



# CENTRAL IOWA CELIAC CONNECTION

February 2012 GF NEWSLETTER AND RECIPES

## TO ALL OUR GLUTEN FREE FRIENDS!

We had over 100 brave souls come out in the snow to attend our February pot luck! Our theme today was Asian and Casseroles. I want to **thank Chef Lucy** for making the pans of fried rice with chicken! All the food was fantastic! We could never do this without the teamwork of all our great Central Iowa Celiac Connection Members! Do we know how to put on a feast or what!?! And we had so many give-aways that almost everyone got something!

It was an honor to introduce **Dr. Eduardo Beltroy** as our special guest speaker. He is a **Pediatric Gastroenterologist at the Blank Clinic**. Dr. Beltroy is very knowledgeable in celiac disease, and talked about diagnosis and treatment of children with CD, effects on the family, and follow up care. We are very grateful for his contribution to our meeting. It was very educational. **Dr. Beltroy was kind enough to make his power point presentation available for those who would like it. Please let me know if that is something you would like me to send to you by email.**

**Julie Beeler** brought some fantastic samples to our meeting. She took a few minutes to talk about her gluten free products. You can find her items at Hy-Vee or Campbell's. You can also visit their website at [www.beelerspurepork.com](http://www.beelerspurepork.com). Their brats are fantastic!!!

Thanks to **Ami's Cakes and Confections** for bringing samples. She makes DFCF and regular GF products. She told me her kitchen is not completely GF, but she has completely dedicated equipment for GF, and the only things she bakes are GF. Any "gluten" items are kept in a separate area of the kitchen. All baking/cooking items and by-scratch items are all GF. She never has traditional flour or things that make a fine dust that contain gluten. "With a Celiac daughter, we are extremely careful."

We want to mention the people that donated sample for this meeting: **Ami's Cakes and Confections, Beeler's, Iowa Orchard, Udi's pizza crust (toppings also provided by Udi's but prepared by Angie Wagner), BumbleBars, Ell's Snack Mix bags, Freidrich's coffee from Colleen Meyer, Food Should Taste Good Kettle Chips from Krissi at the Windsor Heights HyVee. P.F. Chang's donated gift cards that were good for 10-50% off your food purchase at that restaurant. This was in recognition of the Chinese New Year. Instructions are on the cards, and they must be used by March 4th. The cards cannot be opened before you go to the restaurant. They want to give you more opportunity to try their gluten free menu!**

**Mary Jo Whipple** donated a \$20.00 Hy-Vee gift card that was given away in the drawing.

Thanks to **Angie and Jeff Wagner** for all the work they do to keep our website updated! Remember to check it out at [www.gfiowa.us](http://www.gfiowa.us) for past newsletter information, recipes and our list of Des Moines metro restaurants that offer gluten free options. And thank you, **Kathy Titus** and her daughter **Ella**, for coordinating the Children's Program, and we owe **Kathy** our appreciation for printing the newsletters for me to send to those who don't have email. **Kay Crow** again donated 2 beautiful baskets for the drawing, and thanks to **Michelle Manning** who coordinates our GF library.

We would like to remind those of you who have borrowed books from our library to please return them at the next meeting. There are others who would like to use them as well, especially the children's books.

## FUTURE MEETINGS

**Our next meeting and pot luck will be April 28<sup>th</sup>** here at Hope in the Bridge. Please make sure you **mark your calendars now**. We are thinking about sausage and meatball dishes. **Graziano's** has generously agreed to donate some sausage for our event, which are all gluten free! There are lots of things we can do with sausage so expect some yummy entrees. In fact, Kinnickinnick is sending us some pizza crusts, so the steering committee is looking into making pizzas and possibly cavatelli, or other pasta dish, using the sausage or meatballs theme.

The “**Newbies Group**” continues to meet on the second Monday of each month, 7:00 – 8:00 pm at Lutheran Church of Hope. If you have questions you can contact **Christie Engelbert** 515-440-3350, or email [christie\\_engelbert@hotmail.com](mailto:christie_engelbert@hotmail.com).

The **State meeting** is planned for **Sept.22 in Ames** at the Scheman Conference Center. There is no home ISU game that day! More information will be available later.

**The Gluten and Allergen Free Expo** will be held in Chicago April 14 and 15. This is organized by Jen Cafferty, founder of [www.gfreelife.com](http://www.gfreelife.com). There will be over 100 vendors, new products, and cooking classes offered. You can Google Gluten and Allergen Free Expo for information. Steve and I are planning to go, so I'll let you know what kinds of new products are out there!. I'm sure it will be interesting.

**Krissi Rosenberger** has been the Health Market Manager at the Windsor Heights Hy-Vee for several years. She is transferring to the Hy-Vee in Ames (#2 store) and will be creating a Healthmarket there. They are very fortunate to have Krissi join that store. She has been such a tremendous asset for our group in bringing in the best GF products to the Windsor Heights store. Thanks, Krissi! We'll see you at the pot lucks!

**Ames area gluten-free customers, your Lincoln Center Hy-Vee includes a new HealthMarket™** where you'll find a gluten-free aisle designated just for our gluten-free customers. No longer will you see gluten-free manufacturer products integrated within the entire store. Our HealthMarket™ will be completed by Monday, March 19<sup>th</sup>. You are invited to tour the Lincoln Center Hy-Vee HealthMarket™ on Monday, March 26<sup>th</sup>, with Lincoln Center Hy-Vee dietitian Amy Clark and HealthMarket manager, Krissi Rosenberger. Angie Wagner from Udi's Gluten-Free Foods will be offering several samples of her company's delicious products. Enjoy 10% off all HealthMarket™ items purchased during the event. Please register for this event at least 24-hours in advance by contacting Amy Clark at 515-450-0508 or email [aclark@hy-vee.com](mailto:aclark@hy-vee.com).

From **Julie Gieseman** at the **Mills Civic Hy-Vee**: There will be a Gluten Free Tasting in our Club Room on Tuesday, March 6<sup>th</sup>, from 5:30 – 6:30. We will show 1-2 entrée preparations for participants to taste with a side and dessert as well as tasting of several of our new products. We again will feature a 10% discount for all participants that night. The event is just \$7 and participants can register with me by calling 225-1193 or e-mailing [jgieseman@hy-vee.com](mailto:jgieseman@hy-vee.com). I also have complimentary tickets to our Whole Health Experience on Saturday, March 31<sup>st</sup> for anyone attending (or if they stop by our store and ask me for them until they're gone). This event is at Hy-Vee Hall from 9am – 3pm and will have celebrity main stage speakers, many dietitian or dietitian/chef side stage speakers as well as lots of vendors. There will be quite a bit that focuses on gluten-free again this year as well as many other health topics. It was a huge success last year and we're hoping for another great event.

**The Cedar Valley - Waterloo/Cedar Falls Celiac Support Group** will be holding a Gluten Free Vendor/Restaurant EXPO Aug. 18, 2012 in Cedar Falls. They will be sending out more information soon. This will be held at the McLeod Center.

**The Iowa Clinic is initiating a clinical research study on celiac disease. The patient needs to have been diagnosed at least 1 year, confirmed by upper endoscopy, not just a blood test. They are looking for people who are having some difficulty, either with ongoing issues or with the gluten free diet. The contact information for the study is: [www.celiacteam.com](http://www.celiacteam.com) or 855-323-5422. Anyone interested in**

**the study can answer questions through the site or the phone number, and that will help to determine if a person qualifies for the study. Someone in the study program will then contact individuals for follow up.**

### **PRODUCT INFORMATION**

**RED ROBIN Restaurant** now has GF buns for their hamburgers. You need to know that you will be charged \$1.00 additional for that bun! They also offer GF French fries, Red Bridge Beer and Wood Chuck Cider.

