



THE CENTRAL IOWA CELIAC CONNECTION

*Education and Support for Those with Celiac Disease
And Other Gluten Intolerance Issues*

January 2020 Newsletter and Recipes






We were so lucky to have a beautiful winter day for our latest gluten free pot luck! What a great variety of casseroles, side dishes and desserts! WOW! "Warm and Cozy" was our theme and we really made it come to life! The food was fabulous! Thank you all for your contributions to this wonderful event once again! The recipes from this potluck are following the newsletter. Thanks to all the steering committee members who made extra casseroles so there would be no chance of running low on food! That includes Kathy Webb, Angie Wagner, Lucy Newcomb, Micca Guylar, Christie Engelbert, Jan Morgan, Diana Heard and Barb Huyette.

Thanks to all who emailed your recipes to me for the newsletter before and after this pot luck!

I really appreciate that, since it takes much time for me to retype all those that were not sent, along with all the ones that don't have email! I know it's easy to forget to send me your recipes by email after the potluck, which is why I send out those reminders the week before the potlucks in hopes that you will send your recipes to me ahead of time so I can get them into the newsletter. This time I had to type about 30 recipes, most of them belonging to people who actually have email!

There's lots of information (and pictures!) on the **Central Iowa Celiac Connection website!** Go to www.celiacsconnect.com.

Don't forget to check out the **Gluten Free Library organized by Amber Huber**. It is available for you to use any of the books, magazines and CDs at no charge. However, these items are not to be taken permanently, but rather should be returned at the next potluck. If you won't be able to come to the next meeting just let Barb know and we can make arrangements to get the item you checked out. Thank you so much for your cooperation!

-  **Thanks so much to Roberto's** for providing us with the samples of their pizzas today!
-  **Three \$10 Freidrich's gift cards** donated by Colleen Meyer
-  **Two "Super Bowl Celiac Support Baskets donated by Jeff Wagner**
-  **Gift basket donated by Sue Horning**
-  **Roberto's Pizzas** donated for door prizes

FUTURE MEETINGS AND EVENTS

Our Next Potluck will be June 20th, 2020. We so appreciate Hope giving us a date this far in advance so we can get this information out to all of you in the newsletter! We haven't come up with a theme yet so if any of you have an idea that you would like us to use please let me know! We are always open for ideas!

We mentioned this at our last meeting, but it's worth repeating, Diana Heard has generously agreed to organize the next ***Celiac Awareness Walk in 2020!*** She did such an amazing job with the Walk on September 28th, 2019! Diana collected so many fabulous raffle prizes. Approximately 100 people attended the walk, which made it a great success! **The total raised by the Walk was \$2,447.00!** 75% of that total, \$1850, was donated to the Mayo Clinic (which was specified for the celiac research area only), and the remainder, \$597, was given to the Central Iowa Celiac Connection to help cover some of our ongoing expenses. We received a very nice letter of appreciation from Mayo for our donation. Diana is so appreciated for her huge effort in making our celiac walk a huge success!!! More information will be coming later, but the **date for the next walk will be October 10th, 9-11 am. at the Jordan Creek Town Center Amphitheater (the same place as last year). Please mark your calendars now so you won't miss this very worthwhile event!**

The Central Iowa Celiac Connection offers a **“Newbie’s Group”** for individuals during the first 6 months after being diagnosed with celiac disease. This group is held at Lutheran Church of Hope the second Monday of each month, 7:00 pm. This allows for a small group atmosphere to encourage questions and discussion. **Christie Engelbert** is the facilitator for this group and provides lots of valuable information.

Gluten-Free Newbies for Kids and Teens: *Second Monday of the month (April 8 – Aug. 12), 7:00-8:00 pm.* This new small group is designed for any child or teenager (age 5 and up) in their first year of being gluten-free (although all are welcome!). We will focus on safe foods, eating out, and being gluten-free at school and in social situations. There will be plenty of time to share, ask questions and get ideas from each other. **Diana Heard** facilitates this group, and she wants you to know that kids and teens can meet at the same time the adult Newbies meet. You can contact Diana at dheard@mchsi.com, or call 515-259-9157.

Plans have begun for the **2020 Iowa Celiac Conference**. It will be held at the Waterloo Center for the Arts on October 3rd, 2020. The Center is located downtown Waterloo just off Hwy 63. Sunrise Catering will be catering the noon meal; there will be a vendor fair, a doctor specializing in celiac disease, and a dietitian, as well as others on the program. More information will become available as the time approaches.

PRODUCT INFORMATION

Those of you at the potluck will remember the discussion about **Glutino English muffins**. **Lynn Louk** was asking if anyone could suggest an English muffin because she could not find the Glutino muffins any more at Hy-Vee. She had been told by the person doing the ordering for the Urbandale HyVee that the English muffins had been dropped from the Glutino line. After the potluck when she was in the Urbandale Fareway, their freezer case was well-stocked with Glutino English muffins☺. The “best if used by” date on them is August 31, 2020. So Glutino apparently is still making them; they just must not be stocking them in the Hy-Vee warehouse. **Udi's GF English Muffins** are sold at the Hy-Vees (I saw them there yesterday).

Roberto's Pizza provided samples at the Central Iowa Celiac Connection potluck on Saturday, January 25th. **The pizza is FANTASTIC!** And the crust is absolutely perfect! Austin is working on making a cheese pizza next. They're now available at the Waukee, Valley West, South Ankeny and Urbandale Hy-Vees.

Victoria's Gluten Free Kitchen HAS CLOSED as of February 3rd. This was a difficult decision for them, and they so appreciated the support of so many in the gluten free community.

Kettle Cuisine of Lynn, MA is voluntarily recalling Marketside Brand Creamy Cauliflower Parmesan Soup 16oz because a limited quantity of retail pots may contain Fish and Wheat allergens not declared on the label. The product was distributed to Walmart stores in all 50 states for purchase in store or online.

RECALL - Kettle Cuisine Midco, LLC, a Lynn, Mass. establishment, is recalling approximately 200 pounds of ready-to-eat (RTE) lentil and beef soup products due to misbranding and undeclared allergens, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced. The products contain egg and wheat, known allergens, which are not declared on the product label. The RTE lentil and beef soup items were produced on Dec. 12, 2019. The following product is subject to recall: 7-oz. polypropylene cup with film containing "little dish FRESH FOOD FOR KIDS Lentils & Beef with Vegetables for toddlers" with a best buy date of 1/10/20. The products subject to recall bear establishment number "EST.18468" inside the USDA mark of inspection. These items were shipped to customers in Connecticut, Maryland, New Jersey, New York, Pennsylvania, and Washington, D.C., via internet sales. The problem was discovered when the company received a complaint from a consumer who reported finding noodles in their lentil and beef soup.

PRODUCT ALERT: From the Gluten Free Watchdog, LLC: Sticky Fingers Bakeries Gluten Free Scones Mix includes wheat flour in the **ingredients list**.

From the NCA dietitian: Question: Can you tell me if autolyzed yeast extract contains gluten? I have also heard that Brewer's yeast does. Thank you.

