



CENTRAL IOWA CELIAC CONNECTION

JULY 2011 GF NEWSLETTER AND RECIPES

Greetings to all our gluten free friends!

We had a great pot luck on July 30th! Our picnic theme with hot dogs, and maid-rites was lots of fun, and the side dishes and desserts were fantastic!!!

We had 7 tables with samples of mostly new gluten free products!!! The following vendors donated products to our meeting: **Simply Shari's Gluten Free** donated cookies (almond shortbread, lemon shortbread, plain shortbread, chocolate chip and fudge bites); **Specialty Cakes and More** brought cake samples; **Katz Gluten Free** sent pies (blueberry, cherry and apple), chocolate cupcakes, Rugalech, and marble cake; **Roxie Rayla** brought her flour tortillas; **Domata** sent 6 bags of All Purpose Flour to give as door prizes, and donated a copy of the book Gluten Free Made Simple, which we added to our gluten free library; **Friedrich's Coffee** was donated by Colleen Meyer; **Udi's** sent cookies and Millet-Chia Bread, and they were generous enough to send hot dog and hamburger buns for the luncheon; **Katie Rigg** donated samples of the Popcorners (Sea Salt and Butter); **Marcia Dahlstrom** donated a copy of her new gluten free cook book, Gluten Free Made Simple, to give away as a door prize; **Food Should Taste Good Chips** (sweet potato, multigrain, blue corn); and **Kay Crow** made 2 beautiful baskets to give away! What a great opportunity to try some of these new products! It really was awesome, and we so appreciate the generosity of the companies and individuals that support us!

We thank **Kathy Titus** and **Lisa Smith** for coordinating the Children's Program, **Kay Crow** for taking care of the library table, **Lucy Newcomb** for cooking all the hot dogs and maid-rites, **Angie Wagner** for organizing the sample tables, and the rest of the **steering committee** for all their help!

FUTURE MEETINGS

Our next meeting will be our Holiday pot luck, Nov. 5, 2011 at Lutheran Church of Hope. This is our **biggest and best, with all the holiday trimmings!** You don't want to miss it!!! **So mark your calendars now!**

October 1, 2011: The Annual Iowa Celiac Conference, Arrowwood Resort and Conference Center, 1405 Hwy 71 South, Okoboji, Iowa 51355. The information and registration forms are attached to this newsletter.

The **34th Annual CSA Conference**, September 16 -18th, 2011, in San Diego, CA. This intensive, power-packed two and one-half day educational conference is designed for celiac and gluten sensitive individuals and families.

PRODUCT INFORMATION

As previously mentioned, **Katz Gluten Free** is now offering apple, cherry and blueberry pies and bundt cake. They will be featuring their new pies, and want to let people know about the special they have on their website, which is \$4 off the pies on the website. www.katzglutenfree.com

Running low on energy? Need a quick snack? The new **Pamela's Whenever Bars** are just what you need. Pamela's Whenever Bars offer a delicious snack whenever you need one! Try all four delectable flavors: Oat Blueberry Lemon, Oat Cranberry Almond, Oat Chocolate Chip Coconut, and Oat Raisin Walnut Spice. These tasty and satisfying snack bars are just starting to hit store shelves now.

Stores that carry **Specialty Cakes and More** products: Hy-Vees (Windsor Heights, Mills Civic, Ankeny, West Lakes, Altoona, 35th Street, Southridge, Fleur and Ames 1 & 2), Dahls (E. 33rd, Clive and Johnston). DiAnn Neumayer is also talking to the Hy-Vee stores in Omaha.

Light and airy **Genius by Glutino bread** is coming throughout the United States. Glutino has partnered with the UK's popular Genius Gluten-Free to add these delicious bread products (White Sandwich Bread and Multigrain Sandwich Bread) to Glutino's gluten-free bread selections. Genius by Glutino bread tastes great as is so there's no need to toast it. Along with being gluten-free, these breads are also dairy free.

Simply Shari's Cookies are sold in some TJ Maxx stores. Krissi at Hy-Vee in Windsor Heights will look into carrying them as well. Everyone loved them at our pot luck!

Roxanne Phillips sent information about the **Iowa Orchard selling GF pies**. I called Lori Etchen, owner, about the process by which the pies are made so cross contamination is avoided. Lori is gluten intolerant and makes the pies in her private kitchen. They do not have any GF pies on hand. They are made when ordered. This following info is from the website: "Gluten Free, Dairy Free, and Allergen Friendly Pies are now being made at Iowa Orchard. Our new line of gluten free pies is sure to please the entire family. The flaky crust is made of a unique blend of eight different flours and starches. Soy free non-hydrogenated shortening is used to give the crust an ideal texture. All gluten free pies are made without wheat, dairy, eggs, soy, nuts, or sesame. Please note: the flours used were manufactured in a facility that also uses tree nuts and soy. Flavors available are: 2-crust apple, pumpkin, peach, cherry, rhubarb, strawberry rhubarb, raspberry, blackberry, blueberry, and mixed berry. More flavors are still to come. Gluten free pies are currently available baked." Lori said that customers can purchase unbaked GF pies, freeze them, and then bake them in their own ovens. To order gluten free pies, call Lori on her 'gluten free line' at 515-771-1078. The Iowa Orchard website is www.iowaorchard.com.

General Mills Announcement: We regret to inform you that due to a location change in production, **our three gluten-free Helper Products (Hamburger Helper Cheesy Hash browns, Asian Helper Chicken Fried Rice and Asian Helper Beef Fried Rice) will soon be no longer gluten-free.** Although we are making efforts to minimize overlap and confusion at the shelf, you may find both gluten-free and gluten containing product on the shelf while the new product works its way through the

distribution system. Once the change in manufacturing location has been made, the new product will be clearly marked “May Contain Wheat”, and will no longer carry the “gluten-free” claim. As we always recommend, please read the information on the package carefully as it will communicate which product has the potential of containing gluten. A current list of our 300 GF products is listed on our website: www.GlutenFreely.com.

Fong’s Pizza is supposed to be selling gluten free pizza. I called three times to talk to the manager about their production process, but he was either too busy or not available and has not returned my calls. So use your own judgement.

1-2-3 Gluten Free[®] is pleased to announce the release of its newest product – a fortified gluten-free and allergen-free multi-purpose flour mix which can be used cup-for-cup for gluten flour. Olivia’s Outstanding Multi-purpose Flour Mix[™] is fortified with iron, calcium and B vitamins. This is the first and only gluten-free multi-purpose flour mix that is enriched. According to Connie Sarros, noted cookbook author and gluten-free expert, “In the gluten-free world, this is a huge accomplishment.”

Funky Monkey crunchy 100% fruit snacks that are gluten-, wheat-, dairy-, peanut-, tree nut- and fat-free! Freeze-dried, these fruit snacks provide three of the four recommended servings of fruit in one ounce. No artificial colors, flavors, preservatives or added sugar. These come in the following flavors: Applemon, Bananamon, Carnaval Mix, JiveALime, MangOJ, Pink Pineapple and Purple Funk.

Kind Bars are all-natural whole nut and fruit bars that are also gluten and wheat free. New flavors such as Peanut Butter Dark Chocolate + Protein, Blueberry Pecan + Fiber, and Peanut Butter & Strawberry have hit the shelves. Snack on a **Kind Plus** bar to keep you feeling full longer.

GF Kellogg’s Rice Krispies are now available at stores.