If you've not tried **the Schar Ciabatta Parbaked Gluten-Free Bread Rolls**, you don't know what you are missing. They have to be the best GF bread product available anywhere!

**World Table Original Rice Thins** are sold at Wal-Mart on Stagecoach Dr. in WDM (Mills Civic). They are really great tasting crispy thin crackers. I found them in North Carolina! That Walmart is the only one I know for sure that carries them.

I also found some great tasting thin and crispy tortilla chips in NC called **XOCHITL** (pronounced so-cheel). The website is [www.salsaxochitl.com](http://www.salsaxochitl.com). I called World Market and they carry these chips. Yummy!

There is another really good GF cracker that I tried several weeks ago, **Sesmark Gluten Free Rice Thins**. Although these crackers are made in a facility that also processes wheat products, their "GF products are routinely tested using the Elisa method to ensure there is less than 20 ppm of gluten", as stated on the package.

**BURGER KING wrote:** "The new Burger King French fries do not contain gluten. However, we cannot guarantee a GF restaurant environment and, therefore, we do NOT call any foods GLUTEN FREE." 12/6/11. Then I've also read that they launched their BK Positive Steps campaign in 2010, which include a gluten-sensitive menu. The chain's new fries are supposed to be gluten-free (as of November 2011). Use your own judgement!

**WENDY'S AND ARBY'S** also both have gluten-free menus available on their websites, and **CHICK-FIL-A'S** extensive menu for those with gluten intolerance now includes its new kids' meal with grilled chicken nuggets.

**New UDI'S Products** that will be available at Hy-Vee in March: **Udi's Brownie Bites, Udi's Frozen Pizzas - Margherita, Pepperoni, Three Cheese, Udi's Nutri-Muffin Tops, Udi's Omega Flax & Fiber Bread.**

**Amanda Simacek** has started the **Taste of Heaven Bakery in Fort Dodge**. It is strictly GF, and at this time she is making cookies and quick breads, but will soon be expanding into other products. To contact Amanda, call 515-570-3283.

**Anne Cundiff** emailed that her Fleur Hy-Vee is now carrying **Better Batter flours and baking mixes**. "We usually do a GF Happy Hour the last Friday of each month. We sample 3 GF recipes and provide a special discount of 10% off on GF products (outside of our normal Wednesday).

From **Ken Roth: Bear Creek Country Kitchens Chili Mix is Gluten Free**. "I like chili and these 'bags' are quick and easy. **Shore Lunch brands are not GF.**"

From **Casey Ward, BumbleBar, Inc.:** For every pound of sesame seed **BumbleBar** purchases, we donate \$.10 to our sesame farming cooperative members in Ethiopia. This year, we will give them approximately \$6000 to build schools for their children. BumbleBars are simple. Each consists of 9-14, whole, organic ingredients. BumbleBar is a woman-owned business and pays living wages with medical benefits to its employees.

There is a new **Condensed Mushroom Soup** from **Pacific Natural Foods**. Pacific also makes chicken and celery soups. These new Pacific Foods soups make it easy to recreate these old favorites again, in an all-natural, organic way. <http://www.pacificfoods.com/our-foods/condensed-soups>.

**GENERAL MILLS IS NOW OFFERING GF GRAVY MIXES!** “Full Flavor Foods mixes simply taste better than other brands! FFF products are made with real meats, vegetables, or cheeses for accurate, authentic taste, texture and appearance. Our mixes reconstitute into REAL Gravies, Sauces and Soups! Our delicious Chicken Gravy tastes like Chicken, our rich, creamy Cheese Sauce tastes like cheese, etc. We know the GF consumer wants safe GF food that is at least as good as food with gluten, so their whole family can enjoy the same meal together. No artificial colors. No preservatives. No trans-fats. And no hydrogenated oils. Each bag offers 3-5 servings.”

**SUBWAY** is testing a gluten-free sandwich roll and brownie at about 800 of its locations and says demand is strong.

From **LORI ETCHEN AT IOWA ORCHARD**: “We have a **new line of dried apples and bananas** that I am creating. They are sugar free and contain no artificial colors, flavors, or preservatives. They will be available as plain, strawberry dipped (using 100% juice from crushed strawberries), and honey cinnamon (honey is locally produced in Perry, Iowa). They contain nothing but fruit, cinnamon, and honey, depending on flavor, and are made separate from the orchard so there is no flour contamination. I also do not use any sulfuring to process them, which is popular in commercial applications. We dried 11 different apple varieties and chose the apple variety with the best flavor. I think the gluten free community would enjoy our new line. We are also making heart shaped pies for Valentine’s Day! Lori donated one for the drawing, as well as brought samples of her dried apples and bananas.”

Message from Katz: **KATZ GLUTEN FREE** has long recognized the important work that Celiac Support Groups offer to their members. I am sure that you are aware of our always free sample pack. What you may not be aware of is that we have added a new, and in most areas cheaper, shipping option via USPS, and we have an additional \$3 coupon code, SUPPORTGROUP, just for your support group members! Together, they make for a significant savings! Shipping to your area is about \$5 when using the coupon. We hope that this will help your members sample the 11 different Katz items that come in each sample pack.

**Many Frito Lay Products are no longer on the GF List**, per their website. Here is a link to the website: <http://www.fritolay.com/your-health/us-products-not-containing-gluten-ingredients.html>. The website has 2 lists, one list of products that are tested and one list that is not tested. The latter is manufactured on the same equipment with gluten containing products. However, the website states that the manufacturing equipment is washed thoroughly between the gluten containing items and the gluten free items. You must use your own judgement when purchasing these products.

**Not all soy sauce is gluten-free.** The traditional method of making soy sauce is to ferment it with wheat. Tamari is made differently and is gluten-free as is La Choy brand. San-J gluten-free tamari/soy sauce and Kari-Out packets are safe for a gluten-free diet. Kikkoman has a soy sauce and teriyaki sauce that are both labeled gluten-free.

### OTHER INFORMATION

**Did you know that for every one person diagnosed with celiac disease there are 50 others walking around undiagnosed?**

**McDonald's** offers a gluten-free bun in Spain, Sweden, Finland, and Norway but not in the U.S. Going gluten-free in America isn't risk-free. Those with CD might accidentally be served a regular roll, triggering a lawsuit. Worries aside, this trend has legs: The number of U.S. restaurants with gluten-free menus rose 61% in 2011.

**Three new books were donated** to our GF library: “**The Intolerant Gourmet: Glorious Food Without Gluten and Lactose**” by Barbara Kafka was sent to me. If you are interested in ordering additional copies they have set up a special discount off of the \$29.95 retail cost. For 10-24 copies they can offer a 40% discount (\$17.97 each). To place an order call 212-614-7592 or [Emily@workman.com](mailto:Emily@workman.com). The second book is “**The Gluten Free Almond Flour Cookbook**” from Elana’s Pantry. They had donated two “**Gluten Free**

"Cupcakes" books at our last meeting. The third is "Deliciously G-Free" by Elisabeth Hasselbeck. This was donated by Diane Leahy, Barb Huyette's sister.

**When a product is labeled gluten free** but the allergen notice says: this product manufactured in a facility & on machinery that also processes wheat products, is the product truly gluten free & can I take the chance to consume this product? If you want to use a product that has this type of warning on it, you will want to determine the company's understanding of the term, "gluten-free," Here are several questions that you will want to ask the company that will help you determine their knowledge of gluten-free and cross contamination:

- (1) What else is run on that line?
- (2) Do you clean down between runs following FDA good manufacturing practices?
- (3) Is the machinery closed so that particles from other machinery cannot float into other products?
- (4) What potential contaminants are in the plant?
- (5) What precautions are taken to minimize cross-contamination?