Answer: Autolyzed yeast extract and yeast extract may contain gluten from barley. You should always check with the manufacturer about the gluten-free status of the product if it lists autolyzed yeast extract or yeast extract in the ingredient listing and is not labeled gluten-free as manufacturers are not required to declare *barley* on the label. If you see a gluten-free label on the product then it has to adhere to the Food and Drug Administration's regulation of containing less than 20 parts per million of gluten. To confuse things further **autolyzed yeast (not the extract)** is gluten-free. **Brewer's yeast** is not gluten-free and contains barley. Brewer's yeast is the byproduct of beer production and therefore contains barley malt which is not gluten-free. Sometimes Brewer's yeast is confused with **nutritional yeast** as they are both the from the same yeast species -*Saccharomyces cerevisiae*. However, nutritional yeast is not a byproduct of beer production and is typically grown on molasses from sugar beets or cane and is gluten-free.

ADDITIONAL INFORMATION

I mentioned this in my last newsletter. But this too is worth repeating! I have always understood that first degree relatives had a 10% chance of developing celiac disease. But...A RECENT MAYO CLINIC STUDY confirmed the importance of screening first degree relatives for CD, citing that **44% of patients screened had undiagnosed CD.** 94% of them had no symptoms that are not classical. The study identified 477 first degree relatives of 106 patients who had been diagnosed with CD. 360 of those first degree relatives were screened for CD, and 160 of them were diagnosed with CD. Study author Dr. Joseph Murray stated, "This research illustrates why it is important for clinicians and patients to be vigilant for celiac disease, especially in those with a family history. Reference: <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-study-calls-for-screening-of-family-members-of-celiac-disease-patients/>

CELIAC DISEASE AND “BRAIN FOG” – *Can autoimmunity cause neurological problems?* -- UChicago Medicine, Celiac Disease Center

Celiac disease can be hard to diagnose because symptoms are so diffuse: anemia, osteoporosis, loss of dental enamel, heartburn, headaches, tingling hands, joint pain, a blistering skin rash, etc. Children may suffer vomiting, diarrhea, poor appetite, muscle wasting, and even failure to thrive; adolescents may be abnormally small for their age, with delayed puberty.

Among the hardest symptoms to pinpoint and link to celiac are encompassed in what some patients call “brain fog.” Those with the disease often report episodes of headaches, depression, moodiness, difficulty concentrating, fumbling to choose words, and/or feeling tired even though they just got out of bed. Sometimes only when people are diagnosed with celiac, change to a gluten free diet, and then find these symptoms disappear do they realize how celiac inflammation affected the clarity of their neural processing. The problem is, total gluten elimination is hard to accomplish.

While gluten-free foods and restaurants are becoming increasingly common, food is fundamental to most social relationships, and it’s hard to manage every interaction without seeming prickly or oversensitive. Moreover, a study found that 20 percent of food labeled “gluten-free” actually contained gluten. And many non-food products use gluten as an edible “glue” to bind mixtures together, including some vitamins, medications, lipsticks and lip balms, even bouillon cubes. Then there are the products one might never suspect involve gluten, like pickles, hot cocoa mix (celiac patients often make their own), and soy sauce (one can substitute the safer tamari). So what happens when a patient with celiac has an inadvertent exposure to gluten? Or the pizza shows up in your child’s school and resistance is low? Some people find themselves living through several days when their brains just don’t seem to function. Work and school become a challenge, even for people who are normally bright and creative. People accidentally exposed to gluten report symptoms from irritability to anxiety to full-blown panic attacks.

Bana Jabri, MD, PhD, research director of the Celiac Disease Center, has long been interested in understanding the **neurological distress** that sometimes follows accidental gluten exposure. She wants to find out if immune factors called cytokines, released in response to gluten exposure, affect brain chemistry and the nerve centers feeding back to the gut. Understanding the relationship would provide a better understanding of the neurological mechanisms involved not only in celiac disease, but also in other autoimmune conditions like multiple sclerosis and rheumatoid arthritis, in which patients also report similarly diffuse cognitive impairment. Jabri has established a collaboration with Jean Decety, PhD, a UChicago neuroscientist internationally recognized for his work in using fMRI (functional magnetic resonance imaging) to understand affective behavior.

While a handful of case studies have used fMRI to study extremely serious neurological symptoms in individual patients with celiac disease, no one has yet undertaken a larger study of how celiac creates the “brain fog” that seems such a common complaint. The plan is to have patients undergo fMRI, immunological, and other testing before and after a controlled gluten ingestion to map the changes in all these factors. Jabri and Decety hope the results will help generate novel insights into the neurological impact of the disease and potential therapeutic avenues to prevent these negative outcomes. Right now they are searching for funding to support these studies. But what they find may make life a lot easier for the three million Americans living with celiac disease, some living in fear that they may accidentally ingest something that will put them in a fog for days. ■

The **Waverly Area Celiacs have completed their second gluten free cookbook!** The title is "Gluten Free Recipes, Tried and True for You", and it is a collection of recipes from the Waverly and New Hampton celiac members and some friends. This cookbook contains the history of the Iowa Celiac Support Groups. Also in this

edition are ten "Our Celiac Stories", before diagnosis and after. The cost of the book is \$18.00 plus \$3.27 for postage if mailed. You can contact Betty Bast at 319-231-0107, or email bastbetty13@gmail.com.

WE ALL KNOW NOT TO EAT RAW COOKIE DOUGH (back when we made those yummy chocolate chip cookies) because of the risk of Salmonella in raw unpasteurized eggs. Right? Well, less known is that you should be treating **raw flour** the same way, **including GF flours**. Due to recent E. Coli outbreaks, the CDC has launched educational campaigns to provide information associated with improper handling of raw or unheated flour. Because flour is a raw agricultural product it can be exposed to harmful germs while growing in the fields. And because flour isn't treated during production to kill bacteria, it is possible for bacteria to remain in products like your favorite GF flour, cake mix or refrigerated cookie dough. *Reference:*
<https://www.cdc.gov/features/no-raw-dough/index.html>

DOES A HIGH GLUTEN INTAKE DURING CHILDHOOD INCREASE THE RISK OF DEVELOPING CELIAC DISEASE?

-Published 10/22/2019

Is the risk of developing celiac disease higher in genetically at-risk children if they consume high quantities of gluten during the first 5 years of life? A study published in the Journal of the American Medical Association investigated this question.

Methods: The study examined the gluten intake of 6605 children 6 months of age, 9 months, 12 months, and then every other year until age 5.

Outcomes: The higher the child's gluten intake, the higher the risk of developing celiac disease. For every gram per day increase in gluten consumption, the risk of developing celiac disease autoimmunity (as defined by positive tissue transglutaminase (tTG) autoantibodies in 2 consecutive serum samples) increased by 6.1%, and the risk of developing celiac disease increased by 7.2%. In this case, celiac disease diagnosis was confirmed by intestinal biopsy or persistently high serum tTG antibodies. This correlation was particularly high if 2-year old children consumed more than 2 grams of gluten per day. This amount corresponds approximately to one slice of white bread or 150 grams of cooked pasta.

Conclusions

Higher gluten intake during the first 5 years of life is associated with **increased risk** of celiac disease autoimmunity and celiac disease. - References: Andr n, A.C., Lee, HS., H rd Af Segerstad, EM., Uusitalo, U., Yang, J., Koletzko, S ... TEDDY Study Group. (2019). Association of Gluten Intake During the First 5 Years of Life With Incidence of Celiac Disease Autoimmunity and Celiac Disease Among Children at Increased Risk. *Journal of American Medical Association*, 322(6), 514-523. [doi:10.1001/jama.2019.10329](https://doi.org/10.1001/jama.2019.10329).