Namaste Foods, LLC, is excited to announce the opening of its new allergen-free manufacturing facility in its hometown of Coeur d’Alene, Idaho. “We pride ourselves on offering not only the best tasting gluten free products at the best price, but also and perhaps more importantly, the safest products on the market”, states Daphne Taylor, Owner and Founder of Namaste Foods.

I contacted **Gusto Pizza** since they sell GF pizza. They said they do have GF crust and use special pans, utensils, and use clean toppings. They will not claim to be strictly gluten free because the pizzas are made in the same kitchen and ovens as regular pizza. It sounds like they try to make a safe product. Use your own judgement, as you do with all restaurants.

At **Biaggi's** for the month of August, every Tuesday they are offering \$10 pasta dinners (including gluten free).

Felix and Oscar’s is offering \$10 GF pizza, and \$10 GF pasta dinners (which include salad and GF rolls!) every Monday and Tuesday!

From **Michelle Manning: Menchie's Frozen Yogurt** is coming soon. They will be located at 4825 EP True Parkway, West Des Moines. According to their flyer, their yogurts include kosher, low carb, gluten free, dairy free, and nonfat.

OTHER INFORMATION

Dr. Beltroy, Pediatric Gastroenterologist, has returned to the Blank Clinic after leaving a few years ago. I know many of you will be happy to know he is back!

Barbara Moore and I hosted a table on CD at the **Senior Health Fair** at the **Iowa State Fairgrounds** on May 18. **Nationwide Insurance** is holding a health fair in the **skywalk on Aug. 25th**, and called to see if we would participate. **Kathy Titus** and I will have a table there to share information on Celiac Disease.

Debbie Simpson sent me an email about her new book, **Adam's Gluten Free Surprise**. It is a children's book, but also helps parents and teachers understand the importance of the gluten free diet. For more information about the book you can visit www.dsimpsonbooks.com, or http://www.amazon.com/Adams-Gluten-Surprise-Debbie-Simpson/dp/1452089396/ref=sr_1_22?s=books&ie=UTF8&qid=1310528350&sr=1-22 (which offers nearly the first ½ of the book to preview).

There were a couple of **articles about gluten free dining** in June. One was an interview with **Kristine Vicker** in Metromix Des Moines. Kristine did a great job talking about her experiences with adapting to the GF diet. The other article appeared in the June 16 Datebook. Both were written by Timothy Meinch. You can see the Metromix article by Googling Des Moines Register Timothy Meinch, or go to <http://desmoines.metromix.com/restaurants/article/gluten-free-dining-out/2672541/content>.

SENATORS PUSHING FDA ON GLUTEN LABELLING: Defining a tolerable level for gluten presence in "gluten-free" foods was included as part of the Food Allergen Labelling and Consumer Protection Act (FALCPA) of 2004. In 2007, the FDA proposed that gluten should be labelled at anything over 20mg per kg (20ppm); foods labelled gluten-free containing more than this amount would be considered misbranded. Many companies are already voluntarily using this standard, but the rule has yet to be finalized.

U.S. Senators Ron Wyden (D-OR) and Patrick Leahy (D-VT) sent their letter to FDA Commissioner Dr. Margaret Hamburg asking for an explanation for the delay. They wrote: *"We ask that you provide us with an update on when FDA will promulgate a final rule, why FDA has taken so long to issue this rule, and if there are any legal or regulatory hurdles that have prevented the timely implementation of this legislation."*

The introduction of FALCPA labelling regulations mandating the labelling of gluten aimed to make this easier for those with gluten sensitivity, but research has suggested that consumers are confused by the wide variety of advisory labels as organizations have developed their own standards.

“The regulatory uncertainty surrounding FDA’s inaction has led to a proliferation of ‘gluten free’ standards and labels provided by 3rd party groups. This creates confusion for consumers, and hesitancy amongst producers on what their requirements will be.” Senators Wyden and Leahy wrote.

Most recently, Quality Assurance International (QAI) and the healthcare non-profit National Foundation for Celiac Awareness (NFCA) created a “Certified Gluten-Free” label with a tolerable upper threshold of 10ppm. The organizations released the certification scheme last month, and claim that it is independent and science-based, verified through inspections and product testing.

In Europe, the Codex Commission approved 20ppm as an accepted threshold for gluten in 'gluten-free' products in 2008, in the first update to guidelines since 1983. The limit was hugely cut from 200ppm to 20ppm – and it claims this level is considered to pose no risk to celiac sufferers. It said that the reason for the change is that low levels are more easily attainable than 25 years ago due to technological advances allowing for more accurate detection of minute gluten traces.

How Is FDA Proposing to Define ‘Gluten-Free’?

In 2007, FDA proposed to allow manufacturers to label a food “gluten-free” if the food does not contain *any* of the following:

1. an ingredient that is any type of wheat, rye, barley, or crossbreeds of these grains
2. an ingredient derived from these grains and that has not been processed to remove gluten
3. an ingredient derived from these grains and that has been processed to remove gluten, if it results in the food containing 20 or more parts per million (ppm) gluten
4. 20 ppm or more gluten

In the notice reopening the comment period, FDA states that it continues to believe the proposed definition of “gluten-free” is the correct one.

FDA’s notice also describes current analytical methods that can reliably and consistently detect gluten at levels of 20 ppm or more in a variety of foods.

The agency is interested in hearing from the public and industry. The public comment period on the proposed rule will officially open after noon on Aug. 3, 2011, and will remain open for 60 days.

To submit comments electronically, go to www.regulations.gov⁶ and

1. choose “Submit a Comment” from the top task bar
2. enter the docket number FDA-2005-N-0404 in the “Keyword” space
3. select “Search”

After FDA reviews and considers the comments, the agency will issue a final rule that defines “gluten-free” for labeling food products, including dietary supplements.

Written Submissions: If you are submitting **by fax:** 301-827-6970. If you are submitting **by mail,** use the following address:

Division of Dockets Management
HFA-305
Food and Drug Administration
5630 Fishers Lane, Rm. 1061
Rockville, MD 20852

Include docket number FDA-2005-N-0404 on each page of your written comments. NOTE: Please

keep in mind when writing that all comments may be posted without change, including personal information.

FDA announcement regarding the proposed rule on gluten-free labeling of foods: A stakeholder teleconference regarding FDA's proposed rule on gluten-free labeling of foods was held August 2. Facilitators were Michael R. Taylor, J.D., Deputy Commissioner for Foods, FDA, and Michael M. Landa, J.D., Acting Director, Center for Food Safety and Applied Nutrition, FDA. A replay will be available until September 2, 2011. To hear the replay, callers can dial 866-415-8391. International callers will need to dial 203-369-0700. "If you need additional information or have questions, please feel free to contact me. We look forward to your participation and appreciate your ongoing support of FDA and its mission."

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Survey for Individuals With Celiac Disease or Dermatitis Herpetiformis:

A study is underway at Beckman Research Institute at the City of Hope in California to examine the association between celiac disease/dermatitis herpetiformis and autoimmune disorders. Researchers are interested in your answers even if you have never had another autoimmune disorder. Completion of the survey should take about 10 minutes. This survey includes questions about basic demographics and history regarding celiac disease, dermatitis herpetiformis, diet, autoimmune disorders, allergies, and family history. Taking part in this study is entirely voluntary. There is no cost to participate and all information will be kept strictly confidential. You will not benefit directly as a result of taking part in this study, but knowledge may be gained that might benefit others. If you are interested in participating, please click on the link below to begin the survey.