"We are happy to announce our **new website** that features delicious, quality Gluten Free items that can be delivered to your home or office. Come check it out at: **[B-GlutenFree.com](http://B-GlutenFree.com)** We sell GF bread that actually tastes great! Thanks so much!" Brandi Straker

"**Cake flour**" is 7/8 cup all-purpose flour plus 2 tablespoons of cornstarch. Cornstarch lightens the texture and is great for making cakes and cupcakes. When a recipe calls for cake flour, the easiest way to make this substitution is to put 2 tablespoons of cornstarch in the bottom of a 1-cup measuring cup, then fill the cup as usual with an all-purpose gluten-free flour blend.

#### **ARE FLU SHOTS SAFE FOR THOSE WITH SEVERE EGG ALLERGIES?**

For many years, people with egg allergies (especially children) have been told that the flu shot was not recommended for them. Recent studies have now found that the amount of egg contamination in the shot has been reduced enough that it is now safe for these people. This is a major breakthrough and will help reduce the spread of influenza through the general population. (Information taken from the GIG newsletter.)

From Barb: Always check with your doctor if you have questions.

#### **BELOW IS A LIST OF SUBSTITUTIONS YOU CAN USE:**

##### **Milk**

Replace 1 cup cow's milk with one of the following:

- 1 cup soy milk (plain)
- 1 cup rice milk
- 1 cup fruit juice
- 1 cup water
- 1 cup coconut milk
- 1 cup goat's milk, if tolerated
- 1 cup hemp milk

##### **Buttermilk**

Replace 1 cup buttermilk with one of the following:

- 1 cup soy milk + 1 tablespoon lemon juice or 1 tablespoon white vinegar (Let stand until slightly thickened.)
- 1 cup coconut milk
- 7/8 cup rice milk
- 7/8 cup fruit juice
- 7/8 cup water

## **Yogurt**

Replace 1 cup yogurt with one of the following:

- 1 cup soy yogurt or coconut yogurt
- 1 cup soy sour cream
- 1 cup unsweetened applesauce
- 1 cup fruit puree

## **Butter**

Replace 8 tablespoons (1 stick) butter with one of the following:

- 8 tablespoons (1 stick) Fleischmann's unsalted margarine
- 8 tablespoons Earth Balance (Non-Dairy) Buttery Spread
- 8 tablespoons Spectrum Organic Shortening
- 8 tablespoons vegetable or olive oil

For reduced fat:

6 tablespoons unsweetened applesauce + 2 tablespoons fat of choice

## **Eggs**

Replace 1 large egg with one of the following:

- 3 tablespoons unsweetened applesauce (or other fruit puree) + 1 teaspoon baking powder
- 1 tablespoon flax meal, chia seed or salba seed + 3 tablespoons hot water. (Let stand, stirring occasionally, about 10 minutes or until thick. Use without straining.)
- Egg Replacer, according to package directions
- 4 tablespoons pureed silken tofu + 1 teaspoon baking powder

Replacing more than two eggs will change the integrity of a recipe. For recipes that call for a lot of eggs, like a quiche, use pureed silken tofu. Because egg substitutions add moisture, you may have to increase baking times slightly.

**Note:** To replace one egg white, dissolve 1 tablespoon plain agar powder into 1 tablespoon water. Beat, chill for 15 minutes and beat again.

## **Nuts**

Replace tree nuts or peanuts with an equal amount of the following:

- Toasted coconut
- Sunflower seeds
- Toasted sesame seeds  
(use only 2 to 3 tablespoons)
- Crushed cornflakes
- Crushed crispy rice cereal
- Crushed potato chips
- Pumpkin seeds

## **Gluten-Free in the Golden Years**

Adequate nutrition is important at every stage of life. Mature adults have unique needs and are sometimes at increased risk of nutrient deficiencies. Whether you have been following a gluten-free diet for a long time or

have recently made the transition to living gluten-free, it may be challenging to get the nutrients you need. Nutrient deficiencies can put us at increased risk of :

### **Blood Complications**

It has been estimated that 60-80% of the elderly population living with celiac disease are anemic. Even mild anemia can lead to fatigue, impaired cognitive function, feelings of depression, weakness and increased falls. Iron deficiency is the most common cause of anemia, but folate and/or vitamin B12 deficiencies can also cause anemia. Vitamin K, which is important for regular blood clotting, is another common deficiency in patients with celiac disease.

### **Gluten-Free Sources of Iron**

- Red meat, fish, poultry
- Dark green vegetables
- Beans

\*Iron from animal sources are much more readily absorbed than iron from plant sources

### **Gluten-Free Sources of Folate**

- Asparagus
- Spinach
- Beans
- Lentils

### **Gluten-Free Sources of Vitamin B12**

- Meat, fish, poultry
- Milk, dairy products
- Eggs

### **Gluten-Free Sources of Vitamin K**

- Spinach
- Broccoli
- Asparagus
- Cabbage

### **Osteoporosis**

Up to 70% of elderly individuals with celiac disease have osteopenia<sup>1</sup>, which is having a low bone mineral density and a significantly increased risk of developing osteoporosis and fractures. In fact, celiac disease is associated with increased risk of skeletal fractures<sup>3</sup>. Calcium and/or vitamin D deficiency can cause bone to break down, and so it is important to get adequate amounts of these nutrients. Magnesium deficiency can also contribute to osteoporosis.

### **Gluten-Free Sources of Calcium**

- Milk
- Yogurt
- Cheese
- Spinach

### **Gluten-Free Sources of Vitamin D**

- Fresh fish
- Eggs
- Fortified milk
- Sunshine

### **Gluten-Free Sources of Magnesium**

- Spinach
- Almonds
- Beans
- Nuts
- Whole grains

### **Neurological Health**

Up to 35% of elderly individuals with celiac disease experience cognitive decline, in some cases due to deficiency of vitamins B6 and/or B12.

#### **Gluten-Free Sources of Vitamin B6**

- Banana
- Potato with skin
- Brown rice or enriched white rice

#### **Gluten-Free Sources of Vitamin B12**

- Meat, fish, poultry
- Milk, dairy products
- Eggs

#### **Inflammation**

Celiac disease can cause some inflammation in the intestines<sup>4</sup>. Inflammation can increase the risk of heart disease, cancer, neurological decline, and osteoporosis. Omega-3 fatty acids help the body maintain a balance between anti-inflammatory and pro-inflammatory molecules.

#### **Gluten-Free Sources of Omega-3 Fatty Acids**

- Fish
- Flaxseed
- Canola Oil
- Avocado

#### **Gastrointestinal Disease**

Fiber is an important part of the diet—it can help reduce the risk of heart disease and some forms of cancer, and can help with cholesterol, diabetes management, and gastrointestinal health. Fruits and vegetables and whole grains are excellent sources of fiber, and are usually good sources of other nutrients as well. When adding fiber to your diet, it is important to do so gradually and to drink plenty of fluids—this will help reduce gastrointestinal discomfort. With aging, it may be more difficult to chew some foods that are naturally high in fiber. Cooking fruits and vegetables does can make it easier to chew some high-fiber foods, and does not usually affect the fiber content.

#### **Gluten-Free Sources of Fiber**

- Beans
- Brown rice
- Quinoa
- Berries
- Banana

#### **Protein Deficiency**

Protein deficiency in older adults is common and can lead to muscle wasting, impaired immune function, and poor wound healing. Protein deficiency is often accompanied by sub-optimal intake of energy in general. As we age, our sense of hunger may sometimes become diminished, which contributes to these problems.

#### **Gluten-Free Sources of Protein**

- Beans
- Meat, fish, poultry
- Eggs

#### **References**

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4. Vincentini O, Quaranta MG, Viora M, Agostoni C, Silano M. Docosahexaenoic acid modulates in vitro the inflammation of celiac disease in intestinal epithelial cells via the inhibition of cPLA(2). *Clin Nutr.* 2011 Aug;30(4):541-6. Epub 2011 Mar 21.