"The **Sch r team** was proud to sail on **ROYAL CARIBBEAN'S MARINER OF THE SEAS FOR THE FIRST CELIAC CRUISE**. Over 500 gluten-free cruisers joined us on the ship, which had a dedicated gluten-free dining hall and food preparation area to eliminate risk of gluten contamination. Spots for the next cruise are filling up quickly - so let your patients know about it today!"

FROM THE NCA DIETITIAN: Question: I've been experiencing increased anxiety around eating new foods and at new restaurants. Do you have any tips for being able to manage this? It is starting to affect my general happiness and my ability to participate in social situations.

Answer: Eating out can be very anxiety provoking when you have celiac disease and with good reason. In a study of 105 patients with celiac disease 29% of gluten exposure was attributed to problems ordering at restaurants.¹ There is always going to be a risk of getting exposed to gluten when eating away from home.

However, with a bit of research and extra communication it is possible to enjoy a gluten-free (GF) meal at a restaurant. It can be hard balancing living a normal life and staying vigilant about gluten exposure.

A recent study of adults and teens with celiac disease showed that those who were hypervigilant about their diet had a lower quality of life than those who were not. If you have a lot of anxiety about eating out then stick to places you know have good awareness of the GF diet and choose menu items that you know are naturally GF. I would also talk to your family and friends about your fears so that they can be supportive when you go out to eat. Ask to be the one picking the restaurant so you can do adequate research ahead of time. If the anxiety gets overwhelming it can be very helpful talking to a licensed mental health professional who can come up with appropriate strategies to manage the anxiety. Another thing that can be helpful is to connect with others that have celiac disease and hear about their approaches to eating out. You can search for a support group near you here:

Here are **some general tips** for safely eating out at restaurants:

- Look up restaurants and menus online
- Call the restaurant and ask about GF options and preparation methods– off hours are best as staff may not have time to talk on a busy night
- Use an app such as [Find Me Gluten-Free](#) to find restaurants near you and read reviews.
At the restaurant alert the manager and all staff about your GF requirement, **tell them it is a serious health issue not a lifestyle choice**
- Ask for a GF menu if available

FROM THE NCA DIETITIAN: *Question:* Q: I'll be traveling abroad three times in the next year and while I'm excited, I feel worried about food availability while traveling. I really don't want to get sick while in a foreign country. Do you have any tips for traveling with celiac disease?

Answer: Traveling while staying gluten-free (GF) can be a daunting task, but is possible with a bit of planning and research ahead of time.

General Tips for Traveling:

1. Carry GF snacks.
2. Bring GF foods such as cereal, bread and pasta.
3. Have GF foods shipped ahead of time to your destination.
4. Keep a restaurant card with you that explains the GF diet.
5. Book accommodations with a refrigerator/microwave/kitchenette.
6. Request a GF meal when flying.
7. Look into travel companies that serve GF customers.¹
8. Contact a celiac organization in the country you are visiting for more information about local GF foods: <https://www.beyondceliac.org/celiac-disease/additional-information/international-groups/>

Gluten-free Air Travel:

- On international flights and those over 7 hours GF meals are usually available upon request from major airlines.
- Keep in mind that most airlines usually need at least a week's notice for GF requests.
- Always plan for delays or mishaps! Carry extra snacks with you.

Good Snacks to Carry: GF fruit and nut bars, Cheese sticks, Whole fruits, Cut veggies, GF sandwiches*, GF crackers/rice cakes, GF beef jerky*, Rolled up cheese and ham*.

THERE IS ANOTHER POTENTIAL TREATMENT FOR CD! A phase 2 clinical trial conducted at Northwestern University yields hope for a potential treatment for CD. In this trial, nanoparticles were used to convince the immune system not to attack gluten by hiding gliadin, the major component of dietary gluten, in a friendly shell. The immune system then shuts down its attack on the allergen, and the immune system is reset to normal! After the nanoparticles were injected into their bloodstream, participants in the trial consumed gluten for two weeks. While control patients developed an immune response and showed damage to their small intestine, patients who received the nanoparticles showed 90% less immune inflammatory response.

Dr. Ciaran Kelly, professor of medicine at Harvard Medical School and director of the celiac Center at Bath Israel Deaconess Medical Center has been working with Stephen Miller, Professor of Microbiology and Immunology at Northwestern University's Fienberg School of Medicine, who is also the co-founder of COUR Pharmaceuticals. This exciting research is also promising for others. Miller stated, "We have also shown that we can encapsulate myelin into the nanoparticle to induce tolerance to that substance in multiple sclerosis models, or put a protein from pancreatic beta cells to induce tolerance to insulin in type 1 diabetes models. Reference: <https://news.northwestern.edu/stories/2019/10/new-treatment-may-reverse-celiac-disease/>

CELIAC DISEASE TEST WITHOUT GLUTEN CHALLENGE: Researchers in Australia, Norway and the US have identified distinct markers in the blood of people with CD that that may lead to the production of a blood screen for CD that would require only a single exposure to gluten. This test would be suitable for patients who are already on a GF diet and would eliminate the need for a long gluten challenge. John Tye-Din, head of celiac research at the Walter and Eliza Hall Institute, said, "For the many people following a gluten-free diet without a formal diagnosis of celiac disease, all that might be required is a blood test before, and four hours after, a small meal of gluten...This would be a dramatic improvement on the current approach, which requires people to actively consume gluten for at least several weeks before undergoing an invasive procedure to sample the small intestine."

Reference: <https://www.wehi.edu.au/news/gluten-response-coeliac-patients-could-lead-diagnostic-test>

If any of you have ideas for the pot lucks, newsletters, feedback or questions please email or call Barb at 515-224-4145 or email barb@celiacsconnect.com. We would love to hear from you!

WE HOPE TO SEE YOU ALL AT OUR NEXT GLUTEN FREE POTLUCK ON JUNE 20TH, 2020! If you have any questions or concerns please feel free to call me at the number below.

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

The Central Iowa Celiac Connection Steering Committee Members: Barb Huyette, Angela Wagner, Lucy Newcomb, Kathy Titus, Christie Engelbert, Lisa Huyette Smith, Micca Guylar, Jan Morgan and Diana Heard.

