish. Pour ¾ of the sauce over chicken. Cooked, covered with foil for 30 minutes, remove foil, pour remainder of sauce

over and bake another 20-30 minutes or until no longer pink and juices run clear.

Philly Cheese steak stuffed peppers

Submitted by Shannon Jensen

8 oz. Thinly Sliced Roast Beef
8 Slices Provolone Cheese
2 Large Green, yellow or red Bell Peppers
1 Medium Sweet Onion – Sliced
6 oz. Baby Bella Mushrooms - Sliced
2 Tbs. Butter
2 Tbs. Olive Oil
1 Tbs. Garlic - Minced
Salt and Pepper - to taste
(2 Tbs. Peace and Love)

Slice peppers in half lengthwise, remove ribs and seeds.

In a large sauté pan over low-medium heat, add butter, olive oil, garlic, mushrooms onions and a little salt and pepper. Sauté until onions and mushroom are nice and caramelized. About 30 minutes.

Preheat oven to 400°

Slice roast beef into thin strips and add to the onion/mushroom mixture. Allow to cook 5-10 minutes.

Line the inside of each pepper with a slice of provolone cheese. Fill each pepper with meat mixture until they are nearly overflowing. Top each pepper with another slice of provolone cheese.

Bake for 15-20 minutes until the cheese on top is golden brown.



Side Dishes

Cheesy Baked Green Chili Rice

Submitted by Shannon Jensen

- 1 Tablespoon Olive Oil
- 1 teaspoon Cumin
- ½ whole Green Bell Pepper, Finely Chopped
- 1 cup Rice
- 1 whole Scallion, Thinly Sliced, White And Green Parts Separated
- 2 cups Vegetable Or Chicken Stock, Or Enough To Cook The Rice To Package Directions
- ¼ cups Sour Cream
- 2 Tablespoons Cream Cheese
- 8 ounces, fluid Canned Green Chilies In Their Juices
- 1 cup Shredded Cheese, Your Choice, Divided Salt To Taste

Heat a pot to medium heat with a drizzle of olive oil. Add the cumin and green pepper. Cook for 3-5 minutes until slightly softened.

Add the rice. Stir for 2 minutes to coat the rice in the oil and lightly toast, then add the scallion whites and stock. Cover, reduce to a simmer, and cook the rice until done. until hot throughout and melty on top.

To the cooked rice, add the sour cream, cream cheese, canned chilies, and half the grated cheese. Stir, and taste. Add salt if you'd like.

Spread the rice mixture into a baking dish and top with the rest of the cheese.

To cook, broil the top (if the rice is still hot), or bake at 375°F for 20-30 minutes until hot throughout and melty on top.

Note: Make this up to 3 days ahead and keep in the fridge. Bake whenever you'd like to eat it!

Desserts

Chocolate Orange Mousse

Submitted by Shannon Jensen

Borrowed from Tasty Kitchen

- 1 cup Heavy Cream
- 2 Tablespoons Orange Zest
- 1 Tablespoon Fresh Orange Juice
- 3 whole Eggs, Separated
- ⅛ teaspoon White Vinegar
- 2 Tablespoons Sugar
- 8 ounces, weight Bittersweet Chocolate, Chopped

Beat the heavy cream in the bowl of an electric mixer fitted with the whisk attachment on medium speed until soft peaks form. Add the orange zest and orange juice and continue to beat until stiff peaks form. Set aside.

Beat the egg whites and vinegar in a separate bowl until frothy. Gradually add the sugar and beat until stiff peaks form.

Meanwhile, melt the chocolate in a large bowl placed over a pot of simmering water (or a double boiler), stirring until completely smooth. Remove from the heat, add the egg yolks into the melted chocolate and whisk until fully combined. Whisk one-fourth of the egg whites into the chocolate mixture to combine. Gradually fold in the remaining egg whites and whipped cream in three parts, mixing just until incorporated.

Divide the mixture between six 6-ounce ramekins and chill in the refrigerator for at least 2 hours, until firm.



Nutty O's

Submitted at Christmas Party

7 cups Cheerios (Gluten Free O's cereal)
1 ½ Cups Peanuts
1 Cup Pecans
1 Cup Sliced Almonds
Mix together

Syrup: Bring to boil on stove for 5 Minutes
½ Cup brown sugar
½ cup Karo syrup
½ cup margarine or butter
½ tsp Salt

Pour syrup over cereal/nut mixture, stir to coat.
Bake at 325° degrees for 15 minutes. Cool
10minutes on cookie sheet. Break apart into
smaller pieces. Store in large container sealed
tightly.

Choco-Peanut Butter Popcorn

Submitted by Sherry Hoefler

1/3 cup semisweet chocolate chips
3 tablespoons natural creamy peanut butter
1 tablespoon butter
4 cups air-popped popcorn
1/2 cup powdered sugar
(I did heaping cups)
1. Combine chocolate chips, peanut butter and
butter in medium microwavable bowl. Microwave
on HIGH 30 seconds stir. Microwave 30 seconds
or until melted and smooth.
2. Pour mixture over popcorn in large bowl.
Stirring until evenly coated. Transfer to 1-gallon
resealable food storage bag.
3. Add powdered sugar, seal bag and shake until
well coated. Spread on waxed paper to cool.
Store leftovers in airtight container in
refridgerator.

Fudge Four O'clocks

Submitted by Bev Boesen

1 Cup Flour
1 tsp baking powder
1/2 tsp salt
1/3 Cup cocoa
1/2 cup water
1 Cup sugar
3 eggs, well beaten
2 T. melted butter or oil
1 Cup nut meats

Beat eggs well, add sugar. Beat until thoroughly
combined. Add dry ingredients and liquids
alternately. Lastly add nut meats. Pour into two
8x8 pans or 1 9x13 pan. Bake at 325 degrees
for 40 minutes or until done. Cool and spread
with a thin layer of vanilla icing.

~WEB WORTHY~

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surlygirl@mchsi.com

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