### **HOW TO MAKE YOUR OWN CONDENSED CREAM SOUP (from Celiac.com)**

This works very well and it can be frozen in baggies or containers, then thawed out when you need it!

#### **Ingredients:**

1 cup cold milk  
2 Tablespoons cornstarch  
1 ½ Tablespoons butter  
1 chicken bouillon cube (we use Herb-Ox)  
dash of pepper

1. In small saucepan, whisk milk and cornstarch until well blended
2. Stir in butter, bouillon, and pepper
3. Heat to a boil, stirring frequently
4. Simmer on low for one minute more, to thicken.

\*Cornstarch dissolves in cold liquids, don't try to add it to a hot mixture, it will create clumps

\*Makes the equivalent of one can of cream of anything soup

\*To make:

- Condensed Cream of Chicken Soup: add ½ cup of chicken pieces to recipe
- Condensed Cream of Mushroom Soup: add a drained 4 oz can of mushroom pieces to recipe
- Condensed Cream of Celery Soup: add ½ cup sautéed chopped celery to recipe

### **RISK OF GASTROINTESTINAL CANCER IN CELIAC PATIENTS LOW OVERALL:**

Patients with celiac disease, inflammation, or latent celiac disease have a low risk of developing gastrointestinal (GI) cancer, although the risk is higher in the first year following diagnosis, according to a study published in the January issue of *Clinical Gastroenterology and Hepatology*. Peter Elfström, M.D., from the Astrid Lindgren Children's Hospital-Danderyd in Stockholm, Sweden, and colleagues analyzed data from three cohorts of patients: one with celiac disease (28,882 subjects), one with inflammation (12,860), and one with latent celiac disease (3,705). Biopsy samples were evaluated, and data were compared to an age- and sex-matched group. The researchers found that 372 patients with celiac disease developed incident GI cancers, as did 347 patients with inflammation and 38 with latent celiac disease. In the first year after diagnosis and initial biopsy, celiac disease was associated with a 5.95-fold increase in the risk of incident GI cancer, with hazard ratios (HRs) for inflammation and latent celiac disease of 9.13 and 8.10, respectively. However, after the first year, patients were at no significant increased risk for GI cancers, with a HR of 1.07 for celiac disease, 1.16 for inflammation, and 0.96 for latent celiac disease. The excess risk for GI cancer in patients with celiac disease was 2/100,000 person-years. "Although celiac disease, inflammation, and latent disease all increase [the] risk for GI cancers in the first year after diagnosis, there is no increase in risk thereafter," the authors conclude.

### **STUDY FOCUSED ON QUALITY OF LIFE OF PEOPLE WITH CELIAC DISEASE:**

Celiac.com 01/11/2012 - In an effort to understand how delayed celiac disease diagnosis became the norm for most patients over the last few decades, a research team conducted a study to assess the issue. Their study also looked at how delayed diagnosis affects health-related quality of life (HRQoL) for those with celiac disease, and considered differences with respect to sex and age.

For the study, the team collaborated with the Swedish Society for Coeliacs to send a questionnaire to 1,560 randomly-chosen members, divided equally by age and sex. A total of 1,031 members (66%) responded. The team first measured HRQoL using the EQ-5D descriptive system, then translated the results to quality-adjusted life year (QALY) scores.

The team then compared the results against the results from a survey of the general population. There was

some good news and some bad news.

The good news is that, while the average QALY score during the year before treatment was 0.66, it improved after diagnosis and treatment to 0.86, which is better than the score of 0.79 for the general population.

The bad news is that they found the average person with celiac disease faced a delay in diagnosis of 9.7 years from the first symptoms, and 5.8 years from the first doctor visit.

The team concedes that the delay has been reduced over time for some age groups, but contends that it still remains unacceptably long for large numbers of people.

Untreated celiac disease results in poor HRQoL, which improves or exceeds that of the general population if diagnosed and treated. Reducing the delay in diagnosing celiac disease will go a long way toward reducing the burden of celiac disease.

To do so, they say it is necessary to raise awareness of celiac disease as a common health problem, and to intensify diagnosis practices. This may make mass-screening for celiac disease a desirable option in the future.

Authors: Fredrik Norstrom, Lars Lindholm, Olof Sandstrom, Katrina Nordyke, Anneli Ivarsson

Source: BMC Gastroenterology 2011, 11:118. doi:10.1186/1471-230X-11-118

### **COMMUNION HOSTS AVAILABLE FOR GLUTEN INTOLERANT PEOPLE:**

(excerpts taken from Chicago Tribune 2012)

The low-gluten hosts and gluten-free hosts served at some Christian churches are a blessing for those with celiac disease. In the past, they have had to stay in their seats while their peers received the sacrament, or perhaps they skipped the host and took only the wine. In many cases, individual worshipers are buying Communion hosts, which are consecrated during services and then served to them during Communion. Fifty percent of those making purchases online from Gluten-free Hosts are individuals, says co-owner Lucy DeLaat, whose business sells zero-gluten and low-gluten hosts.

But Chicago-land churches have been getting up to speed. And Roman Catholic parishes, which adhere to the Vatican's guidelines requiring the presence of wheat in Communion hosts, are being prompted to address the issue. And that accounts for the other 50 percent of purchases from **glutenfreehosts.com**: parishes, such as St. Cletus, that have begun offering parishioners specialized hosts. DeLaat sells low-gluten hosts that adhere to Vatican policy about wheat to Roman Catholic parishes, and potato-based, zero-gluten hosts to churches of some other Christian denominations that also serve Communion. "The low-gluten hosts aren't suitable for all. Many people with CD would still get sick."

**FROM GLUTENFREELY.COM:** "Everything's all set for the first installment of **Gluten Freely's™ "Ask The Doctor" video segments**. We received questions from people located all over the country and are very excited for you to check out the footage at [www.glutenfreely.com/askadoc](http://www.glutenfreely.com/askadoc), which is now live on our website. Dr. Guandalini is a world-renowned pediatric gastroenterologist and celiac disease expert. He is also the Founder and Medical Director of The University of Chicago Celiac Disease Center, whose mission is to raise awareness and diagnosis rates in the quest for a cure. We're very excited to be part of this educational opportunity and we hope you find the clips helpful and informative. To check out the video, visit [www.glutenfreely.com/askadoc](http://www.glutenfreely.com/askadoc)." From Barb: I went to the site and found the questions and answers very informative, especially for our new celiac friends! Dr. Gaundalini talked about 20 ppm of gluten being safe for most celiacs. If you want to think about that amount in different terms, it would equal about 1 crumb in a pound of bread. The Doctor said that is not enough to cause damage. He also mentioned that cheating on your GF diet will cause inflammation of the small bowel, whether or not you are sensitive to gluten or get sick from ingesting it. He mentioned that follow-up endoscopies are rarely needed, unless other issues are present or you are not recovering with a GF diet.

**WE LOOK FORWARD TO SEEING YOU APRIL 28<sup>TH</sup>. HAVE A GREAT SPRING!!!**

**Glutenfreely Yours,**

**Barb Huyette**

**515-224-4145**

**Central Iowa Celiac Connection Steering Committee Members: Barb Huyette, Angela Wagner, Lucy Newcomb, Jan Steenson, Kay Crow, Kathy Titus, Christie Engelbert, Sarah Edwards. Thank you all for volunteering your time and energy to our great group!**

*Disclaimer: The Central Iowa Celiac Connection is a chapter of the CSA/USA. We have attempted to compile accurate information in this newsletter for the benefit of the members of this group. However, food manufacturers may change the ingredients in their products or their manufacturing process at any time, so always check the ingredient labels. Call the manufacturer if you have questions about their product. Consult your physician if you have any medical concerns.*

## RECIPES

### GLUTEN FREE PUMPKIN PIE DESSERT SQUARES

LYNN LOUK

(This recipe was made for the November pot luck but was incomplete. Lynn resent it so I'm including it in this newsletter.)