The Central Iowa Celiac Connection provides information and education for its members. 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

<p>WHITE CHICKEN CHILI (CROCK POT)</p>	<p>Amy Palmer</p>
<p>1 1/2 lbs. chicken breast 15 oz. can Great Northern beans, drained & rinsed 4 oz. can chopped chilies (drained) ½ onion, chopped 2 cloves garlic, minced 1 ½ tsp. cumin 1 tsp. salt Big pinch of oregano 2 c. chicken broth Juice of ½ small lime ¼ c. unsweetened almond or coconut milk (I use coconut milk from carton) 1 Tbsp. gluten-free flour (I use Arrowroot) Optional toppings: tortilla chips, chopped cilantro</p>	<p>Combine all ingredients except flour and milk into Crock Pot; stir to combine. Cover & cook on low for 4 hours. Remove chicken, then shred and place in refrigerator. Whisk together flour and milk in a small dish, then drizzle into chili and stir to combine. Cover; then cook on high for 30 minutes. Stir chicken back into chili and give a little time for chicken to warm back up before serving. Gluten & Dairy Free.</p>
<p>CHICKEN CORDON BLEU CASSEROLE</p>	<p>Diana Heard</p>
<p>5 cups shredded cooked chicken, or about 1.25 lb (I used a Rotisserie chicken) 4 oz of ham slices 4 oz melted butter 6 oz cream cheese 1 T Dijon mustard 1 T lemon juice ½ tsp salt 4 oz swiss cheese slices</p>	<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees. 2. Place shredded chicken in bottom of a casserole dish. (I used a 9x13) 3. Layer the slices of ham on top of the chicken. 4. In a mixing bowl, mix together butter, cream cheese, mustard, lemon juice and salt. Mix for about a minute until the ingredients are completely blended together. 5. Spread the sauce over the ham and chicken in the casserole dish. 6. Place slices of swiss cheese on the sauce and bake for 30 min. 7. Broil for the last 2 minutes, if you want to brown the cheese. 8. Makes about 4-5 servings.
<p>LASAGNA</p>	<p>Angie Wagner</p>
<p>1 lb. Johnsonville Sweet Italian Sausage, cooked 2 - 24oz jars Prego traditional spaghetti sauce 1 box Barilla oven ready lasagna noodles 1 - 15oz container Hy-Vee part-skim ricotta cheese 1 – 6oz bag Hy-Vee shredded parmesan cheese,</p>	<p>Pre-heat oven to 425°. In a skillet over medium heat, brown sweet Italian sausage; drain fat. Add spaghetti sauce and simmer for 30 to 40 minutes, stirring occasionally. In a mixing bowl, mix together ricotta, 1/4 c parmesan cheese, liquid egg, and Italian</p>

divided 1 – 8oz bag Hy-Vee shredded mozzarella cheese 1/4 c – Hy-Vee 99% real egg liquid product 1 tsp Tones Italian Seasoning	seasoning. Spray 9x13-inch baking dish with non-stick cooking spray. Pour 1 cup of sauce on the bottom of the baking dish; spread evenly. Place four lasagna sheets side by side, slightly overlapped. Top lasagna sheets with 1 cup of sauce, 1/4 of mozzarella cheese, 1/4 of remaining parmesan cheese. Repeat for 3 more layers, ensuring each lasagna sheet is covered with sauce. Use any remaining sauce on top layer. Cover with foil; bake for 40 minutes. Remove foil and bake an additional 20 minutes. Let rest 15 minutes before cutting.
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CAVATELLI	Christie Engelbert
1 lb. hamburger 1 lb. Italian sausage Pepperoni 1 lb. pasta 1 (48 oz.)jar spaghetti sauce 4 oz. taco sauce 2 ts. Italian seasoning 1lb. Mozzarella cheese	Brown hamburger and Italian sausage. Cook pasta. Stir all ingredients together except for the Mozzarella cheese. Place in a 9x13 casserole dish and bake at 400 degrees for 30 minutes. Add cheese on top for the last 5 minutes of baking time.

CHICKEN TETRAZINNI	Lynn Louk
3-4 lb. chicken, cooked and cut into bite size pieces Two 4 oz. jars Kraft Old English Cheese 1/2 lb. gluten free Barilla Spaghetti 1/2 green pepper, diced 1/4 lb. butter 1/2 cup onion, diced 2/3 cup gluten free Bob's Red Mill flour Sautéed mushrooms, to taste (1/2 cup) 1 qt. milk 1/3 cup slivered toasted almonds 1/2 lb. grated cheese (1/2 Cheddar, 1/2 Velveeta) Bread crumbs	Cook spaghetti in broth from cooking chicken, and drain. Make white sauce of butter, flour & milk. Add cheese and stir till melted. Add remaining ingredients. Put into casserole dish and bake 45-60 minutes at 350°. Sprinkle with buttered bread crumbs the last 15 min. of baking. Makes one 9x13" casserole or several smaller ones. Freezes well.

OVERNIGHT CHICKEN CASSEROLE	Lynnette Stout
2 c. Cooked chicken, cubed 2 c. Milk (Used Almond Milk) 2 c. Barilla macaroni or rotini, uncooked 2 cans Great Value GF condensed Cream of Chicken soup 1/2 lb. Clancy Cheese Melt, cubed (Aldi brand Velveeta) 1 small onion (optional) – not used	Mix all ingredients together and place in 9x13 or lasagna baking dish. Cover and chill overnight. Bake the next day at 350 for 1 hour. Makes 10 to 12 servings. (Recipe can easily be cut in half and baked in round casserole dish.)

SAUSAGE, CABBAGE, AND APPLE SKILLET	Judy Hammel
<p>The onions, cabbage and apples in this dish supply a hefty dose of nourishment: vitamins, antioxidants, flavonoids, fiber. The sausage adds flavor. Course Dinner Prep Time 5 minutes Cook Time 15 minutes Total Time 20 minutes.</p>	
<p>3 links of Johnsonville Smoke Turkey Sausage (cut-up) 1 ¼ c. red or yellow onion, <i>thinly sliced</i> 12 c. red or green cabbage 5 ½ c. tart apples, <i>such as Granny Smith or Pink Lady (no skin)</i> 1 tsp. <i>Crisco Unrefined Organic Coconut Oil</i> 1 tsp. <i>Now Psyllium Husk Powder</i> (thickens to be syrup sauce) <i>Season to Taste: Swerve Sugar, Walden Farms Maple Syrup, all spice, cinnamon, nutmeg, Salt, and optional (caraway or cardamom)</i> All spices are Tones.</p>	<p>Set your biggest skillet over medium-high heat. Add the sausages and cook until they begin to brown. Drop the heat to medium, add the Coconut oil followed by the onion. Sauté the onion and sausages for a few minutes until the onion is tender. While the onion cooks, cut the cabbage in half through the core, trim out the core and discard. Shred the cabbage like you would for coleslaw. Add it to the skillet and cook, stirring regularly. While the cabbage cooks, cut the apples off the cores in four cuts and cut into thin slices. When the cabbage is nearly tender (about 5 minutes), add the apple and sauté a few more minutes until the apple is tender, but not mushy. Remove from heat, stir in the other ingredients and season to taste. Serve with good, GF bread</p>

ENCHILADA CASSEROLE	Jan Morgan
<p>2 lbs. ground beef 1 onion, chopped 2 T. chili powder 2 tsp paprika 2 tsp cumin 3 cups tomato sauce 1 4 oz. can diced green chilies ½ cup chopped black olives 1 tsp salt ½ tsp sugar 12 corn tortillas Vegetable oil 2 cups small curd cottage cheese 1 egg, beaten 8 oz. Monterey Jack cheese, shredded 4 oz. Cheddar cheese, shredded</p>	<p>Preheat oven to 350 degrees. Brown meat in large pan; drain. Add onion to ground beef and cook until onion is tender. Add chili powder, paprika, and cumin. Stir in tomato sauce, chilies, olives, salt, and sugar. Simmer for 15 minutes. Soften tortillas in skillet on low heat in small amount of oil and drain on paper towels. Mix cottage cheese and beaten egg in small bowl. Layer 1/3 of ground beef mixture, ½ of the Monterey Jack cheese, ½ of cottage cheese mixture, and ½ of the tortillas in 9"x13" pan. Top with ½ of remaining ground beef mixture, remaining Monterey Jack cheese, remaining cottage cheese mixture, remaining tortillas and remaining ground beef mixture. Sprinkle with Cheddar cheese and bake for 30 minutes.</p>