<http://www.surveymonkey.com/s/GPFXZDP> The principal investigator of this study is Dr. Susan Neuhausen from the Beckman Research Institute. If you have questions regarding this study, please contact: Linda Steele at lsteale@coh.org or (626) 471-9264 or toll-free (800) 844-0049.

Some people with newly diagnosed celiac disease also have lactose intolerance. (Excerpt from Gluten-Free Diet: A Comprehensive Resource Guide by Shelley Case, RD. See www.glutenfreediet.ca) In celiac disease the small intestinal villi (tiny finger-like projections) become inflamed and flattened (known as villous atrophy) due to the reaction to gluten. The tips of the villi also contain enzymes such as lactase which is responsible for the digestion of lactose, a natural sugar found in milk and milk products. In some individuals with newly diagnosed celiac disease, especially those with major villous atrophy, the level of lactase is significantly reduced. This temporary lactose intolerance causes undigested lactose to pass through the intestinal tract, drawing fluid with it. It is then fermented by bacteria in the large intestine producing short-chain fatty acids and gases. Symptoms of lactose intolerance may include abdominal cramping, bloating, gas, nausea, headache and diarrhea. These symptoms can occur 15-30 minutes or as long as several hours after consuming foods with lactose.

The good news is that this temporary lactose intolerance often improves on the gluten-free diet alone. However, some people may also need to restrict or reduce lactose until the villi are completely healed and the lactase enzyme levels are restored to normal. This may take weeks to months depending on individual response. It should be noted that most individuals with lactose intolerance can digest small amounts of lactose. Here are some options for those with lactose intolerance:

- ♣ Lactose-reduced milk contains added lactase enzymes and about 99% of the naturally occurring lactose has been converted to simple, easily digested sugars. Some brands such as Lactaid and Dairy-Ease are available in refrigerated forms and Lacteeze is in shelf-stable and refrigerated forms. Lactose-reduced milk is slightly sweeter than regular milk but it has the same nutritional value and can be used in cooking and baking as well.
- ♣ Lactase supplements can be taken just before meals or snacks that contain lactose. Lactaid makes caplets that can be swallowed or chewable tablets. Lacteeze brand has ultra-strength tablets.
- ♣ Lactase enzyme drops can be added to liquid dairy products. You need to pre-treat the milk at least 24 hours in advance to ensure the lactase breaks down the lactose. Lactaid and Lacteeze make these drops that are available in drug stores.
- ♣ Non-dairy beverages made from nuts, potatoes, rice or soy do not contain any lactose. Look for brands that are gluten-free (do not contain any barley malt flavoring) and are enriched with calcium, vitamin D and other nutrients.
- ♣ Yogurt is often tolerated by those with lactose intolerance. Although yogurt contains lactose, the lactase enzymes in the active cultures digest this lactose. Choose brands that contain “active” or “live” cultures.
- ♣ Cheese especially aged, natural cheese such as Cheddar, Swiss, Parmesan and Mozzarella are low in lactose. In these cheeses most of the lactose is removed with the whey and the small amount remaining is broken down during the aging process, therefore, most aged cheese are well tolerated. However, processed cheese food and processed cheese spreads often contain added modified milk solids, therefore their lactose content may be higher than plain processed cheese. Light cheese products also contain modified milk solids that replace milk fat. They tend to be high in lactose.
- ♣ Milk taken in small amounts (1/4-1/2 cup) at a time may be tolerated. Avoid drinking large amounts at once. Consume milk with meals or snacks but avoid drinking on an empty stomach. The higher the fat content in the milk, the slower it is digested and more easily tolerated. Whole milk may be better tolerated than low-fat or non-fat milk.

A Potential Vaccine for Celiac Disease: The world's first potential vaccine for celiac disease has shown promising results for treating celiac disease in a Phase I clinical trial and is expected to move to Phase II trials within the next year. The Phase I trial undertaken in Melbourne, Australia, evaluated the safety, tolerability and bioactivity of the vaccine Nexvax2, which has been developed for celiac disease.

The three peptides on which the vaccine is based were identified by Dr Bob Anderson from the Walter and Eliza Hall Institute's Immunology division. The vaccine is being further developed by US biotechnology company ImmusanT, of which Dr Anderson is Chief Scientific and Medical Officer. Dr

Anderson presented the Phase I trial results on Sunday at the Digestive Disease Week symposium in Chicago, Illinois, US.

"Nexvax2® aims to desensitize patients to the three specific peptides in gluten that we have previously identified as 'toxic' to people with celiac disease," Dr Anderson said. "Our Phase I study showed that Nexvax2 was safe to use and well tolerated, and importantly, that it had the desired biological response in patients with celiac disease." Dr Anderson said the vaccine would be suitable for treating the approximately 90 per cent of celiac disease patients with the DQ2 genetic form of disease. "In our Phase I trial, we saw a Nexvax2-specific T-cell response that confirms the desired bioactivity in HLA-DQ2 genotype patients," Dr Anderson said. "We expect the vaccine to enter Phase II trials within the next 10 months, and hope to demonstrate a dramatic reduction in the body's rejection of dietary gluten so patients can resume a normal diet and return to good health."

http://www.medicel.unina.it/00_materiali/materiali_evento_napoli/the_burden.pdf

According to the National Foundation for Celiac Awareness, up to **38% of people diagnosed with Celiac Disease have no symptoms!** There are more than 300 symptoms of celiac disease, but some sufferers show no signs at all. For these individuals, diagnosis often comes too late, after related conditions develop, such as liver disease, osteoporosis, thyroid disease or cancer.

"The association between celiac disease and microscopic colitis (either collagenous or lymphocytic) is well recognized. In addition, researchers reported that the prevalence of **ulcerative colitis and Crohn's disease was significantly higher among patients with celiac disease** than in the general population (prevalence rate ratios of 3.6 and 8.5, respectively)." Nat Clin Pract Gastroenterol Hepatol. 2007.

Tallgrass Grocery Co-op will be in Valley Junction. They will share space with the Fair World Gallery. You won't have to be a dues-paying member to shop there, but members (\$100 buys a lifetime membership) will get discounts and be part of decision making. The group hopes to open Tallgrass Grocery Co-op by early September.

If you are yeast intolerant, here is a simple substitute to use in place of yeast in recipes. For one (1) Tablespoon of yeast - 1/2 tablespoon of baking soda, 1/2 tablespoon of lemon juice. Omit the rise time for the dough because the dough doesn't need to rise before baking when using baking soda as a leavening agent. Add the baking soda/lemon juice as the last ingredient to your batter in order for the reaction to work properly, and then bake as your recipe directs.

On a strict GF diet, gastrointestinal symptoms should begin to improve in a few weeks and should completely resolve after 6-12 months. After healing has occurred and anti-body levels have returned to normal, symptoms may not be a reliable way to determine whether or not you have taken in gluten. You can eat gluten-containing foods and may not have symptoms and, conversely, you can have symptoms with-out ingesting gluten. The following items may cause GI problems that are not gluten related:

Acidic foods. Vinegars, tomato products, and citrus juices can cause reflux symptoms.

Sorbitol. It is found in medication and dietetic candy. As a non-digestible sugar, sorbitol can cause bloating, gas, cramping, and diarrhea.

Guar gums. These gums are used in GF products and may cause gas, bloating and abdominal pain.

Lactose. Before the intestine has healed completely, the lactase enzyme may be deficient.

