



**Celiac Information Group  
Dunlap Community Hospital  
832 S. Main St., Orrville, OH 44667 \* 330-684-4776**

**Monthly Meeting on the 4<sup>th</sup> Monday at 6:00 p.m.**

Sponsored by the Nutrition and Dietary Department \*Bobbie Randall, MEd, RD, LD, CDE  
Dietitian

For additional information contact Lynn McGinnis 330-347-8231 or 330-345-5088

[WeedyWays@yahoo.com](mailto:WeedyWays@yahoo.com)

*Look for the yellow signs on Dunlap's Community Room (at the north end of the building)*

Recipes of the 2009 Annual Celiac Information Group's Holiday Dinner ... Thank you, everyone, for your hard work, your tasty dishes and your kindness to share recipes!

### **APPLE BREAD**

1 ½ C. GF Flour  
1 tsp. Cinnamon  
½ tsp. Baking Soda  
¼ tsp. Salt  
¼ tsp. Baking Powder  
¼ tsp. Nutmeg  
1 C. Sugar  
1 C. Chopped/Shredded Apples  
¼ C. Olive Oil  
1 Egg  
¼ C. Applesauce  
¼ C. Water - USE IF BATTER IS DRY.

Bake 350 for 40 – 45 minutes.

\* this is a very moist bread that is almost cake-like. Great for mini loaves, cupcake tins or cake pan too.

### **BANANA NUT BREAD**

1 ¾ Cup Gluten Free Flour (Mr. Rlts works well)  
1 tsp. Baking Soda  
½ tsp. Salt

½ Cup Vegetable Oil  
¼ Cup PLUS 1 Tbsp. Buttermilk  
2 Eggs  
1 tsp. Vanilla  
2 Ripe Bananas Mashed  
1 Cup Chopped Walnuts

Combine Flour, Soda, Salt – set aside

Beat oil and sugar, add buttermilk, eggs and vanilla – beating after each addition.

Add mashed bananas, stir well.

Add dry ingredients and walnuts.

Spoon into greased 9x5x3 or two 7x3.5x2 inch pans.

Bake 350 for 60 minutes or until an inserted wooden toothpick comes out clean.

### **BANANA DATE NUT MUFFINS or COOKIES**

4 Very Ripe Bananas

2 C. Gluten Free Oats

½ tsp. Xanthan Gum

¾ tsp. Baking Soda

1 tsp. Cinnamon

¼ C. Chopped Walnuts

¼ C. Chopped Dates

Mix dry ingredients together.

In separate bowl beat bananas with mixer until liquid-like.

Combine with dry ingredients – dough will be very gooey.

Use cookie scoop and drop on cookie sheets lined with parchment paper.

350 degrees for 12 minutes.

(store out of fridge for up to 2 days and in fridge for up to a week)

### **BREAD**

½ C. White Rice Flour

½ C. Brown Rice Flour

¾ C. Sorghum Flour

¼ C. Amaranth Flour

½ C. Potato Starch Flour

½ C. Tapioca Flour

2 ½ tsp. Xanthan Gum

2/3 C. Dry Rice Milk Powder OR Dry NonFat Milk Powder

1 ½ tsp. Salt

3 Tbsp. Sugar

2 C. Very Hot Tap Water

1 ½ Tbsp. Dry Yeast Granules

4 Tbsp. Margarine, Butter or equivalent  
1 tsp. Apple Cider Vinegar  
1 Tbsp. Flax Seed Meal  
3 Eggs or  $\frac{3}{4}$  C. Liquid Egg Substitute

**OVEN METHOD:** Mix wet ingredients in one bowl, Mix dry ingredients in another. Add dry ingredient to wet, mix well with mixer for 2 minutes, spoon into cooking pan (loaf, mini loaf, muffin pans, etc.) and let rise until approx. double. Bake 350 for 25 – 40 minutes, the smaller the loaf, muffin the less time. A regular loaf pan will take about 40 minutes.

The loaf will sound hollow when tapped. If they are getting too brown on top, place a piece of foil across tops.

**BREAD MAKER METHOD:** put all wet ingredients into maker, pour in all dry ingredients.

Choose the Gluten Free setting or the shortest baking setting for 'regular' breads.

### **CARROT SOUFFLE**

1 Pound of Carrots – cut in half lengthwise and then in quarters – Do Not use baby carrots.

$\frac{1}{3}$  C. Margarine

Cook in microwave 7-8 minutes on high.