TATER TOT CASSEROLE	BARB HUYETTE
<p>1 pound ground beef 1 two pound bag Ore Ida Tater Tots 1 6 oz. can GF mushroom pieces and stems (I think all of these cans are GF) 1 can Progresso GF Creamy Mushroom Soup 1 T. GF potato starch (to thicken soup)</p>	<p>Brown ground beef and drain. Add spices. Add soup, mushrooms, and potato starch and mix. Pour mixture into a baking dish or pan. Top with tater tots. Bake at 350 for about 45 minutes, till tater tots are crispy browned. There are so many variations to this recipe by adding onions, peppers, corn, peas, green beans,</p>

Garlic, salt and pepper to taste	Progresso Chicken Corn Chowder instead of Creamy Mushroom Soup, etc. It's just so easy! And the leftovers are great!
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SCALLOPED POTATOES AND HAM	Sue Brinker
6 Cups, peeled and sliced potatoes 1 can of Progresso Cream of Mushroom Soup 1 jar of HyVee Smooth and Cheesy Cheese Dip 15 ounces	Put potatoes in large bowl. Melt soup and cheese dip together in sauce pan. When melted, pour over potatoes. Put mixture in 9 x 13 pan and bake for approximately 30 - 45 minutes or until potatoes are done. Season as desired.

LOADED BAKED POTATO & CHICKEN CASSEROLE	Micca Guyler
2 pounds chicken breasts 8-10 potatoes, cubed 1/3 cup olive oil 2 tablespoons garlic powder 2 teaspoons paprika 1 tablespoon salt 1 tablespoon pepper TOPPING: 2 cups fiesta Mexican blend cheese or Monterey jack and cheddar cheese blend 1 cup cooked bacon, crumbled 1 cup green onion, diced	Preheat oven to 500°F (This is NOT a typo, 500°F is correct!). In a large bowl, mix together the olive oil, salt, pepper, garlic powder and paprika. Add the cubed potatoes and stir to coat. Then add the potatoes to a greased baking dish. When scooping the potatoes into the baking dish, leave behind any extra olive oil. Add the diced chicken to the remaining olive oil/hot sauce mix and stir to coat all the chicken. Allow to marinate as the potatoes bake. Roast the potatoes for 45-50 minutes, stirring every 10-15 minutes, until cooked through and nice and crispy on the outside. Once the potatoes are fully cooked, remove from the oven, lower the oven temperature to 400°F and add the marinated chicken. In a large bowl mix all the topping ingredients together. Top the raw chicken with the topping. Bake 15 minutes or until the chicken is cooked through and the topping is melted and bubbly delicious.

CHICKEN AND HASHBROWN CASSEROLE	Lucy Newcomb
1 20 oz. pkg. frozen hash browns 2 C. shredded cheese 1 t. salt 1 t. pepper 2 C. sour cream 1 can GF Progresso Creamy Mushroom Soup 1/2 C. milk 1 lb. cooked chicken, shredded	Combine all ingredients and bake at 350 for 1 hour, stirring halfway through the cook time. Take out of oven. Sprinkle with your choice of cheese and 1 can GF fried onion rings. Bake 5 min. or until golden.

HOMESTEAD SALAD	Shirley Kekstadt
1 10-ounce package frozen mixed vegetables (the one with corn, peas, beans & carrots) 1 17-ounce can red kidney beans (HyVee)	Combine sugar, flour, vinegar & mustard. Cook over medium heat, stirring constantly until clear and thick. Let cool. Cook frozen vegetables according to

1 cup diced celery ½ cup diced onion ½ cup chopped green pepper Sauce: ¾ cup sugar mixed with 1 Tablespoon cornstarch ½ cup vinegar 1 tablespoon mustard (Koops' Original Yellow Mustard Whole Foods)	package directions. Drain and set aside to cool. Rinse kidney beans and drain well. Combine celery, onion, pepper, cooled mixed vegetables and drained kidney beans. Add dressing, mix and refrigerate, stirring occasionally. Best after a day. Keeps well for 5-7 days longer.
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MEXICAN FRUIT CAKE	Barbara Brandt
2 C. plus 2 Tbsp. GF flour blend 2 C. sugar 2 Tbsp. baking soda 2 eggs 1 20 oz. can of crushed pineapple with juice 1 C. chopped nuts (walnuts or pecans work well)	Combine dry ingredients in a large mixing bowl. Add the eggs and the crushed pineapple with juice. Stir until well mixed. Stir in the nuts if desired. Pour in a 9 x 13 inch greased cake pan. Bake the cake in a 350 degree oven for 35-45 minutes until done.
Frosting: 1/2 C. butter (melted) 1 - 4 oz. pkg. cream cheese 1 C. powdered sugar	Mix all the ingredients together and immediately spread on the hot cake. Top with more chopped nuts if desired.

CHOCOLATE NUT CLUSTERS	Kim Bailey
Melt : 1/2 12oz pkg. Chocolate Chips(Fareway) 1/2 12oz. pkg. semi-sweet chocolate chips(Fareway) 1 10oz. pkg. Ghirardelli white melting wafers	Cool 10 minutes and add 1 16 oz. jar Planters Dry roasted peanuts Drop by spoonfuls onto wax paper. I put them in frig for a few minutes to set.

DOLE CHOPPED SWEET KALE SALAD	Kim Bailey
Made according to package instructions	

CRANBERRY-APPLESAUCE MUFFINS	Ann Farley
1 cup fresh or frozen cranberries 1 ¼ cups unsweetened applesauce - Fareway 1/3 cup canola oil 1 egg, beaten 2 cups Domata Flour or gluten-free all-purpose flour ¼ cup sugar 1 teaspoon baking soda - Clabber Girl 1 teaspoon ground cinnamon ½ teaspoon salt	Preheat oven to 350 degrees. Grease 24 muffin cups. Set aside. Using a food processor, process cranberries until chopped. Set aside. In a small bowl, mix applesauce, oil, and egg. In a Large bowl combine flour, sugar, baking soda, cinnamon, and salt. Make a well in the dry ingredients. Slowly pour in egg mixture, stirring until just moistened. Fold in cranberries. Fill prepared muffin cups two-thirds full. Bake for 25 to 30 minutes or until a wooden toothpick comes out clean inserted in center. Cool for 2 minutes before removing from cups. Serves 18.

MINI CHOCOLATE CUPCAKES (GLUTEN, DAIRY, SUGAR AND GRAIN FREE) by purelytwins.com	Modified by Judy Hammel
Flourless Chocolate Cake Recipe – Easy & Gluten-Free! A chocolate cake recipe for just about anyone to eat. This paleo cocoa cake is absolutely amazing.	
1 plantain (100g after being peeled, about 4 inches)	Preheat oven to 350 degrees. Peel plantain. Place

¼ c. Saco cocoa powder 1 egg plus 2 egg whites 1 T. Motts Unsweetened Apple Sauce 1/2 tsp baking soda Five drops Chocolate stevia Pinch Nutmeg Spice –sea salt 5 drops vanilla crème stevia (optional) pinch sea salt (optional) 2 T. Walden Farms Maple Syrup 2 T. Trim Healthy Mama Gentle Sweet 1 T. Vanilla (McCormick)	plantain, egg, cocoa, baking powder, salt, and remain ingredients into a blender. Blend together and pour batter into a greased Mini Muffins. Bake for 12-15 minutes. Prep Time: 2 minutes Cook Time: 15 minutes Total Time: 17 minutes
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MASHED POTATOES	Sue Horning
1 bag organic yellow potatoes, peeled and chopped (I used Earth Fresh organic yellow potatoes 3lb bag.) 1 tsp salt	In a large pot, add potatoes and salt and water that covers the potatoes. Bring the water to a boil, then simmer on low-medium heat for about 30 minutes. Mash potatoes and serve.