1 Gluten free yellow cake mix    ½ tsp. vanilla  
¾ cup butter, divided                ½ tsp. salt  
3 eggs                                      ½ tsp. ginger  
2/3 cup evaporated milk            1/8 tsp. cloves  
1 1-lb. can pumpkin                 1 tsp. cinnamon  
1 cup sugar, divided

Reserve 1 cup cake mix for topping. Mix remainder with ½ cup butter, melted, & 1 egg. Press into 9x13" pan. Beat 2 eggs, evaporated milk, pumpkin, ¾ cup sugar, vanilla, salt, ginger & cloves. Pour on top of cake mixture in pan. Mix until crumbly **remaining** 1 cup cake mix, 1/4 cup sugar, cinnamon and 1/4 cup butter. Bake at 325 degrees 45-50 minutes, until knife comes out clean.

### CHICKEN FRIED RICE

Lucy Newcomb

Steam rice then put GF soy sauce on it to set the flavor. Get a wok or non stick skillet screaming hot. Use whatever oil you like--add diced chicken breast and cook until done. Then remove for pan. Using same pan add a little more oil and saute some diced onion. When onion has caramelized a little add rice. I now add some defrosted peas and carrots and also some minced garlic and fry till almost done, then add chicken back in. Simple as can be---this is a base. You can add scrambled egg, green onion or whatever you like. I add a little sesame oil, red pepper flakes, and more soy sauce at the end to mine.

### POTATO CHEESE CASSEROLE

Jan Steenson

4 pounds potatoes, peeled  
1 package (8 oz) cream cheese, softened  
½ C butter, softened  
¼ cup milk  
1 teaspoon salt  
¼ teaspoon pepper  
1 cup chopped green pepper  
½ cup shredded cheddar cheese  
½ cup grated Parmesan cheese  
1 jar (2 oz) diced pimientos, drained  
Cook potatoes in boiling water until tender; drain and mash.  
Add cream cheese, butter, milk, salt, pepper; mix well.  
Stir in green pepper, cheeses, pimientos.  
Spread in greased 9x13 baking dish.  
Bake uncovered at 350 for 50-60 minutes or until browned and heated through.  
Yield: 12-15 servings.

## SALTED NUT ROLL

JODI RUSCH

### Ingredients:

1pkg. yellow cake mix (gluten free)

1/3 cup Margarine

1 egg

3 cups mini marshmallows

2/3 cup light corn syrup

1/4 cup margarine

2 tsp vanilla

12 oz peanutbutter chips

2 cups Ric Krispies (GF)

2 cups Salted Peanuts

Mix cake mix, 1/3 cup butter and egg. Put in greased cake pan and bake at 350 8-10 minutes.

Remove and sprinkle with marshmallows. Return to the oven for about 2 minutes. Cool.

Heat syrup, 1/4 cup butter, vanilla and peanut butter chips until smooth. Add Rice Krispies and peanuts. Mix and pour over crust and marshmallows. Spread and chill. Cut into bars.

## DOUBLE CHOCO CHUNCK COOKIES

Christie Engelbert

From: The Allergen-Free Baker's Handbook

1 1/4 cups Basic Gluten-Free Flour Mix (see below)

1/2 cup unsweetened cocoa powder

1/2 teaspoon xanthan gum

1/2 teaspoon baking soda

1 teaspoon cream of tarter

1/4 teaspoon salt

1/3 cup canola oil

1/3 cup milk

2 teaspoons pure vanilla extract

2/3 cup granulated sugar

1 cup HyVee chocolate chips

1. Preheat the oven to 325. Line two baking sheets with parchment paper.
2. Combine the flour mix, cocoa powder, xanthan gum, baking soda, cream of tarter, and salt. Mix thoroughly, being sure to work out any lumps of cocoa powder.
3. In the bowl of a stand mixer fitted with the paddle attachment, combine the canola oil and milk, mixing on medium speed for 30 seconds. Add the vanilla and sugar. Mix for 20 seconds.
4. Add the dry ingredients to the wet and mix on low speed, scraping down the sides of the bowl. Fold in the chocolate chips.
5. Scoop out the dough by heaping tablespoonfuls and place on the baking sheets, 12 per sheet. Wet your hands with a little water and roll the dough into balls, moistening your hands again as necessary.
6. Bake in the center of the oven for 12 minutes, until just set. Do not overcook, as chocolate burns easily. You want the inside to remain chewy, not dry.
7. Let the cookies cool for 5 minutes on the baking sheets before transferring to a cooling rack.

## SWEET, SOUR, SPICY CHICKEN OVER RICE

JEFF WAGNER

(similar to Empress Chicken)

Sauce:

2 tsp Peanut Oil  
2 tbsp Minced Garlic  
3 (tbsp) chopped Green Onions  
(save chopped green tops for garnish)  
1 package, 8 oz, Cleaned and Sliced Mushrooms  
1/2 to 1 tsp Red Pepper Flakes  
6 oz Pineapple Juice  
2 tbsp Chili Sauce (used Hy-Vee brand)  
2 tbsp White Distilled Vinegar  
3 tsp Honey  
1 tsp White Granulated Sugar  
1 tsp GF Soy Sauce (used La Choy brand)  
2 tbsp Water and 1 tsp Corn Starch to create a slurry

Chicken:

2 Chicken Breast Fillets cut into bite size pieces  
1 1/2 tbsp Corn Starch and 1 1/2 tbsp Brown Rice Flour for coating  
1/4 cup Peanut Oil

DIRECTIONS

Sauce:

Heat 2 tsp Peanut Oil in saucepan. Saute Minced Garlic and Onion in the oil for about a minute. Add Mushrooms (salt and pepper to taste) and Red Pepper Flakes and cook for a couple of minutes - be careful to not allow any of the ingredients to burn. Then add the Pineapple Juice, followed by the Chili Sauce, White Distilled Vinegar, Honey, White Granulated Sugar, and Soy Sauce. Allow to simmer for about 5 minutes. Create Water and Corn Starch slurry, bring sauce to boil and add slurry - simmering for 3 to 5 minutes until desired thickness is achieved. Sauce, once thickened, can be thinned by adding water or Chicken Stock.

Chicken:

Heat 1/4 cup Peanut Oil. Toss Chicken pieces with Corn Starch and Brown Rice Flour mixture in bowl to coat. Saute Chicken pieces in oil. Drizzle spoonfuls of sauce over cooking Chicken to add flavor. Cook until Chicken is light brown. Remove Chicken and drain on paper towels. Add drained Chicken to sauce, stir and cook for another couple of minutes to coat Chicken. Serve over rice.

**TRAVELING TORILLA DIP**

Linda A. Larson-Minar

In a 9" X 13" cake pan – layer the following:

2 cans of bean dip (9 oz each)  
A 12 oz container of sour cream  
A 12 oz container of guacamole dip  
2 cans of mild chopped green chilies (4 oz each)  
1/4 cup chopped green onions  
1 cup (2 medium) diced tomatoes  
2 cups finely shredded cheddar cheese  
Garnish with sliced ripe olives  
Refrigerate for at least 2 hours – overnight is better.  
Chex Orange Buddies                      Crystal Laux  
9 cups Rice Chex Cereal  
6 large cubes (12 ounces) of GF vanilla almond bark  
1 large Clementine or Orange (rind and juice)  
2 cups Powdered sugar

Measure out 9 cups of cereal and set aside in large bowl. In separate bowl, grind off rind from Clementine (about 2 TBLS). In same bowl squeeze out juice from fruit through strainer to avoid pulp, set aside. In medium saucepan melt almond bark constantly stirring to not overcook. Once chocolate is melted, add juice

and rind and stir until completely mixed. Slowly pour chocolate/juice mixture over cereal, constantly mixing, until cereal is thoroughly coated. Pour cereal mixture in large Ziploc bag and pour powdered sugar over mixture (you may need to divide this up into two Ziplocs). Lay mixture out on cookie sheet to cool.