$\frac{3}{4}$  C. Eggs or Liquid Egg Substitute

$\frac{1}{2}$  C. Sugar

1 tsp. Baking Powder

3 Tbsp. Gluten Free Flour

1 tsp. Vanilla

Place all ingredients into blender for 20-30 seconds by pulse.

Place in 2 qt. baking dish – bake on 350 for 25-30 minutes.

### **CHICKEN NOODLE SOUP**

Kettle Cuisine, Inc. Chicken Noodle Soup ([www.KettleCuisine.com](http://www.KettleCuisine.com) or 877-302-SOUP)

Plus Added: Kitchen Basics Chicken Stock (broth)

Tagliatelle Noodles by Glutano

Gerber's Chicken Breasts

### **CHOCOLATE BUTTER FROSTING**

1 oz. unsweetened melted Chocolate  
2 ½ Tbs. Margarine  
1 C. Powdered Sugar  
¾ tsp. Vanilla (Optional)  
Water to Moisten  
Beat together.  
Frosts one 9" square cake or brownie.

### **FLOURLESS CHOCOLATE PECAN COOKIES**

3 C. Powdered Sugar  
¾ C. Cocoa Powder  
½ tsp. Salt  
5 oz. Bittersweet Chocolate – chopped  
1 ½ C. Chopped Pecans  
4 large Egg Whites (room temperature)

Preheat oven to 325.

Wisk sugar, cocoa and salt.

Stir in chocolate and pecans

Add Egg Whites and stir until mixed – do not overmix.

Drop by ¼ Cupfuls 3 inches apart onto parchment lined baking pans.

Bake until cookie tops are dry and crackled – approximately 25 minutes.

Transfer sheets to wire rack to cool completely.

### **CHOCOLATE PUMPKIN MUFFINS**

3 eggs

1 Tbsp. Gluten Free Mayo

1 ½ C. Canned Pumpkin

½ C. Willow Run Soy Margarine . . . This can be butter or regular margarine too.

¾ C. Enjoy Life Chocolate Chips . . . This can be regular chocolate chips too.

1 2/3 C. GF Flour

1 C. Sugar

½ tsp. Baking Powder

2 tsp. Baking Soda

1 Tbsp. Pumpkin Pie Spice

¼ tsp. Salt

Fill tins 2/3 full with batter.  
Bake 350 18 – 20 minutes.

### **COCOA BEAN BROWNIES**

½ C. Cocoa  
1/3 C. Canola Oil  
15 oz. can Beans Drained Well  
(kidney, pinto, navy or black beans work fine)  
1 ¼ C. Sugar  
3 eggs  
½ tsp. Baking Powder

Preheat oven to 350.

Put all ingredients into a blender or food processor and process until smooth.  
Oil 8x8 pan – pour batter in and bake for 35 – 40 minutes, until brownies are set.  
Cool, cut and serve.

- For flourless chocolate cake and a fancier presentation – use 8” round pan.
- Then cut into wedges and serve with raspberry or strawberry sauce.
- This is thin batter that puffs while baking and will deflate a little when cooling.
- The product is very fudgy and stays amazingly moist for many days.

### **CRANBERRY SALAD**

6oz. pkg. Cherry Jello  
¼ tsp. Stevia OR 2 C. Sugar  
Dissolve above with 2 ½ C. Boiling Water.  
Add 1 package FROZEN whole cranberries ground with 3 stocks Celery.  
Add Drained 20 oz. Crushed Pineapple.  
Add ¾ to 1 Cup red grapes, halved.  
Mix well, even though it's not set, it will thicken.  
Nuts may be added for additional crunch.

### **CREAM CHEESE FROSTING**

3 oz. Cream Cheese

6 Tbsp. Butter  
3 C. Powdered Sugar  
1 tsp. Vanilla  
1 tsp. Milk (a dash more could be needed)  
Beat well and spread on cooled cake.

### **CRUSTLESS HAMBURGER QUICHE**

½ Pound Extra Lean Hamburger – Browed & Drained  
½ C. Mayonnaise  
½ C. Milk  
2 Eggs or ½ C. Liquid Egg Substitute  
1 T. Cornstarch  
1 ½ C. Grated Swiss or Cheddar Cheese  
½ C. thinly sliced green onions or broccoli florets  
Salt and Pepper to taste

Blend mayonnaise, milk, eggs, cornstarch until smooth  
Stir in meat, cheese, onions/broccoli, and seasoning.  
Pour into 9" pie tin sprayed with oil.  
Bake 35-40 minutes or until golden brown on top and a knife inserted in the center comes out clean.