CHILI	Gary Thornton
Hamburger 3 14oz. cans fire roasted tomatoes Kidney beans Target and On the Border medium salsa Chipotle powder Trader Joe's All Purpose Seasoning 1/2 bell pepper Sautéed onion	Cook hamburger in skillet. Put in crockpot. Put all other ingredients in crockpot and cook for 3 hours.

LITTLE TURKEY SMOKIES	Kathy Webb
Hillshire Farms little turkey Smokies and Cookies original barbeque sauce	

GLUTEN FREE BROWNIES by Your Homebased Mom	Fran Andrews
½ c granulated sugar 2 Tbsp. butter 2 TBSP whipping cream 1 C semi-sweet chocolate chips 1 C milk chocolate chips 2 eggs 1 tsp vanilla extract 2/3 C gluten free flour mix ¼ tsp baking soda ¼ tsp salt	Preheat oven to 325 degrees. Grease an 8 x 8 pan. In a saucepan combine sugar, butter, and cream. Cook over medium heat until it comes to a boil. Remove from heat and stir in chocolate chips and stir until melted. Add in eggs and vanilla. Add in flour, baking soda, and salt. Stir until mixture is smooth. Pour into greased pan. Bake for 25 minutes or until a toothpick comes out clean. Do not overbake.

MEXICAN FRUIT CAKE	Barbara Brandt
2 C. plus 2 Tbsp. GF flour blend 2 C. sugar 2 tsp. baking soda	Combine dry ingredients in a large mixing bowl. Add the eggs and the crushed pineapple with juice. Stir until well mixed. Stir in the nuts if desired. Pour in a

2 eggs 1 20 oz. can of crushed pineapple with juice 1 C. chopped nuts (walnuts or pecans work well) Frosting: 1/4 C. butter (melted) 1 - 4 oz. pkg. cream cheese 1 C. powdered sugar	9 x 13 inch greased cake pan. Bake the cake in a 350 degree oven for 35-45 minutes until done. Mix all the ingredients together and immediately spread on the hot cake. Top with more chopped nuts if desired.
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CARAMELIZED BRUSSELS SPROUTS	Norma Rohn
1 lb. Brussels sprouts-cut off ends and cut in ½ ½ medium red onion, sliced and cut into pieces 3 Tbsp. extra virgin olive oil 2 cloves garlic, minced 1 Tbsp. packed brown sugar 1 tsp. kosher sea salt ½ tsp. black pepper ¼ cup chopped pecans	PREHEAT oven to 425°F. Combine Brussels sprouts, red onion, olive oil, garlic, brown sugar, salt and pepper in a medium bowl. Toss to coat. SPREAD onto a large rimmed baking pan. Bake for 15 to 25 minutes or until desired doneness, stirring occasionally. During the last 4 to 5 minutes of baking, sprinkle with pecans.

SAUCY BARS	Marianne Eivins
1/2 cup butter 2 cups gluten free flour mix 3/4 cup raisins 1 cup sugar 1 teaspoon baking soda 1/2 cup chopped nuts 1 cup applesauce (any kind you like) 1/2 teaspoon salt 1 teaspoon vanilla 1/2 teaspoon cloves teaspoon cinnamon 3/4 teaspoon nutmeg FROSTING: 1 1/2 cup powdered sugar 2 Tablespoons orange juice 1/2 teaspoon vanilla	Cream the butter and sugar together until fluffy. Add the applesauce and vanilla and stir well. Mix all the dry ingredients together and add to the above mixture. Mix very well. Stir in the raisins and the nuts (if you have them). Spread into a greased 9 x 13 baking pan and bake at 350 degrees for 35 - 40 minutes. This recipe is egg-free as well as gluten-free and can easily be dairy free. My daughter has to maintain a diet like that so I'm always glad to find a recipe to accommodate her needs and this is really a good one. Frost while still a little warm.

KARI'S PECAN TOFFEE	Barb Mittman
2 sticks (1 cup) butter (Fareway) 1 cup C&H pure cane sugar 2 Tablespoons light Karo corn syrup ½ cups chopped pecans (Fareway)	Place butter in a 10-inch skillet over medium heat. Add sugar, syrup and pecans. Stir slowly and constantly until the mixture is golden brown. DO NOT stop cooking until mixture turns golden brown or it will separate. Pour on to a greased jelly-roll pan to cool. Cool thoroughly, break into pieces, and store in an airtight container. Toffee may be dipped in chocolate after cooled, if desired.

CARAMEL CHOCOLATE BARK	Barb Mittman
2 cups Hershey's dark chocolate chips (60-70% dark chocolate)	Line a rimmed baking sheet with foil. Microwave chocolate on medium for 1 minute. Stir, and then

<p>12 Kraft caramel squares 1 teaspoon water, divided ¼ teaspoon flaky sea salt (optional) Chopped nuts (optional)</p>	<p>continue microwaving on medium, stirring every 20 seconds until melted. Combine 6 caramels and ½ teaspoon water in a small bowl. Microwave on high just until melted (30-60 seconds). Stir the melted caramel into the melted chocolate thoroughly. Pour mixture onto the foil and spread it into a 9-inch square. Combine the remaining 6 caramels with ½ teaspoon water in the small bowl and melt. Drizzle caramel over the chocolate and sprinkle with salt and/or nuts, if desired. (Bark for potluck had no salt or nuts.) Refrigerate until set, about 30 minutes. Transfer bark and foil to a cutting board. Use a sharp knife to cut into pieces. Store in the refrigerator.</p>
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RED VELVET CUPCAKES	Sally Passmore
<p>1 cup gluten-free flour blend (I used King Arthur Gluten Free All-Purpose Flour) ¼ tsp xanthan gum (omit if gluten free flour blend already includes it) 1/2 teaspoon baking soda 1/2 teaspoon gluten-free baking powder 2 tablespoons unsweetened cocoa powder 1/2 teaspoon salt 3/4 cup granulated sugar 1/2 cup canola oil 1 egg 1/2 cup buttermilk 1 teaspoon white vinegar 1 teaspoon gluten-free vanilla extract 1 oz. red food coloring 1/4 cup hot water</p> <p>Cream Cheese Frosting: 4 oz. cream cheese, room temperature 1/4 cup butter (1/2 stick), room temperature 1 teaspoon gluten-free vanilla extract 2 cups powdered sugar</p>	<p>Preheat oven to 350°F. Position rack in center of oven. Line a 12 serving cupcake pan with paper liners; set aside.</p> <p>In a medium mixing bowl, whisk together flour, baking soda, baking powder, cocoa and salt; set aside. In a large mixing bowl, combine the sugar and oil. Mix in the egg, buttermilk, vanilla, and red food coloring until combined. Stir in the white vinegar and hot water. Add the dry ingredients to the wet ingredients and mix just until combined. Scoop the batter evenly into each cupcake liner, about 2/3 full.</p> <p>Bake for 22-24 minutes, or until a toothpick comes out clean. Remove the cupcakes from the oven and let them cool completely before frosting.</p> <p>For the frosting: In a medium mixing bowl, beat together cream cheese, butter, and vanilla until light and fluffy. Gradually add powdered sugar, a half cup at a time, beating well until you reach desired consistency. Frost cupcakes.</p> <p>Store in an airtight container at room temperature for up to two days, or in the refrigerator for up to 5 days.</p>