Christie Engelbert is coordinating the “Newbies Group” that we discussed at our April meeting. It is held the second Monday of every month at Lutheran Church of Hope, 7:00 pm. If you want to contact Christie her phone # is 515-440-3350, email brent_engelbert@hotmail.com.

Marcia Dahlstrom and her mother-in-law and sister-in-law, creators of the new gluten free cookbook, ***Gluten Free Made Simple***, came to our meeting to give some information on their book. It is sold at Barnes and Noble and Hy-Vee, or you can order it at www.glutenfreemadesimple.com.

They're giving a FREE cookbook away to their Facebook fans. All you have to do is "Like" them on Facebook. You can access their Facebook page by going to their website and clicking on the Facebook icon (top right corner of the page). The cookbook, *Gluten Free Made Simple*, has no less than 23 recipes in the book using Domata flour.

We have added a number of restaurants to the **GF restaurant list** so check the website for updates. If you know of other additions you want added to our list, please let me know.

Low Adherence to Biopsy Guidelines Affects Celiac Disease Diagnosis in US: (Source: Columbia University Medical Center) NEW YORK, NY (July 6, 2011)

A new study has found that most patients undergoing biopsy of the small intestine do not have the recommended number of samples to diagnose celiac disease. The study, published in the July 2011 issue of *Gastrointestinal Endoscopy*, analyzed a national database of biopsy specimens maintained by Caris Life Sciences (Irving, TX). More than 100,000 patients had a biopsy of the small intestine, but only 35 percent of them had at least four samples taken, the number recommended by professional guidelines.

Even when physicians indicated that they were suspicious of celiac disease (e.g., when patients had positive celiac disease blood tests), fewer than 40 percent of patients had at least four specimens submitted; the diagnosis was increased sevenfold when the guidelines were followed. "The process of increasing the number of specimens from two to four takes approximately one extra minute during endoscopy," said Dr. Lebowhl, an author on the study. Given the high incremental yield of submitting at least four specimens, taking this extra minute appears to be justified.

"In this study we identified just one of the factors contributing to the high rate of under-diagnosis of celiac disease in the United States. We plan on studying other physician-related factors that may also be operative," said Dr. Peter Green, Director of the Celiac Center Columbia University Medical Center, who was also an author on the paper.

The following is sent from Meg Beshey in the Fort Dodge group:

Compilation of IA State Fair Surveys

<u>Vendor</u>	<u>GF Foods</u>	<u>GF Beverages</u>	<u>Low Sugar Lactose Free?</u>	<u>Dedicated Cooking Space?</u>	<u>Can They Accommodate Special Diets?</u>	<u>Willing To Note Special Foods?</u>	<u>Wants Contact From Group</u>
Iowa Pork Tent	IA Chops, Pork Chops on a Stick, Pork Loin, BBQ Pork & Burgers w/o Bun,	Water, Pepsi products, Ice Tea	All Pork Products	Yes	Yes	No	
Iowa Fruit Vegetable Growers	Dill Pickles		none	No	No		
Midwest Dairy Association	Ice Cream	Milk, Shakes	Milk	No	Yes	Yes	
Hill Concessions	All	Coke products	All products; Low sugar- Diet Coke	Yes	Yes	Yes	
Turkey Time Concessions							
It's Turkey Time	Grilled Turkey Tenders, Smoked Turkey Leg	Strawberry Smoothies		No		Yes	
Moonlighting Concessions		Lemonade		No	No		

Grater Tater stated they offer the taters, soda and bottled water, but didn't want to guarantee they have GF food due to other foods, staff cooking things in fryer frequently. **Redbridge beer is available at Diamond Jack's.**

You can go to the State Fair website (<http://www.iowastatefair.org/competition/categories/>) to see the **Gluten Free Entries for the Food Competition**. The deadline was July 8th. The 3 categories are: Gracefully Gluten Free, Baking with Gluten-Free Bisquick and Gluten Free For You and Me.

From the Cedar Rapids Celiac Group: "Leilani, from the Lone Star Celiacs, in Texas, has contacted me about the new website she is starting. As the website grows, there may be good coupons and information for your members. <http://www.gfcoupons.com/>"

Amy Anderson offers some information about a site for those who have **multiple allergies**...it is www.allergyeats.com Amy said she has been diagnosed with a multitude of different allergies since going gluten free, and wants to connect with others who might have the same issues. If you would like to get in touch with Amy you can email her at amyanderson@mediacomcc.com.

There have been some **questions about the gluten free status of deli meats**. I contacted 3 Hy-Vee dietitians and asked them about the practices in their stores. These are their responses: From Julie at the 35th St. HV: "I double checked with Ashley, our Deli manager. She verified that they use two different slicers. All of the Di Lusso deli meats are GF and are sliced on a separate slicer and the Hy-Vee private label meats are sliced on a different one. There are some of the Hy-Vee meats that are GF and are generally sliced first. However, they do not guarantee them as GF because of that practice." From Anne at the Fleur HV: "I wish I could guarantee that the slicer was cleaned between meats. It is supposed to be (and most of the gals are really great about it in the deli). When it comes to our service cases, I always recommend the individual purchasing product to let the clerk know they have a gluten intolerance and need the slicer cleaned/new gloves etc...This just gives more assurance there will not be cross-contamination." From Jenny at the Ankeny HV: "A lot of the deli meats are gluten-free and I know they clean the slicer in between slicing several times. This is me speaking for my store. However, what I typically tell a celiac client to do is order their deli meat to be sliced in front of them and not take it out of the case. This way, they can explain that they need it due to gluten concerns and ask them to clean the slicer before they request the meat and amount that they want. I don't know of any store that would not do this for a customer."

We hope to see you all at the November 5th gluten free potluck! Remember, this is our holiday potluck, our biggest and best of the year!!!

My best to you all!

**Glutenfreely yours,
Barb Huyette
515-224-4145**

RECIPES

Corn Dip	Angela Wagner
Ingredients	
2 11 oz cans Mexicorn, drained 1 10 oz can Rotel (Mild), drained 1 c Hellmann's Light Mayo 1 c Anderson Erickson Fat Free Sour Cream 2 c Kraft Fat Free Shredded Cheddar Cheese 1 small bunch of green onions (whites & greens), chopped (I also used some red onion, chopped)	
Directions	
In a mixing bowl, mix all ingredients together. Chill. Serve with tortilla chips.	

Brownies with Chocolate Fudge Frosting	Angela Wagner
Ingredients	
2 pkgs. Betty Crocker Brownie Mix 1 c Kirkland Egg Starts (Egg Substitute) 1/2 c Unsweetened Applesauce 1 tub Pillsbury Chocolate Fudge Frosting	
Directions	
Preheat oven to 350 degrees. In a mixing bowl, mix all ingredients together. Pour mixture into a greased 9X13 pan. Bake for 30 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool. Frost brownies with chocolate fudge frosting.	

Snickers Fruit Salad	Heidi Wubben
Ingredients	
1 lg. container of Cool Whip 8 oz sour cream 10 to 12 Granny Smith apples (cut, may be peeled) 6 to 8 Snickers bars, chopped	
Directions	
In a bowl, whisk Cool Whip and sour cream. Add apples and Snickers pieces. Refrigerate overnight.	