### **HOMEMADE EGG NOODLES**

1/3 C. Tapioca Flour  
2 Tbsp. Potato Starch  
1/3 C. Cornstarch  
½ tsp. Salt  
1 Tbsp. Xanthan Gum  
2 Large Eggs or ½ C. Liquid Egg Substitute  
1 Tbsp. Vegetable Oil

In medium sized bowl, combine the flours and dry ingredients.  
In small bowl, beat the eggs and add oil.  
Pour the liquids into the dry ingredients and stir.  
The consistency will be much like pastry dough.  
Work the dough into a ball and knead 1-2 minutes.  
Place the ball on a pastry board dusted with cornstarch and roll as thin as possible.  
The dough is tough and will handle well. Slice the noodle into thin strips or thicker for lasagna.  
The pasta is now ready for cooking, freezing or for later use.

Cook the pasta in salted boiling water with 1 Tbsp. oil added for 10-20 minutes – depending on noodle thickness and sizes. Test for doneness.  
Makes approx. 3 servings.

### **FRIED RICE**

1 Onion – finely chopped  
3-4 Tbsp. Butter  
1 or 2 Cloves Garlic – finely chopped  
2 Large Eggs  
2-3 Boneless Skinless Chicken Breasts (can substitute beef or pork as well)  
3 C. Cooked Rice  
3 Tbsp. Gluten Free Soy Sauce  
1 C. Frozen Peas  
1 Carrot - shredded or diced  
Sesame Seed or roasted Sunflower Seeds

In large skillet or high heat, cook onion and garlic in butter.  
Set aside.

Scramble and cook the eggs in the same skillet.  
Set aside.

Cook the meat completely and chop or slice to your liking.  
Add everything to the skillet in the order listed. Sautee together for a few minutes until the flavors blend.  
You may need to add a bit more butter or soy sauce – depending on your tastes.

### **LASAGNA**

2 Boxes Tinkyada Rice Lasagna Noodles  
4 Cups Marinara Sauce (recipe included)  
1 ½ or 15oz. Ricotta Cheese  
1# tub Cottage Cheese  
2 Cups Shredded Mozzarella Cheese  
2 Cups Shredded Colby Cheese  
2 tsp. Dried Parsley

Preheat oven to 350.  
Mix cheeses and parsley together, set aside.  
Coat bottom of baking dish with 1 Cup of Marinara Sauce.  
Add a double layer of uncooked noodles.  
Spread ½ cheese over noodles evenly.

Add a single layer of uncooked noodles.  
Spread remainder of cheese over noodles evenly.  
Top with a final single layer of uncooked noodles.  
Add remaining sauce and let it “sink down”  
Cover with a layer of plastic wrap and then a layer of aluminum foil.  
Bake for 45 minutes.  
Makes 6 pounds.

### **MARINARA SAUCE**

2 tsp. Olive Oil  
1 tsp. Fresh Minced Garlic  
¼ of Diced Onion  
2. Red Tomatoes  
1. Yellow Tomato  
½ tsp. Sugar  
2 tsp. Dried Basil  
2 tsp. Dried Oregano  
2 tsp. Sea Salt  
½ tsp. Ground Black Pepper  
Steam tomatoes for 10 minutes.  
Once cooled, core, peel, dice and crush by hand.  
Heat oil in saucepan over medium heat.  
Add garlic and sauté for 30 seconds.  
Add onions and sauté for 1 minute.  
Add tomatoes and seasonings.  
Simmer for 15-20 minutes.  
Makes 8 cups.

### **PEACH BUCKLE**

1 Bag Bob's Red Mill Gluten Free Vanilla Cake Mix  
1 Qt. Peach Pie Filling  
3 large Eggs (room temperature)  
¼ C. Canola Oil  
¼ C. Sunflower Oil  
½ C. Milk (room temperature)  
Preheat oven to 325.  
Grease and flour baking dish.  
In large bowl, beat eggs for 30 seconds with mixer on low speed.  
Add cake mix, oil and milk.