CHICKEN ALFREDO BAKE	Dave Johanson
<p>2 Cups of Gluten Free Penne Pasta 1 Full floret of Broccoli - head and flours only 1 jar of gluten free creamy alfredo sauce (Classico) 6 fresh chicken tenders Shredded Mozzarella Cheese. 1/4 teaspoon salt 1/4 teaspoon pepper 1 tablespoon of olive oil</p>	<p>Oven temp 350. Sauté chicken in olive oil, salt and pepper until white. Microwave broccoli. Cook pasta following package directions. Drain. Mix chicken, salt and pepper and broccoli in with the pasta - add one jar of Alfredo pasta sauce. Blend well. Transfer to an 8x8 Pyrex glass cake pan. Top with shredded cheese uniformly on top of the casserole. Bake 25-30 minutes in the oven. Check to see if the cheese topping has browned, if not continue until browned.</p>

SLOW COOKER SPANISH RICE	Pam Worden
2 tablespoons olive oil, plus more for the slow cooker 2 cups raw white rice, such as jasmine 1 medium yellow onion, chopped 2 cups low-sodium broth or stock (chicken or vegetable), or water 1 (14.5-ounce) can diced tomatoes 3 cloves garlic, minced 1/2 red bell pepper, medium dice 1/2 yellow bell pepper, medium dice 2 teaspoons chili powder 1 1/2 teaspoons ground cumin 1 1/2 teaspoons kosher salt 2 tablespoons fresh cilantro leaves, for garnishing	<p>In this laidback crockpot version adapted from the Practical Stewardship blog, browned rice goes into the slow cooker along with tomatoes, broth, onion, garlic, bell peppers, and spices. Approximately 3 hours later, you've got a fluffy, deeply flavored side dish.</p> <p>Warm the olive oil in a medium skillet over medium heat. Add the raw rice, and stir to coat the grains. Add the onion and sauté, stirring constantly, until the rice turns a pale golden brown, about 5 minutes.</p> <p>Lightly coat the bottom and sides of a slow cooker crock with olive oil. Add the browned rice to the crock, along with the broth, tomatoes, garlic, bell peppers, chili powder, cumin, and salt. Stir, cover, and cook on high for 2 1/2 to 3 1/2 hours, checking after 2 hours to see how well the rice is absorbing the liquid. Cook until all the moisture is absorbed and the rice is tender. Garnish with cilantro and serve.</p>

OLD SETTLERS BAKED BEANS	Barbara Moore
1/2 lb. ground beef 1 med. onion, chopped 1 can butter beans, drained 1/3 C. brown sugar 1/4 C. ketchup 2 T. Molasses 1/2 lb. bacon, chopped 1 can kidney beans, drained 1 large can pork and beans 1/4 C. BBQ sauce 1 T. prepared mustard	<p>Brown beef and drain. Add bacon and onion, continue browning. Add all ingredients and mix well. Bake at 350 for 1 hour. Serves 10-12. May be frozen before or after baking. Can also use bacon bits.</p>

DOUBLE CHOCOLATE CHIP COOKIES	Barbara Moore
2 1/4 C. GF flour 1/3 C cocoa 1 t. baking soda 1/2 t. salt 1 C. butter, softened 3/4 C. sugar 3/4 C. packed brown sugar 1 t. vanilla 2 eggs 2 C. chocolate chips 1 C. chopped nuts Add 1/2 t. xanthan gum to GF flour	<p>Stir together flour, cocoa, baking soda, salt and xanthan gum. Beat butter, sugars and vanilla on med. speed. Add eggs and beat well. Gradually add flour mixture and beat well. Stir in chips and nuts. Drop by rounded teaspoons onto ungreased cookie sheet. Cool slightly before removing from cookie sheet.</p>

COCKTAIL WIENERS	Kris Schmitt
<p>2/3 C. Smuckers Grape Jelly 1/3 C. A-1 Steak Sauce 2 T. French's Yellow Mustard 3 Packages Wimmer's Little Smokies</p>	

PUMPKIN PIE BARS	Linda Chamberlin
<p>Cooking spray 1/3 plus 1/4 C. butter, melted 1/2 plus 1/2 C. granulated sugar 1/2 t. ground ginger 1 1/4 C. GF graham cracker crumbs 1 (8oz.) pkg. cream cheese, softened 1 1/4 C. canned pumpkin 1/2 C. sour cream 2 1/2 t. pumpkin pie spice, divided 2 t. GF vanilla extract 3 large eggs 1/4 C. all-purpose GF flour 1 C. packed brown sugar 1 1/2 C. pecan pieces, optional</p>	<p>Preheat oven to 325. Line a 9x9x2 inch baking pan with foil extending foil over pan edges. Spray foil with nonstick spray. Set aside. Combine 1/3 C. melted butter, 1/4 C. granulated sugar and ginger in a med. bowl. Press crumb mixture onto bottom of prepared pan. Bake 10 min. or until light brown. Cool on wire rack. Increase oven temp. to 350. Beat cream cheese with an electric mixer for 30 seconds. Beat in pumpkin, remaining 1/2 c. sugar, sour cream, 2 t. pumpkin pie spice and vanilla, scraping bowl occasionally. Beat in eggs one at a time until combined. Spoon filling into crust-lined pan. Combine remaining 1/4 C. melted butter, flour and brown sugar and pecans. Combine well and sprinkle topping on pumpkin filling. Bake for 45-50 min. or until center is set. Refrigerate overnight. Use foil to lift uncut bars out of pan. Cut into bars. Store in the refrigerator.</p>

SIMPLE CHOCOLATE CREAM PIE	No Name
<p>1 Gluten Free Mi-Del Graham Style Pie Crust 2 (4 oz.) pkgs. instant chocolate pudding mix 2 envelopes Dream Whip Topping Mix 2 3/4 C. Milk Cool Whip</p>	<p>Mix 1 C. milk with topping mix until fluffy (2-3 min.). Add both pkgs. of chocolate pudding and remaining milk. Beat until fluffy. Spoon into pit shell. Top with Cool Whip and chill about 3 hours.</p>

LITTLE SMOKIES IN BBQ SAUCE	No name
<p>2 28 oz. pkgs. Hormel Lit'l Smokies 1 C. Smuckers Grape Jelly 1 20 oz. bottle of BBQ sauce</p>	<p>In a small bowl mix jelly and BBQ sauce until smooth. Drain Lit'l Smokies and place in slow cooker. Pour sauce over the top. Cook on slow for 2-3 hours.</p>

KRUSTEAZ GF HONEY CORNBREAD	Nancy Young
<p>Heat oven to 375. Lightly grease pan. Stir together 1 C. milk, 1/3 C. vegetable oil, 1 egg and corn bread mix. Spoon batter into pan. Bake in 8x8 inch pan for 28-32 minutes until lightly brown.</p>	