Sweet Coleslaw	Ruth McCoy
Ingredients	
1 1/2 bags coleslaw mix 1 15 oz can pineapple tidbits, drain well, reserving juice 2 11 oz cans mandarin oranges, drain well 2 c miniature marshmallows	
Dressing Ingredients	
1 1/2 c Miracle Whip light 3 TBSP pineapple juice 3 TBSP sugar	

Jello and Mandarin Oranges	Gary Propstein
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Easy Nestles Dark Chocolate Candy	Mary Lee Phelan
Ingredients	
1 12 oz bag Nestles dark chocolate chips 1 14 oz can condensed milk 1/4 stick Blue Bonnet margarine 2 cups mini marshmallows 2 cups GF cereal 2 cups peanuts (optional)	
Directions	
Melt chocolate chips, margarine, and condensed milk in the microwave. Stir well. Add marshmallows, cereal and peanuts. Mix together. Pour into a 9" x 13" pan. Chill overnight.	

Creamy Mandarin Orange Salad	Mary Lee Phelan
Ingredients	
6 oz orange Jell-o sugarless 6 oz cream cheese softened 16 oz can mandarin oranges (save the juice) 14 oz can condensed milk 1 cup boiling water 1 1/2 cups of the mandarin orange juice	
Directions	
In a separate bowl, beat the cream cheese until fluffy. Dissolve the jell-o in boiling water. Add the juice. Stir in the condensed milk. Fold in the Cool whip and add the mandarin oranges. Pour into a casserole bowl and chill.	

Sweet & Sour Sauerkraut Salad	Carol Stayner
Ingredients	
1 qt. sauerkraut (minus 1/4 cup liquid) 1 cup diced celery 1/4 to 1/2 cup diced onion 1 cup sugar 1/2 Cup (or little less) salad oil Red and green peppers, diced (for taste and color)	
Directions	
Mix all ingredients thoroughly.	

Grandma's Macaroni and Bean Salad	Lynnette Stout
Ingredients	
2 cans dark red kidney beans, rinsed (I used Hy-Vee beans) 1 1/2 cups cooked macaroni/pasta (I used Schar Fusilli pasta) 3 hard boiled eggs, coarsely chopped 3 to 4 sweet pickles, cut in small chunks (I used Hy-Vee sweet gherkin pickles) Mayonnaise (I used Miracle Whip) Salt and pepper	
Directions	
Mix above with mayonnaise until creamy. Add salt and pepper to taste.	

Gluten Free Chocolate Cookies	Carol Stayner
Ingredients	
1 cup brown sugar 1/2 cup butter or margarine 1 egg 2 squares melted chocolate (I use envelopes) 1/2 cup sour milk or buttermilk 1/2 teaspoon soda 1/2 teaspoon vanilla 1/4 teaspoon salt 1 1/2 cups Mama's Almond Blend all purpose gluten free flour 1 teaspoon xanthan gum	
Directions	
Melt chocolate and butter. Cream sugar and egg, add chocolate. Then add dry ingredients. Drop by spoonful on greased cookie sheet Bake 350 degrees for 8 - 10 minutes.	
Frosting Ingredients	
butter powdered sugar vanilla	

Gluten Free Potato Salad	Nancy Young
Ingredients	
8 hard boiled eggs 8 cooked potatoes 1 stalk celery Salt to taste Celery seed Paprika	
Dressing Ingredients	
Smart Balance Light Mayo (Gluten Free) 1 TBSP Deli Koop's Mustard (Gluten Free)	

Kidney Bean Salad	Helen Masimore
Ingredients	
4 reg. size cans Bush's Kidney Beans 1 cup sweet pickle relish 4 boiled eggs, chopped 1 cup Reduced Fat Kraft Mayonnaise with Olive Oil 1 cup celery, chopped 1 tsp. Mrs. Dash's "Table Blend" Seasoning Chopped onion (optional)	
Directions	
Mix all together. This recipe makes a large bowl. If you want a smaller batch, cut the recipe in half.	

Cinnamon Streusel Coffee Cake	Crystal Bye
Cake Ingredients	
1 3/4 cup Gluten Free Bisquick 3 TBSP granulated sugar 2/3 cup water 1 1/2 tsp vanilla (Watkins GF) 3 eggs (I added cinnamon to the cake too)	
Streusel Topping Ingredients	
1/3 cup Gluten Free Bisquick 1/2 cup packed brown sugar 3/4 tsp ground cinnamon (I used extra) 1/4 cup firm butter	
Directions	
Heat oven to 350 degrees. Spray 9-inch pan with cooking spray. For topping, mix Bisquick, sugar, cinnamon; cut in butter with fork. Set aside. In a separate bowl, mix all cake ingredients and spread in greased pan. Sprinkle with topping. Bake for 25-30 min.	

Hodgson Mills Bread Mix	Diane Moorman
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Mini Cheese Popovers	Kim Peterson
Ingredients	
4 eggs 3/4 cup corn oil 1 1/2 cups whole milk 1 tsp salt 1 tsp garlic powder 2 1/2 cups tapioca flour (Bob's Red Mill) 1 cup shredded parmesan cheese	
Directions	
Preheat oven to 425 degrees. Combine all ingredients in a large bowl. Mix well until batter is smooth. Lightly grease a 12- or 24-cup mini-muffin pan or small dariole molds. Fill each muffin cup three-quarters full. Bake for 15 minutes or until golden brown. Breads should be crisp on the outside and hollow on the inside, like a popover. Serve Warm. Makes 48-60 mini popovers.	

Strawberry Margarita Pie	Roma Lewis
Ingredients	
1 14oz can sweetened condensed milk 1/2 c crushed strawberries 1/2 c lime juice 8 oz Cool Whip Graham cracker crust (Kinnikinnick – used the crust recipe on the box)	
Directions	
Mix milk, strawberries and lime juice. Fold in Cool Whip. Pour into crust and freeze for 6 hours. Set out 15 minutes before you cut it.	

Fruit Pizza	Gina Moline
Crust Ingredients	
1-1/4 c. GF flour 1/4 c. margarine 1/4 c. brown sugar	
Spread Ingredients	
3 oz. cream cheese 1/4 c. powdered sugar 1 tsp. vanilla 1 c. Cool Whip	
Fruit Ingredients	
3 kiwi, peeled, sliced thin 3-4 fresh strawberries, sliced 3/4 c. fresh blueberries	
Glaze Ingredients	
1/4 c. apricot preserves 1 T. water	
Directions	
Preheat oven to 350 degrees. In bowl, combine the ingredients for the crust and press into a pie plate. Bake at 350 degrees for about 15 minutes. Take out and cool. In another bowl, combine the cream cheese (room temperature), powdered sugar and vanilla. Stir until smooth. Fold in Cool Whip. Spread over cooled crust. Arrange around the outer circle the sliced kiwi, in the center the sliced strawberries and the blueberries in a single layer in between. Drizzle glaze over fruit.	