Beat for 60 seconds on medium to low speed, scraping down sides with spatula.  
Pour into pan.  
Pour pie filling on top of cake batter.  
Bake 40-45 minutes – until the cake is light brown.

### **PUMPKIN BARS**

4 Beaten Eggs  
1 C. Oil  
2 C. Sugar  
2 C. Pumpkin  
2 C. Gluten Free Flour (Mr. Ritts works well)  
2 tsp. Baking Powder  
½ tsp. Salt  
2 tsp. Cinnamon  
1 tsp. Soda  
1 C. Nuts (optional)

Combine together and pour into greased and floured jelly roll pan.  
Bake 350 for 20-25 minutes.  
Top with Cream Cheese Frosting when cool.

### **PUMPKIN BREAD**

2 C. GF Flour  
1 C. Brown Sugar  
1 Tbsp. Baking Powder  
1 tsp. Cinnamon  
¼ tsp. Salt  
¼ tsp. Nutmeg  
¼ tsp. Baking Soda  
¼ tsp. Cloves  
1 C. Canned Pumpkin  
½ C. Rice Milk . . . . This can be milk, soy milk or just water.  
2 Eggs  
1/3 C. Willow Run Soy Margarine . . . This can be butter or regular margarine too.

Bake 350 for 50 to 60 minutes, until toothpick comes out clean.

### **QUINOA SALAD**

1 C. Quinoa  
2 C. Water  
Place in microwave safe bowl, cover, cook on high for 4 minutes.  
Remove from heat and stir.

Heat an additional 2 minutes.  
Stir and let stand for 1 minute or until the water has absorbed.

Dice:

a small Zucchini  
¼ C. fresh Parsley  
15 oz. can Black Beans (drained)  
11 oz. can Whole Corn (drained)  
¼ C. Red Onion

1 C. Newman's Own – light Italian dressing  
¼ tsp. Salt  
¼ tsp. Black Pepper  
Mix all ingredients with Quinoa and enjoy.

### **RIGATTONI**

Brown 1# Ground Beef, drain.  
Pour in Spaghetti Sauce.  
Let simmer on low.  
Boil Rigattoni noodles and cook per package instructions.  
Drain, pour meat and sauce over noodles.  
Assemble layers on meat/noodle mix and chopped green peppers, chopped onions, pepperoni and shredded cheese.  
Bake until the cheese melts and browns slightly on top.

### **SHEPHERD'S PIE**

Ground Turkey Breast  
Turkey Stock  
Cornstarch  
Salt Substitute, Pepper

Mashed Potatoes  
Sour Cream  
Butter/Margarine  
Salt Substitute, Pepper  
½ C. Milk

Mixed Vegetables – Frozen

Gluten Free Biscuit Mix  
Butter/Margarine  
¾ C. Milk

### **SNICKERDOODLE CHEX MIX**

¼ C. Sugar  
1 tsp. Cinnamon  
2 C. Cinnamon Chex Cereal  
2 C. Chocolate Chex Cereal  
4 C. Popped Popcorn  
¼ C. Butter or Margarine

Mix sugar and cinnamon, set aside.

In large microwaveable bowl, mix cereals and popcorn

In 1 Cup microwavable measuring cup, microwave butter until melted

Pour over cereal, stir until evenly coated.

Microwave uncovered on high for 2 minutes –stirring after one.

Sprinkle with the sugar mixture evenly over cereal, stir and sprinkle the remaining mix on.

Microwave 1 minute longer.

Spread on waxed paper to cool

Store in airtight container.

### **STEWED APPLES**

Peel, core and slice apples.

Microwave on high for 5 minutes.

Remove apple juice with a baster to a separate bowl.

Add vanilla, cinnamon, and sugar or splenda to taste to the liquid.

Pour the liquid over the apples, let set 5 minutes and serve.

### **STUFFING**

Schar Gluten Free Bread mix –baked per package instructions.

1 C. Chopped Onion

1 C. Chopped Celery

3 cans (or more) Chicken Broth

1 Tbsp. Poultry Seasoning

Few shakes black pepper

Cook onion and celery in part of chicken broth

Cut bread into bite-size cubes. Toast half of the cubes in oven on 300 for 30 minutes.

Combine all ingredients, place in 9x13 baking dish.

Add ½ C. broth, bake covered with foil for 20 minutes then remove foil and cook to your desired crispness.