#### FRIED RICE

Amber and Natalie Huber

##### Ingredients

4 large eggs

1 tsp salt

pepper to taste

6 tbs oil

6 cups cooked brown rice

3 cups mixed vegetables

2 tbs gluten free soy sauce

Beat eggs with salt and pepper. Heat pan and add 3 tbs oil, when hot add eggs. Cook, stirring, until lightly scrambled, not dry. Remove from pan. Heat 3 tbs oil, add rice. Stir-fry for a few minutes. Stir in gluten free soy sauce. Add eggs and vegetables, mix, and enjoy!

#### OREO DEATH BY CHOCOLATE BROWNIES

Denise and Sarah Menzel

One 9 x 13 pan of brownies either from a mix or homemade (I used Living Without's recipe from the June/July 2011 issue) One can of GF frosting. GF Oreos. Bake brownies and frost, crushing 5 Oreos into the frosting. Top with half an Oreo prior to serving.

#### CHICKEN-NUT STIR-FRY

MARCI HAYES

1 lb. boneless chicken breast

¾ cup orange juice

1/3 cup honey

3 Tbs. gluten free soy sauce

1 Tbs. cornstarch

¼ tsp. ground ginger

2 Tbs. vegetable oil

2 large carrots, sliced diagonally

2 stalks celery, sliced diagonally

½ c. green pepper, sliced thin

½ c. cashews or peanuts

Hot cooked S&W Rice-Organic White Rice

Cook rice according to package directions. While rice is cooking, cut chicken into thin strips; set aside. Combine orange juice, honey, gluten free soy sauce, cornstarch and ginger in a small bowl; mix well. Heat 1 Tbs. oil in a large skillet over medium-high heat. Add carrots, green pepper and celery; stir-fry about 3 minutes. Remove vegetables; set aside. Pour remaining 1 Tbs. oil into skillet. Add meat; stir-fry about 3 minutes. Return vegetables to skillet; add sauce mixture and nuts. Cook and stir over medium-high heat until sauce comes to a boil and thickens. Serve over rice. Makes 4 to 6 servings.

#### CHICKEN BROCCOLI CASSEROLE

Judy Gaynor

10 oz. Fresh Broccoli

12.5 oz. Hormel Premium Chicken Breast, drained

18 oz. Can of Progresso Vegetable Classic Creamy Mushroom Soup

8 oz Can Geisha sliced Water Chestnuts

¾ Cup of Lundberg Wild Rice

1 cup Kraft Sharp Cheese

Heat oven to 450 degrees. Cut broccoli into bite size pieces and cook in the microwave 1 1/2 minutes or until tender crisp. In a 2 quart baking dish mix: soup,

water chestnuts, and chicken. When thoroughly mixed add broccoli and rice. Mix to combine. Top with approximately 1 cup sharp cheddar cheese. Bake 20 minutes and serve. Makes 6 - 8 servings.

#### CHOCOLATE CAKE WITH CHOCOLATE FROSTING                      Lori Etchen

Cake is Gluten Free Chocolate Cake Mix from King Arthur Flour  
Added to mix as directed on box: water, corn oil, eggs, and vanilla.

Chocolate Frosting is Made from Scratch:

½ cup Earth Balance Soy Free Spread (dairy free also)

4 Tablespoons cocoa

6 Tablespoons Silk Pure Almondmilk

Bring above ingredients to a boil and remove from heat. Put in a mixing bowl and using a hand mixer, slowly add a 1 pound box of powdered sugar or what is needed. Also add 1 teaspoon of vanilla. Carefully spread over cake (the top of the cake tends to come a little loose when spreading the frosting). Enjoy! Ingredients in Earth Balance Spread: natural oil blend (palm fruit, canola, safflower, and olive), filtered water, contains less than 2% of pure salt, natural flavor (plant derived from corn, no MSG, no alcohol, no gluten), pea protein, sunflower lecithin, lactic acid (non-dairy, derived from sugar beets), and natural extracted annatto for color. Ingredients in Silk Almondmilk: all natural almondmilk (filtered water, almonds), calcium carbonate, sea salt, natural flavor, locust bean gum, gellan gum, sunflower lecithin, d-alpha-tocopherol (natural vitamin E), zinc gluconate, vitamin A palmitated, riboflavin (B2), vitamin B12 Vitamin D2.

#### BROCCOLI SALAD

JEAN SWEET

1 bunch broccoli

½ cup onion, chopped

½ cup white seedless raisins

1 cup sunflower seeds

Bacon, crumbled in pieces

Dressing:

1 cup mayo

¼ cup sugar

2 tsp. vinegar

Combine the broccoli which has been separated into small flowerets, the onion and raisins. Refrigerate. Mix the dressing (good to make ahead). Combine with the broccoli just before serving along with the sunflower seeds and bacon.

#### SOUTHWESTERN QUINOA SALAD

ROSEMARY GRAFF

1 cup uncooked quinoa (gluten free)

2 cups gluten-free chicken or vegetable broth

1 c fresh or thawed frozen corn

1 15 oz. can of black beans, low sodium

1/4 c. red onion, finely chopped

1 jalapeno pepper, finely chopped (I left this out) Juice of a lime (about 1/4 )

1 TBSP plus 1tsp extra virgin olive oil

1/2 t. cumin

Sea-salt to taste

#### FRITO PIE

Norma Rohn

1 large package regular size Fritos

1 ½ lbs ground beef

1 small onion (chopped fine)

1 8 oz. package sharp cheddar cheese

2 small cans tomato sauce

2 small cans water  
1 Tbsp chili powder

1 can Pinto Beans (regular size)

Spray 9X13 pan with Pam. Line bottom of pan with ½ of the Fritos. Brown the meat. Add tomato sauce, water and chili powder to meat. Pour this mixture over the Fritos. Add Pinto Beans to top of meat mixture. Grate the cheese and spread over the beans. Add layer of onions and finally, the rest of the Fritos. Bake at 325 for 30 minutes or until it begins to bubble around the edges. If it browns too much, lightly place a sheet of aluminum foil over the top.

#### THAI CHICKEN CURRY IN COCONUT MILK

From the following website: <http://allrecipes.com/recipe/thai-chicken-curry-in-coconut-milk/>

Modified by David Johanson

- 1 tablespoon vegetable oil
- 1 teaspoon curry paste “Thai Kitchen” brand is labeled ‘gluten free’
- 1 1/4 pounds skinless, boneless chicken breast meat - cut into strips
- 1 onion, coarsely chopped
- 1 red bell pepper, cut into strips
- 1 tablespoon grated lemon zest
- 1 cup light coconut milk
- 1 tablespoon fresh lemon juice
- 1/3 cup chopped fresh cilantro
- 1 teaspoon salt or ‘to taste’

Heat the oil in a large skillet over high heat; heat the curry paste in the oil about 30 seconds. Add the chicken and cook another 3 minutes. Stir in the onion, bell pepper, lemon zest, coconut milk, fish sauce, and lemon juice; bring to a boil; cook until the chicken is cooked through, 5 to 7 minutes. Sprinkle cilantro over the dish; stir. Serve hot. **Amount Per Serving** Calories: 269 | Total Fat: **12.3g** | Cholesterol: **81mg**

#### PANTRY BEEF CASSEROLE

Sandy Peterson

1 lb. gr. beef, gr. turkey, or soy crumbles  
1 onion  
1/2 green pepper  
8 oz. sliced mushrooms  
28 oz. can Muir Glen crushed tomatoes w/ basil  
12 oz bag of Tinkyada rice penne  
1/2 teaspoon of oregano  
salt to taste  
red pepper to taste  
pinch of sugar  
3 oz. mozzarella  
5-6 oz. mild cheddar

Directions:

Bring a pot of water to boil to cook the penne. Brown the gr. beef. Drain the excess fat. Add the vegetables and cook for about 8 minutes or until tender. Add the crushed tomatoes, salt, pepper, sugar, red pepper, and oregano. Simmer for 15 minutes. While the sauce is simmering, cook the penne and preheat the oven to 350 degrees. Once the sauce and penne noodles are done, layer them in a 3 qt. casserole dish. Start with 1/2 the sauce, then all of the noodles, then a layer of cheddar cheese, then the rest of the sauce, and top with cheddar cheese and mozzarella. Bake for 30 minutes.