Chinese Chicken Salad	Gayle Collins
Ingredients	
1 1/2 bags classic romaine lettuce 1 pkg. pea pods 3 green onions chopped fine or 1/3 cup chopped onion 1 can mandarin oranges, drained 1 can sliced water chestnuts, drained 2 chicken breasts, baked and shredded 2 TBSP sesame seeds and 1/4 c slivered almonds, browned in oven	
Dressing Ingredients	
1/4 C salad oil 1 TBSP sesame oil 1 tsp salt 3 TBSP vinegar 1/4 tsp pepper 3 to 5 tsp sugar (depending upon how sweet you want it)	

Maid-rites	Lucy Newcomb
Ingredients	
Ground Chuck/Beef Beef Broth Granulated Garlic Granulated Onion Salt and Pepper to taste	

Peanut Butter Chocolate Chip Bars (with frosting)	Christina Schave
Ingredients	
1 box Betty Crocker Gluten Free chocolate chip cookie mix 1/3 c butter, softened 1/3 c gluten free peanut butter 1 tsp gluten free vanilla 1 egg 1 cup Betty Crocker Rich & Creamy chocolate frosting	
Directions	
Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of (8- or 9-inch) square pan. In medium bowl, stir together cookie mix, butter, peanut butter, vanilla and egg with spoon until soft dough forms (dough will be crumbly). Pat dough into pan. Bake 18 to 22 minutes or until edges are dry and golden brown. Run knife around inside edge of pan. Cool on wire rack about 1 hour. Spread frosting over bars. Cut into squares, 4 rows by 4 rows.	

Quinoa Tabbouleh (from allrecipes.com)	Jeff George
Ingredients	
2 cups water 1 cup quinoa 1 pinch salt 1/4 cup olive oil 1/2 teaspoon sea salt 1/4 cup lemon juice 3 tomatoes, diced 1 cucumber, diced 2 bunches green onions, diced 1 cup fresh parsley, chopped	
Directions	
In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions and parsley. Stir in cooled quinoa.	

Blonde Brownies	Linda Leydens
Ingredients	
1/2 c oleo melted (I used Land O Lakes unsalted butter) 2 cups light brown sugar packed 2 eggs 1 1/2 cups gluten free flour (I used Domata) 2 tsp baking powder (I used Hy-Vee Double Acting Baking Powder) 1 tsp salt 1 tsp vanilla (I used Hy-Vee Country Fare Vanilla Flavoring)	
Directions	
Melt oleo, stir in brown sugar, add eggs and rest of the ingredients. Grease 9X13 pan. Bake 350 degrees for 20-25 minutes.	

Nestle Toll House Gluten Free Cookies	Jean Neibergall
Ingredients	
2 1/4 cups Domata flour 1 tsp baking soda 1 tsp salt 1 cup (2 sticks) butter, softened 3/4 cup granulated sugar 3/4 cup packed brown sugar 1 tsp vanilla extract 2 large eggs 1 cup (12-oz. pkg.) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels 1 cup Reese's Peanut Butter chips 1 cup chopped nuts (optional)	
Directions	
Preheat oven to 375° F. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Pan Cookie Variation: Grease 15 x 10-inch jelly-roll pan. Prepare dough as above. Spread into prepared pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars. Slice and Bake Cookie Variation: Prepare dough as above. Divide in half; wrap in waxed paper. Refrigerate for 1 hour or until firm. Shape each half into 15-inch log; wrap in wax paper. Refrigerate for 30 minutes. * Preheat oven to 375° F. Cut into 1/2-inch-thick slices; place on ungreased baking sheets. Bake for 8 to 10 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 5 dozen cookies. * May be stored in refrigerator for up to 1 week or in freezer for up to 8 weeks.	

Pretzel Salad	Patty Ludwig
Crust Ingredients	
2 1/2 c crushed gluten free pretzels 1 stick margarine, melted 3 TBSP sugar	
Directions	
Combine these 3 ingredients and put in 9X13 pan. Bake at 350 degrees for 10 minutes. Let cool.	
Middle Layer Ingredients	
1 8 oz cream cheese, softened 1 c sugar 1 24 oz carton Cool Whip, thawed	
Directions	
Mix well together and spread over cooled crust.	
Top Layer Ingredients	
2 small (3 oz) or 1 large (6 oz) box of strawberry jell-o 2 10 oz pkgs frozen strawberries, thawed	
Directions	
Dissolve jell-o in 2 cups of boiling water. Add 2 pkgs of strawberries. Refrigerate until almost set. Spread over Cool Whip mixture and let set.	

Chocolate Oat Chip Cookie Bars	Christie Engelbert
Ingredients	
1 3/4 cups all-purpose flour [We used Domata All Purpose Flour] 1 tsp baking soda [We used HyVee brand Baking Soda] 1/2 tsp salt 1 1/4 cups packed brown sugar 1 cup (2 sticks) butter, softened 1/2 cup granulated sugar 2 large eggs [We used Ener-G Egg Replacer] 2 Tbsp milk 2 tsp vanilla extract [We used Kirkland Signature Pure Vanilla] 2 1/2 cups oats [We used Bob's Red Mill GF Rolled Oats] 2 Cups Chocolate Chips [We used HyVee Semi-Sweet Chocolate Chips]	
Directions	
Preheat oven to 375 degrees. Combine flour, baking soda and salt in a small bowl. Beat brown sugar, butter and granulated sugar in a large mixing bowl until creamy. Beat in eggs, milk and vanilla extract. Gradually beat in flour mixture. Stir in oats and chocolate chips, mix well. Put in greased 9x13 pan and bake for 20-25 minutes until golden brown.	

Potato Salad	Milda Contreras
Ingredients	
7 potatoes 1 c mayo 2 TBSP yellow mustard 1/2 tsp red onion 1/2 tsp celery 1/2 tsp ground pepper	
Directions	
Boil and cook potato till done peeling off and diced. Let them cool and later mix all the ingredients. Leave in the fridge for 1 hour before serving.	

Coleslaw	Kim Bailey
Ingredients	
1 pkg. coleslaw 1/2 c mayo (Smart Balance) 2 TBSP sour cream Capful white vinegar 1 TBSP sugar	

Save My Life Salad	Dianna Kruse
Ingredients	
Any vegetables cut and mixed 1 can corn, drained and rinsed 1 can black beans, drained and rinsed Hendrickson's vinegar & oil dressing	
Directions	
When ready to eat add dressing. The salad will keep a week if stored without dressing.	

Strawberry Cheesecake	Tiffany Cramer
Crust Ingredients	
<p>Jules Shepard's Gram-like cracker mix made according to directions OR 3/4 cup butter or shortening 1/4 cup honey 1 cup brown sugar 1 tsp. vanilla extract 1 1/2 cups gluten free flour mix with xanthium gum 1 cup rice flour 1/2 cup buckwheat or brown rice flour Dash of salt 2 tsp. cinnamon 3 tsp. baking powder 1/2 cup water</p>	
Directions	
<p>Beat together the first four ingredients in one large bowl and mix all of the remaining ingredients except the water in another bowl. Slowly stir the dry mixture into the first bowl, adding water as necessary to create a consistency such that you could make a ball with the dough. Divide the dough in half and refrigerate for one hour or more. For a 9 inch pie pan, you will need 1/4 to 1/3 of the dough, the rest can be rolled to about 1/4 inch thick on a "floured" surface and turned into gram crackers, cooked the same way as the crust. Press enough dough to cover the bottom (and sides if desired) of a 9 inch greased pie pan. Bake in pre-heated oven at 325 degrees for about 25 minutes. Allow to cool before filling.</p>	
Filling Ingredients	
<p>1 package Junket Danish Dessert (found above the jell-o in most grocery stores) 1 3/4 cup water 1 8oz package of cream cheese 1/2 cup sugar 1 cup whipped cream</p>	
Directions	
<p>Mix the put the water and Danish Desert powder into a sauce pan and bring to boil for one minute, stirring constantly. Remove from heat and allow to cool while mixing the cream cheese and sugar. Fold the whipped cream and 2 tablespoons of the prepared Danish Desert into the cream cheese and sugar. Pour over the crust in the pie pan. Pour the prepared Danish Desert over the cream cheese mixture. Allow to set in refrigerator for 3-4 hours.</p>	