SCOTCHEROOS	Charlie, Jean and Abby Neibergall
<p>1 C. Karo light corn syrup 1 C. sugar 1 C. Skippy Natural Creamy Peanut Butter 6 C. Malt O Meal GF crispy Rice Cereal 1 C. Hershey's semi-sweet chocolate chips 1 C. Hershey's butterscotch chips</p>	<p>Place corn syrup and sugar into 3 quart saucepan. Cook over medium heat, stirring frequently until sugar dissolves and mixture begins to boil. Remove from heat. Stir in peanut butter. Mix well. Add crispy rice cereal. Stir until well coated. Press mixture into 13x9 inch pan coated with cooking spray. Set aside.</p>

	Melt chocolate and butterscotch chips together in 1 quart saucepan over low heat, stirring constantly. Spread evenly over cereal mixture. Let stand until firm. Cut into 2x1 inch bars when cool.
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ORGANIC SPANISH RICE	No Name
Brown Jasmine Rice, Tomato, Bell Peppers, Turkey Broth, Cumin, Chili powder, Onions, Olive oil	

PEANUT BUTTER BROWNIES	Sarah Hippler
1 1/3 C. brown sugar 1/4 C. melted butter 3/4 C. peanut butter 1 t. vanilla 3 eggs 1 1/2 C. GF baking flour 3/4 t. baking powder 1/4 t. baking soda 1/2 t. salt 2 C. peanut butter baking chips	Preheat oven to 350. Grease 13x9 inch pan and set aside. In large bowl beat together brown sugar, butter, peanut butter, vanilla and eggs until well blended. Add in flour, baking powder, baking soda and salt. Stir until blended. Spread evenly in pan. Bake 25-30 minutes or until golden brown. Allow to cool completely.

BBQ MEATBALLS	Jennifer Cook
1 pkg. Farm Rich GF Turkey Meatballs Cookies BBQ sauce	Cook frozen meatballs according to directions. Top with BBQ sauce. Bake until warm.

GLUTEN FREE YELLOW CUPCAKES	No Name
Pillsbury GF Yellow Cake Mix 1 C. water 1/3 C. oil 3 eggs	Bake at 350 for 14 min. Cool and frost. Frosting: 1 can Pillsbury Milk Chocolate Frosting.

GLUTEN FREE CHOCOLATE CUPCAKES	Barb Huyette
I used Pillsbury Devil's Food Gluten Free Cake mix and followed pkg. directions. I frosted the cupcakes with Pillsbury Butter Cream and/or Pillsbury Chocolate Frosting.	

CEREAL BARS	Heidi Wubben
1 C. light corn syrup 1 C. white sugar 1 C. peanut butter 6 C. GF Corn Flakes (Nature's Path)	Combine sugar and corn syrup in a microwave safe bowl. Heat for 1 1/2 minutes in microwave. Stir and cook an additional 1 1/2 minutes. Stir in peanut butter. Add cereal and combine until well mixed. Place in a greased 9x13 pan. Let cool.

SNICKER'S SALAD	No name
3.4 oz. instant vanilla pudding (Hy-Vee brand) 1 C. milk 8 oz. Cool Whip 4 large apples, chopped 1/2 C. grapes, sliced 4 Snicker bars, chopped	Make vanilla pudding and let set 5 min. Mix rest of ingredients together and save some Snickers to sprinkle over the top.

APPLE CRISP	Mary Jane Nemetz Watts
4 C. peeled and sliced apples. Sprinkle with 1 t. cinnamon and a dash of salt. Rub together 3/4 C. GF flour, 1/2 C. white sugar, 1/2 C. brown sugar and 1/3 C. butter. Drop mixture over apples and bake at 350 for 40 min. Option: You can mix 1/4 C. sugar with your sliced apples. Depends how sweet you like it.	

GLUTEN FREE PEANUT BUTTER COOKIES	No Name
1 C. Hy-Vee creamy peanut butter 3/4 C. brown sugar 2 eggs 1 t. baking soda 1 t. vanilla 1/4 t. salt 2/3 C. rolled oats (GF) (I used 3/4 C.) 2/3 C. M&Ms or other chocolate chips	Preheat oven to 350. Mix together peanut butter, brown sugar, eggs, baking soda, vanilla and salt until thoroughly mixed. Stir in oats and chocolate pieces. Drop by rounded tablespoons on ungreased cookie sheets. Bake 9-11 min. or until edges are golden. Cool 2 min. then remove from baking sheet.

PRETZEL CHIPS (Snack Factory brand from Walmart)	Jeff George
ARTICHOKE DIP (Sam's Club) Ingredients: Cream Cheese, Artichoke Pieces, Spinach, Mayonnaise, Sour Cream, Mozzarella Cheese, Parmesan Cheese, Asiago Cheese, Jalsberg cheese, Lemon juice, Salt, Garlic Powder, Sugar, Vinegar, Glucano Delta Lactone, Maltodextrin, Cultured Dextrose, Cultured dextrose, Sodium Diacetate, Egg white lysozyme, Nisan, Potassium Sorbate Citric Acid.	

CREAMY CORN CONFETTI WITH BACON	Jordan Olsen
8 slices bacon 2 12 oz. pkgs. frozen corn kernels, white or yellow 1/2 C. chopped onion, white, yellow or red 1/2 C. finely chopped red bell pepper 1 8oz. pkg. cream cheese, light or regular, cubed 1-2 T. milk 1 t. sugar 1/2 t. salt 1 t. pepper 4 green onions, green parts finely chopped (white parts discarded)	In a large nonstick skillet cook the chopped bacon until golden and crisp. Scoop the bacon to a paper towel lined plate and discard all the bacon grease except for a thin coating on the pan, maybe a teaspoon or so. Add the corn, onion, and red pepper, and cook over medium heat, stirring every so often, until the vegetables are tender and the corn is heated through, 6-8 minutes. Add the cream cheese and milk, stirring until the cream cheese melts and the mixture is evenly combined. Stir in the sugar, salt and pepper. Add more salt to taste if needed. Stir in the green onions. Serve warm topped with the reserved bacon. This dish can be made up to 2 days ahead of time. Scoop the creamy corn mixture into an oven-safe dish, sprinkle with the bacon and cover with a lid or plastic wrap. Store in the refrigerator. When ready to eat, heat the corn dish in a 325 degree oven for 15-20 minutes until heated through. Yields 6-8 servings as a side dish.

BANANA BREAD	No Name
<i>No need for a mixer for this recipe! Clean-up is easy too, if you want, you can mix everything in one mixing bowl. The best bananas to use for banana bread are those that are over-ripe. The yellow peels should be at least half browned, and the bananas inside squishy and browning.</i>	
2 to 3 very ripe bananas, peeled (about 1 1/4 to 1 1/2	1 Preheat the oven to 350°F (175°C), and butter a 4x8-

<p>cups mashed) 1/3 cup melted butter, unsalted or salted 1 teaspoon baking soda Pinch of salt 3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet) 1 large egg, beaten 1 teaspoon vanilla extract 1 1/2 cups of all-purpose flour (Bob's Red Mill Gluten Free Baking Flour)</p>	<p>inch loaf pan. 2 In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas. 3 Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour. 4 Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the center comes out clean. 5 Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.) . Prep time: 10 minutes. Yield: Makes one loaf.</p>
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