#### BANANA BREAD (NO MILK)

DEANNA WILSON

3 extra ripe bananas  
1 cup sugar  
2 eggs, beaten

½ cup shortening  
2 cups gluten-free flour  
1 tsp baking powder  
1 tsp salt  
1 tsp soda

½ cup nutmeats (optional)

Mash bananas with sugar and let stand 15 minutes. Dissolve soda in 1 tsp hot water. Mix all ingredients together. Grease and flour (gluten-free) loaf pan (1 large or 3 small.) Bake 1 hour at 325 degrees.

#### BUTTERY GARLIC POTATOES

Terri Tennison

6 small red potatoes, quartered

¼ C. butter, melted

1 t. seasoned salt

1 t. paprika

1 t. dried parsley flakes

1 t. minced garlic

Place potatoes in a 2 qt. microwave dish. In small bowl combine butter, seasoned salt, paprika and garlic.

Pour over potatoes and toss to coat. Microwave uncovered on high for 8-10 min.

#### GLUTEN FREE / EGG FREE CHOCOLATE CHIP COOKIES - JUDY HAMMEL

½ T. cornstarch

½ T. ground flax seed

(these 2 above ingredients replace one egg)

½ C. butter at room temperature 1 pkg. (22 oz.) Bob's Red Mill GF Chocolate Chip Cookie Mix

4 T. water

Make egg replacer and let set for 5 minutes. Beat butter in mixer. Add egg replacer and water and beat 1-2 min. Add cookie mix and mix for 30-90 seconds. Drop in balls by tablespoon. Bake 15 min. at 350. If cookie is large bake 20 min. I used parchment paper.

#### BUTTERNUT SQUASH RISOTTO

no name

1 C. Arborio Rice

1 box (32 fl. Oz.) butternut squash soup (I used the organic Pacific Natural Foods brand)

Add 1 C. of soup to a stock pot on med. Heat. Bring to a boil and add rice. Cook until most of the soup is absorbed. Add another C. of soup and cook until absorbed. Repeat until all soup has been added and rice is al dente.

#### POPPY SEED PASTA SALAD

no name

Schar's Penne Pasta

1 green pepper

1 red pepper

1 C. cubed cheddar cheese

Extra Touch Original Poppy Seed salad dressing

Mix and refrigerate.

#### CAKE BATTER RICE CRISPY TREATS

Amber Cole

3 T. butter

1 bag mini marshmallows

¼ C. GF cake mix (I used Betty Crocker)

6 C. GF Rice Crispies

Sprinkles

Heat butter and add marshmallows and cake mix until all are melted. Add cereal until completely mixed.

Put in pan size of your choice. Top with sprinkles. Let set 30 min. before cutting and serving.

### BISQUICK EASY CHICKEN POT PIE

Jill Morgan-Taets

1 2/3 C. frozen mixed vegetables, thawed  
1 C. cut up chicken – cooked  
1 can GF condensed cream of chicken soup  
1 C. Bisquick GF Baking Mix  
½ C. milk  
1 egg

Heat oven to 400. Mix vegetables, chicken and soup in ungreased 9 inch pie plate. Stir remaining ingredients with fork until blended. Pour into pie plate. Bake 30 min. or until golden brown. Makes 6 servings.

### SESAME CHICKEN

no name

¼ C. GF flour (I use Namaste Food Perfect Flour Blend)  
1/8 t. pepper  
4 boneless chicken breasts cut into strip  
2 T. vegetable oil  
¼ C. soy sauce (I use La Choy)  
1/4 C. sugar  
½ C. sesame oil (I use pure sesame seed oil)  
2 T. sesame seeds, toasted (I use Tones)

Combine the flour and pepper in a resealable plastic bag. Add the chicken and shake to coat. Heat oil in a large skillet. Add the chicken and cook until no longer pink. Remove from skillet. Add the soy sauce and sugar to the pan. Cook and stir until the sugar is melted. Stir in the sesame oil and sesame seeds. Add the chicken and stir to coat.

### CHINESE SALAD

no name

1 head of Napa cabbage shredded  
5 scallions sliced  
½ C. sunflower seeds  
½ C. sliced almonds, browned and cooled

Sauce:

1 T. GF soy sauce  
½ t. salt  
½ C. sugar  
½ C. rice wine vinegar (I used red vinegar)  
¾ C. oil

Sprinkle the sunflower seeds and almonds on top of the shredded cabbage and scallions. Add the sauce just before serving.

### FLUFFERNUTTER COOKIES

Kendra Kelly

(from [www.pick-palate.com](http://www.pick-palate.com))

1 C. creamy peanut butter  
1 large egg  
1 C. marshmallow cream

Preheat oven to 350. In a large, bowl mix peanut butter and egg with spoon until well combined. Slowly stir in the marshmallow cream until just combined. You want to see the marshmallow cream not fully incorporated, almost like swirled through. With a small to medium cookie scoop, scoop dough onto a parchment or silpat lined baking sheet. Bake 12-15 min. or until baked through. Let cool for 5 min. on cookie sheet before transferring to a cooling rack. Definitely grab some milk with these bad boys and enjoy! Makes about 18 cookies.

### BEAN DIP

Teresa Wren

1 15 oz. can of refried beans (La Prefidas)  
6 oz. cheddar cheese (Great Value)  
¼ C. water  
1 C. salsa (Pace medium)

#### SPINACH SALAD

no name

Fresh spinach  
Fresh oranges  
Slivered almonds (Southern grove)  
Ken's Fat Free Raspberry Pecan Dressing

#### ITALIAN CAPRESE SALAD

no name

2 lbs. sweet cherry tomatoes cut in half  
1 lb. fresh Mozzarella cheese, cubed  
Fresh basil leaves  
Gino's Italian salad dressing to taste  
Mix all ingredients together and enjoy.

#### CHOCOLATE BAKING POWDER DONUTS

no name

2 C. sorghum flour  
½ C. corn starch  
½ C. baking cocoa  
2 ½ t. baking powder  
½ t. baking soda  
¼ t. salt  
¼ t. cinnamon  
1 ½ T. shortening  
1 egg  
½ C. water

Cream shortening, sugar and egg. Sift dry ingredients. Slowly mix by ½ cup into creamed mixture. Add water and mix. Turn onto GF floured surface. Roll ¼ inch thick and cut into donuts. Fry in oil. After cooled, dip or sprinkle with powdered sugar.