Overnight Salad	Barbara Moore
Ingredients	
<p>2 eggs 4 TBSP lemon juice 1/4 c sugar 2 TBSP butter Fruit 2 c miniature marshmallows 1/2 pint whipped cream or Cool Whip</p>	
Directions	
<p>Beat eggs until light and fluffy. Add lemon juice and sugar and cook in double boiler until thick and smooth stirring constantly. Add butter, stir in and let cool. Add fruit and marshmallows. Fold in whipped cream or Cool Whip. Refrigerate overnight. Fruit: pineapple, white cherries, mandarin oranges, maraschino cherries, small cans peaches, pears, apricots or anything you have on hand.</p>	

Gluten Free Dump Cake	Dianne Huffman
Ingredients	
1 can cherry pie filling (I used sugar free) 1 can crushed pineapple 1 gluten free yellow cake mix 2 sticks melted butter (can use oleo) 1 cup chopped walnuts 1 cup raw coconut	
Directions	
In 9X13 sprayed dish, layer the ingredients in order listed above. Bake at 350 degrees for 50 to 60 minutes.	

S'mores Brownies (from allrecipes.com)	Angela Wagner
Ingredients	
1 pkg. brownie mix (I used Bob's Red Mill) 1 1/2 c miniature marshmallows 6 graham crackers (I used Kinnikinnick) 8 (1.5 ounce) bars milk chocolate, coarsely chopped (I used Hy-Vee Milk Chocolate Chips)	
Directions	
Preheat oven to 350 degrees. Prepare brownie mix according to package directions. Spread into a greased 9X13 inch pan. In a medium bowl, break graham crackers into 1 inch pieces and toss with miniature marshmallows and milk chocolate. Set s'more mixture aside. Bake brownies for 15 minutes in the preheated oven. Remove, and sprinkle the s'more goodies evenly over the top. Bake for an additional 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Allow brownies to cool before cutting into squares.	

S'mores (from allrecipes.com)	Angela Wagner
Ingredients	
1 c butter, melted 2 c semi-sweet chocolate chips (I used milk chocolate chips) 1/3 c white sugar 3 c miniature marshmallows 3 c graham cracker crumbs (I used Kinnikinnick)	
Directions	
Preheat oven to 350 degrees. Butter a 9X13 inch baking dish. In a medium bowl, combine butter, sugar and graham cracker crumbs until well coated. Press half of crumb mixture into the bottom of the prepared pan. Top with the chocolate chips, then the marshmallows. Sprinkle the remaining graham cracker mixture over the marshmallows and press down with a spatula. Bake in preheated oven 10 minutes, until marshmallows are melted. Cool completely before cutting into squares.	

Coleslaw	Sue Brinker
Ingredients	
1 16 oz bag of coleslaw 1 c raisins 1 c coarsely chopped walnuts 1 c bottled slaw dressing	
Directions	
In a bowl, mix all ingredients together.	

Artichoke Pesto Dip	Amy Anderson
Ingredients	
8 oz cream cheese 12 oz frozen artichokes, thawed 7 oz jar pesto	
Directions	
Combine in food processor.	

Popcorn	Ilene Brotherson
Ingredients	
2 quarts popped popcorn 1 1/3 c chopped pecans 2/3 c sliced almonds 1 1/3 c sugar 1 c oleo 1 tsp vanilla 1/2 c clear syrup	
Directions	
Combine sugar, oleo and syrup in a pan, bring to boil over medium heat, stirring occasionally for 10 minutes or light caramel color. Remove from heat, stir in vanilla. Spread on cookie sheet to dry.	

Grape and Nut Salad	Dianna Kruse
Ingredients	
Grapes, cut in half Sliced almonds or pecans Cream cheese Sour cream Brown sugar	
Directions	
Layer grapes, nuts with cream cheese and sour cream mixture sprinkle sugar over cheese. Mix when ready to serve.	

Fresh Cucumbers with Vinegar/Sugar	Janice Monson
Ingredients	
5 medium cucumbers, peeled and thinly sliced 1 1/2 c sugar 1 c cider vinegar 1/3 c water A couple of dashes black pepper	
Directions	
Sprinkle cucumbers heavily with salt, mix well and allow to stand for 30-45 minutes. Drain and rinse well. Mix the remaining ingredients and pour over the well drained cucumbers. Let set 3-4 hours or overnight. Serve with slotted spoon.	

Picnic Potato Salad	Janice Monson
Ingredients	
2 lbs russet potatoes (about 6 medium) 1 1/4 c mayonnaise 1 TBSP prepared yellow mustard 1 TBSP Spice Islands Spicy Steak Seasoning 1 c diced celery 1/4 c onion, finely chopped 4 eggs, hard boiled, coarsely chopped	
Directions	
Cook potatoes until just tender. Drain, cool and cut into cubes. Add chopped eggs, onion and celery. Combine mayonnaise, mustard and Spicy Steak Seasoning and combine with potato mixture. Stir to coat. Cover and chill for 6-24 hours. (Note: Red potatoes may be substituted. You may also use Spice Islands Steak Seasoning.)	

Potato Salad	Judy Gaynor
Ingredients	
5 lbs B sized red potatoes 12 boiled eggs 1 medium onion, diced 1 1/2 c Miracle Whip salad dressing 1/4 c French's yellow prepared mustard Salt to taste	
Directions	
Boil potatoes with the skins on. When cool slice with the skins on. Dice the eggs in an egg slicer. Mix together sliced potatoes, diced eggs and diced onions until well blended. Add salt to taste. In another bowl, mix Miracle Whip and French's mustard together. (You may want to start with a smaller amount of mustard and then add more to your taste.) Add dressing to potato mixture and stir well. Cool in refrigerator overnight.	

Fresh Peach Cobbler	Kay Crow
Ingredients	
10 to 12 fresh peaches 1 c sugar 2 TBSP tapioca	
Topping Ingredients	
1 1/4 c gluten free Bisquick 1/2 tsp cinnamon 2 TBSP sugar 2/3 c milk 1 tsp vanilla 2 TBSP margarine, melted Whipped Topping or Ice Cream	
Directions	
Peel and slice peaches; stir in sugar and tapioca. Spread in casserole dishes. Combine remaining ingredients and mix until a soft dough forms (add a little more milk if necessary). Spoon dough onto peaches. I use a cookie scoop to do this as dough is hard to spread. Sprinkle top with cinnamon and sugar. Bake at 350 degrees for 40 minutes. Serve warm with whipped topping and vanilla ice cream.	

Summer Pea Salad	Dave Johanson
Ingredients	
16 oz frozen peas, not thawed 8 oz diced water chestnuts 1/2 c scallions (green onions) 2/3 c mayonnaise 2 tsp gluten free curry powder Salt and pepper to taste Nuts (optional)	
Directions	
In a bowl, combine mayonnaise and curry powder. Add peas, water chestnuts and scallions. Stir to coat. Prepare the morning before serving. Add nuts (if desired). Add salt and pepper to taste.	

Peach Pie	Deb Umland
Donna Jo's Dream Pastry (from Bette Hagman's Cookbook) Pastry Ingredients	
1/2 c tapioca flour 1/2 c cornstarch 1/4 c potato starch 1 c sweet rice flour 1 tsp xanthan gum 1/2 tsp salt Dash sugar (optional) 1/2 c margarine 1/2 c butter 1 egg (cold) 1 TBSP vinegar 4 TBSP ice water Sweet rice flour for rolling	
Pastry Directions	
Mix together flours, xanthan gum, salt and sugar. Then cut in margarine and butter. Beat egg, add vinegar and ice water. Stir into flour mixture, forming 3 balls. Refrigerate dough for 1 hour or more to chill. Roll dough out on plastic wrap, for easier handling, dusting with sweet rice flour. Makes enough pastry for a 2-crust 9" pie, plus 1 pie shell.	
Pie Filling Ingredients	
5 c sliced fresh peaches 3/4 c sugar 3 TBSP cornstarch 1/4 tsp cinnamon 1 TBSP butter	
Directions	
Bake pie for 25 minutes at 425 degrees then reduce heat to 350 degrees and bake another 25-30 minutes or until golden brown and bubbly in the center.	

Angel Food (Revised)	Joan Benson
Ingredients	
1/3 c potato starch 1/3 c cornstarch 1/3 c powdered sugar 1 tsp dried lemon peel (optional) 12 large egg whites 2 TBSP water 1/2 tsp salt 1 1/4 tsp cream of tartar 3/4 c sugar 1 tsp vanilla (optional)	
Directions	
Preheat oven to 375 degrees. Have available a large angel food pan with removable bottom. Sift together 4 times the flour, cornstarch and powder. Add lemon peel (if used). In the bowl of your mixer, whip the egg whites, water, salt and cream of tartar until foamy. Slowly add the sugar while beating until soft peaks form. Fold in the flour mix, a little at a time. Add the vanilla (if used) and spoon into the cake pan. Cut through the batter with a knife to eliminate any air bubbles. Bake for 35 minutes. Reverse pan immediately when taken from oven and stand on legs or tubular center until cool. Drop the cake, reserved, onto the serving plate and frost with whipped cream or your favorite frosting, if desired. Makes 12-16 servings.	

Strawberry Pie	Deb Umland
Ingredients	
1 quart of fresh strawberries 1 c water 1/2 c sugar 2 TBSP cornstarch 1 3 oz box strawberry jell-o 1 already prepared pie crust	
Directions	
Clean and slice strawberries, then put in prepared pie crust. In a saucepan, stir cornstarch into sugar, then add water. Cook on stove until it starts to boil and becomes thick, then stir in the jell-o until dissolved. Let cool until lukewarm and still pourable. Pour over strawberries. Place in refrigerator until completely cooled and pie is set. Serve with whipped cream or cool whip.	

Strawberry Mousse (from Gluten-Free Made Simple Cookbook)	
Ingredients	
1 3 oz pkg lime gelatin, such as jell-o 1/3 c boiling water 1 c plain yogurt 1 6 oz carton gluten free key lime yogurt, such as Yoplait 1 8 oz carton gluten free whipped topping, such as Cool Whip Shaved chocolate (optional)	
Directions	
Pour gelatin into a large bowl. Add boiling water and stir until gelatin is dissolved. Add plain yogurt and key lime yogurt and mix well. Fold in whipped topping. Spoon into dessert dishes. If desired, sprinkle with chocolate. Chill until set. Serves 8.	

Potato Salad	
Ingredients	
Boiled russet potatoes (peeled, cooled and diced) Diced boiled eggs Pickle relish Onion, chopped Hellmann's Mayo Salt and pepper to taste	

Frosting (for Bob's Red Mill Mini Cupcakes)	
Ingredients	
1 1/3 c sugar 6 TBSP milk 6 TBSP butter 2/3 c Hershey chocolate chips	
Directions	
Boil first 3 ingredients for 1/2 minute. Remove from heat and add chocolate chips.	

Spring Pasta Salad	
Ingredients	
Tinkyada Brown Rice Pasta Cucumbers Tomatoes Carrots Kraft Buttermilk Ranch Dressing Pinch of Salt	

Betty Crocker Peanut and Chocolate Chex Bars	
Ingredients	
4 c chocolate chex cereal 1/2 c salted peanuts 1/2 c light corn syrup 1/4 c sugar 1/2 c creamy peanut butter 1/4 c candy-coated chocolate candies	
Directions	
Butter bottom and sides of 9-inch square pan, or spray with cooking spray. In large bowl, mix cereal and peanuts. In 1-quart saucepan, heat corn syrup and sugar over medium heat, stirring constantly, just to boiling. Remove from heat; stir in peanut butter until smooth. Pour over cereal mixture in bowl, stirring until evenly coated. Stir in candies. Press firmly in pan. Cool 1 hour. Store loosely covered.	

Chocolate Chip Peanut Butter Cookies	
Ingredients	
1 c peanut butter 1 c sugar 1 beaten egg 1/2 c chocolate chips	
Directions	
Preheat oven to 350 degrees. Mix peanut butter, sugar and egg together, then mix in chocolate chips. Bake for 8–10 minutes.	

Broccoli Salad
Ingredients
2 bunches broccoli florets 8 slices bacon (crisp and crumbled) 1/4 c minced green onion 1/4 c raisins
Dressing Ingredients
1 c Hellmann's Mayo 2 TBSP sugar 2 TBSP vinegar
Directions
In a bowl, mix all ingredients together. Make 2-3 hours ahead.

Caramel Corn (Old Dutch Style)
Ingredients
1 pkg Old Dutch Puffcorn 1 c butter (not margarine) 1 1/4 c brown sugar 2/3 c light corn syrup 1 tsp baking soda
Directions
Preheat oven to 250 degrees. Combine butter, brown sugar and light corn syrup in a 2 quart sauce pan, cook on medium heat until mixture has melted. Once mixture has melted add the baking soda. (Note: This will cause the mixture to foam.) Pour Old Dutch Puffcorn into a large roaster pan. Pour caramel mixture over the Puffcorn and stir until mixed. Place in oven at 250 degrees for 45 minutes, stirring at least every 10–15 minutes. Remove from oven, pour on wax paper and break apart. Let cool.

Perfect Gluten Free Croutons
Ingredients
1 bag Udi's Bagels (defrosted at room temperature) 1/4 cup olive oil 3 cloves garlic salt and pepper to taste
Directions
Preheat oven to 375. Take the bagels out of the bag. Using a serrated knife, make sure each bagel is cut all through (follow the cut on the bagel that is already made). Using the same knife, cut 1/2" cubes of bagel making the perfect bite sized croutons. Place croutons in a large bowl. Peel garlic. Either mince garlic or use a garlic press to mince garlic (I like to use the garlic press – it is so easy). In a small sauté pan add the garlic, salt/pepper and oil. Place over medium heat and stir constantly. Once the oil starts to bubble, heat for one minute stirring constantly. Remove from heat. Pour hot oil over croutons in bowl and stir to coat well. You might want to use a spoon to stir so you don't burn your hands on the hot oil. Pour croutons onto a rimmed baking sheet. Bake at 375 for ten minutes, stirring once. When croutons are slightly browned, remove from oven. Allow to cool. Once cooled you can store these in the freezer for months or use fresh this week.

Chocolate Cupcakes
Ingredients
1 box Arrowhead Mills Gluten Free Cupcake Mix 1 egg 1/3 c Hy-Vee Canola Oil 1 c warm water Pillsbury Creamy Supreme Vanilla Frosting