#### CREAMY MUSHROOM CHICKEN

BARB HUYETTE

(from the [glutenfreely.com](http://glutenfreely.com) website)

- 4 boneless skinless chicken breasts (1 1/4 lb)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup butter
- 1 package (8 oz) sliced fresh mushrooms (about 3 cups)
- 1 can (18 oz) Progresso® Vegetable Classics creamy mushroom soup
- 2 tablespoons gluten-free sour cream
- 1/4 to 1/2 teaspoon paprika
- 3 cups hot cooked brown or white rice

Season chicken with salt and pepper; set aside. In 12-inch nonstick skillet, melt butter over medium heat. Add mushrooms to butter; cook 5 minutes, stirring frequently, until beginning to brown. Remove from skillet; reserve. In same skillet, add seasoned chicken. Cook uncovered 8 to 12 minutes, turning once, until light golden brown; stir in reserved mushrooms and the soup. Reduce heat; cover and simmer 15 minutes, stirring occasionally, until juice of chicken is clear when center of thickest part is cut (at least 165°F). Remove chicken to serving platter; keep warm. Stir sour cream and paprika into mushroom mixture. Heat through (do not boil). Pour mushroom mixture over chicken on platter; serve with hot rice.

#### GOLDEN AU GRATIN POTATOES

Terri Tennison

1 box GF cream of chicken soup undiluted

1 C. (8oz.) sour cream  
¾ C. butter, melted, divided  
3 T. dried minced mushrooms or 1 T. onion powder  
½ t. salt  
1 pkg. (32 oz.) frozen hash brown potatoes, thawed  
2 ½ C. shredded cheddar cheese  
2 ½ C. Corn Chex

In large bowl combine soup, sour cream, 1/2 C. butter, onion, and salt. Stir in potatoes and cheese. Transfer to a 13x9 inch baking dish. Toss Corn Chex and remaining butter; sprinkle over potatoes. Bake uncovered, at 350 for 50-60 minutes.

#### CHICKEN FRIED RICE

Milda Rodriguez

½ C. chicken, pork or shrimp  
2 T. oil  
3 C. cooked cold rice

GF soy sauce or La Choy Soy Sauce

Carrots, peas, and onion as you desire

In large skillet, heat oil. Stir fry chicken till done, add rice and green onion. Add salt, pepper, soy sauce. Stir fry for 1 minute. Push rice to side, add eggs to scramble. Stir in to rice.

#### TERIYAKI CHICKEN DIP

No Name

1 tub whipped cream cheese, spread on plate. Sprinkle with garlic powder. Top with: Chopped chicken, shredded carrots, chopped cashews, sesame seeds. Drizzle approximately ¼ C. of honey teriyaki sauce (I used GF teriyaki sauce with honey. Tastefully Simple has this made up for this.) Serve with rice crackers. Can top with other items like red peppers, green onion, water chestnuts.

#### GLUTEN FREE COOKIE-BROWNIE BARS

No Name

##### Cookie

1 box (19 oz) Betty Crocker® Gluten Free chocolate chip cookie mix

½ cup butter, softened

1 teaspoon gluten-free vanilla

1 egg

##### Brownie

1 box (16 oz) Betty Crocker® Gluten Free brownie mix

¼ cup butter, melted

2 eggs

1. Heat oven to 350°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray.
2. In medium bowl, stir cookie ingredients until soft dough forms. Drop dough by rounded tablespoonfuls onto bottom of pan.
3. In another medium bowl, stir brownie ingredients until well blended. Drop batter by tablespoonfuls evenly between mounds of cookie dough.
4. Bake 30 to 35 minutes or until cookie portion is golden brown. Cool completely, about 1 hour. For 24 bars, cut into 6 rows by 4 rows.

Makes 24 bars

#### GLUTEN-FREE NOODLE TUNA CASSEROLE

No Name

8 ounces notta pasta fettuccine pasta

2 tablespoons butter

1 medium onions, diced

12 ounces sliced mushrooms

1 teaspoon salt & freshly ground black pepper, to taste

¼ teaspoon red pepper flakes ( more if wanted) (optional)

2 (6 ounce) cans solid white tuna packed in water

1 tablespoon cornstarch  
1 teaspoon cornstarch  
4 ounces fat free cream cheese  
2 cups whole milk or 2 cups 2% low-fat milk  
1 cup frozen peas, thawed  
2 cups crushed potato chips  
2 cups shredded low-fat cheddar cheese

Also added: 1 T. minced garlic

1. Put a large pot of salted water on to boil for pasta.
2. Preheat oven to 400°F.
3. Oil a shallow casserole dish.
4. Melt butter in a large skillet over medium-high heat. Add onions and sauté 2 minutes. Add mushrooms, salt and pepper. Sauté until mushrooms are lightly caramelized and soft, stirring occasionally.
5. While mushrooms are cooking, drain water from tuna into a small bowl. Whisk cornstarch into tuna water until smooth. Set aside.
6. Stir cream cheese into skillet and cook until melted into mushrooms. Add milk and reserved tuna water. Stirring, bring just to a boil and remove from heat.
7. Mix in peas and tuna, separating tuna into bite size flakes.
8. Stirring frequently, boil pasta for 5 minutes or until al dente. Don't overcook.
9. Drain pasta, and briefly rinse.
10. Toss with sauce and season to taste.
11. Pour into casserole and bake 10 minutes.
12. Top with potato chips &/or cheddar cheese and bake 10 minutes more, or until bubbly around edges.

#### WHITE TRASH

Heidi Wubben

3 C. Rice Chex  
3 C. Corn Chex  
3 C. Gluten Free Oat O's (or more Chex)  
3 C. Glutino's Pretzels  
2 C. Cashews  
1-2 C. plain M&M's  
1-2 C. peanut M&M's  
2 Bags White Chocolate Chips (about 1 lb.)

1. Combine everything but the White chocolate in a large glass bowl
2. Place chips in a microwave safe bowl and melt for 1 minute; stir; repeat until completely melted
3. Pour chocolate over hour dry mix and stir until coated
4. Spread out on parchment or cookie sheet and let cool
5. Eat!

#### MANGO SALSA

Heidi Wubben

1 avacado – diced & peeled  
1 mango – diced & peeled  
1 bunch green onions – chopped  
1 small can pineapple – drained  
Rotel tomatoes with green chilis  
1 T. lime juice  
Dash of salt & pepper

Here are some expressions you can use in an email to do this concisely and clearly. Asking for an appointment. (formal situations) I would like to arrange an appointment to discussâ€¦. Please would you indicate a suitable time and place to meet? (neutral) Would it be possible to meet on (date) at your / our offices to discussâ€¦? (informal) Can we meet (up) to talk aboutâ€¦? Suggesting a time.Â (formal) Unfortunately, due to some unforeseen business, I will be unable to keep our appointment for tomorrow afternoon. Would it be possible to arrange another time later in the week? (neutral) Iâ€™m afraid that I have to cancel our meeting on Wednesday, as something unexpected has come up. Would you be free to meet early next week? Apologising. (formal) I apologise for any inconvenience. I suggest setting up another meeting for next Thursday. d)I hope you've got enough room to work at that desk. There's a large storage area under the stairs. There's a place here for you Emma, if you want to sit down. e)Erica thought for a while and then dropped the ring over the bridge. From that point on, their relationship was never quite the same.Â d)Passengers who wish to alight/leave/descend at the next station should travel in the front four coaches. e)The runner with the injured foot flashed/limped/trundled across the finishing line. f)Kate spent the morning rambling/strolling/crawling along thesea-front. g)Harry strode/tiptoed/trudged along the landing, trying not to make any noiseÂ j)After the meal we lounged/loitered/lingered over our coffees for an hour or so. 267. 1 Get. During meetings, important decisions are made, people are promoted, demoted, hired or even fired! The future of companies is predicted, business tactics are analysed, competitors are targeted and strategies are planned.Â May I come in here please? Sorry, could you speak up a little please? I canâ€™t hear you at the back.Â Generally, someone who is not participating in the meeting would be called upon to be the minute-taker, but anyone may be assigned this responsibility, so it is good to be ready for it, in case your manager asks you to do it. Before the meeting begins, the minute-taker should obtain a copy of the previous (related) meetingâ€™s minutes, a copy of the agenda for the new meeting and have a list of who is supposed to be attending, to hand.