

by Lynn Tryba



easy ways to go gluten free

options for those with celiac disease and gluten intolerance



BLUEBERRY MUFFINS

From *Gluten-Free, Sugar-Free Cooking*
 by Susan O'Brien
 (\$17.95, Thorsons, 2005)

10 MINUTES PREP TIME ■ MAKES 6 MUFFINS

- | | |
|---------------------|----------------------|
| Cooking oil spray | 1 c brown rice flour |
| ¼ c canola oil | ½ c arrowroot |
| 3 Tbsp agave nectar | 2 Tbsp baking powder |
| ¼ c applesauce | ¼ tsp salt |
| ¼ c water | 1 tsp orange rind |
| 1 tsp vanilla | ½ c blueberries |

1. Spray muffin tin with cooking oil spray and preheat oven to 375°.
2. In mixer bowl, combine oil and agave nectar. Beat until smooth. Add applesauce, water, and vanilla. Beat well.
3. In separate bowl, combine brown rice flour, arrowroot, baking powder, and salt. Mix well. Add to liquid ingredients and mix well until blended. Fold in orange rind and blueberries.
4. Pour into muffin tin and bake for 18 to 20 minutes.

Per serving: 243 Calories, 2 g Protein, 37 g Carbohydrates, 2 g Fiber, 10 g Total fat (1 g sat, 6 g mono, 3 g poly), 56 mg Sodium, ★★★ Manganese, Phosphorus, ★ Vitamin B1 (thiamine), B3 (niacin), B6, E, K, Calcium, Magnesium, Potassium

For those with gluten issues, there's good news and bad news. The bad news first. Recent research suggests that as many as 1 in 133 Americans has celiac disease. When a person with this autoimmune disease eats even a tiny bit of gluten (a protein found in wheat, barley, and rye), the small intestine becomes damaged, which can lead to other serious health problems.

There are more than 300 symptoms of celiac disease, including depression, fatigue, and diarrhea and/or constipation. Check out the Celiac Disease Symptoms Checklist at www.celiaccentral.org. If you suspect you have the disease, ask your doctor for a blood test.

"Do not stop eating gluten before getting the blood test," advises Joan Panepinto, RN, RD, a nutritional consultant to French Meadow Bakery. If you've given up foods with gluten, she recommends returning to them for one month prior to testing for accurate results.

Even if you don't have celiac disease, you might not feel well after eating bread, crackers, cereals, or pasta. Reactions may include abdominal pain, bloating, and gas. In these cases, gluten intolerance is likely, Panepinto says.

The only treatment for celiac disease is avoiding foods containing gluten. People with gluten sensitivity

may also want to cut back on foods with gluten.

the upside

The good news is that as awareness of gluten issues increases, resources are being created to meet demand. There are online support groups, many cookbooks (try the recipes suggested here), and a growing number of companies that make gluten-free foods from digestible grains, including corn, rice, and teff. "We use teff, an ancient grain that originated in East Africa, in our gluten-free wraps," says Jan Remak, executive director of sales and marketing for [La Tortilla Factory](http://LaTortillaFactory.com). The company also provides recipes on its packaging.

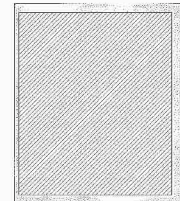
Consumers can also now find gluten-free soups, flours, snack foods, pizza doughs, breads, burritos, and cereals on the shelves of their favorite natural foods store.

"Of our more than 400 products, 50 are gluten free," says Matthew Cox, marketing manager of Bob's Red Mill Natural Foods. The company offers hundreds of gluten-free recipes on its website.

"It's not such a burden to be on a gluten-free diet," Cox continues. "I'm not going to say it's easy, but compared to 10 years ago, with regard to food options, it's night and day." ▶

CONTINUED ON PAGE 22

SELECTED SOURCES "Celiac Disease Symptoms Can Be Elusive," National Foundation for Celiac Awareness, www.celiaccentral.org ■ "Gluten Intolerance: Against the Grain" by Elizabeth M. Ward, MS, RD, www.webmd.com ■ Personal Communication: Matthew Cox, Marketing Manager, Bob's Red Mill Natural Foods, 5/09; Joan Panepinto, RN, RD, French Meadow Bakery, 7/09; Jan Remak, executive director of sales and marketing, La Tortilla Factory, 7/09 ■ "Treatment of Celiac Disease," Celiac Sprue Association, www.csaceliacs.org





PAMELA'S FLAX & SUNFLOWER SEED CORNBREAD MUFFINS

From *Pamela's Products*

10 MINUTES PREP TIME ■ MAKES 12 MUFFINS

- 1 bag Pamela's Cornbread & Muffin Mix
- 1 Tbsp rice bran
- 1 Tbsp roasted flax seeds *
- 2 Tbsp roasted sunflower seeds *
- ¼ c each green chilies and red peppers (use raw or roasted)
- 2 eggs
- ¾ c soymilk
- 8 Tbsp butter, melted

* Reserve a couple pinches of both seed varieties to sprinkle on top of muffins.

1. Preheat oven to 325°. Mix dry ingredients. Mix liquid ingredients. Combine.
2. Pour approximately ¼ cup of batter into each muffin tin. Sprinkle a few of the seeds on top, press in slightly, and bake for about 25 minutes.

Variation: Try sesame or pumpkin seeds in place of sunflower seeds.

Per serving: 181 Calories, 4 g Protein, 16 g Carbohydrates, 2 g Fiber, 12 g Total fat (6 g sat, 4 g mono, 1 g poly), 243 mg Sodium, ★ Vitamin A, B1 (thiamine), B2 (riboflavin), B12, Biotin, Folate, Manganese, Phosphorus



CONTINUED ON PAGE 24

For more information, go to www.tasteforlife.com/glutenfree

Recipes are analyzed by Anna Kianthra, MS, LD. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Off the charts (100 percent or better), ★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

gluten free CONTINUED FROM PAGE 22

**SLOW-COOKER
WHOLE GRAINS**

From *Gluten-Free Quick & Easy*
 by Carol Fenster, PhD
 (\$18.95, Penguin Group/Avery, 2007)

5 MINUTES PREP TIME
 (+ SLOW COOKER TIME) ■ **SERVES 4**



- 1 c whole-grain buckwheat (or amaranth, brown rice, quinoa, sorghum, teff, wild rice, or gluten-free oat groats)
- 3½ to 4 c water
- ¼ to ½ tsp salt

1. Coat a 3½ to 4-quart slow cooker with cooking spray. Turn cooker on high while measuring ingredients.
2. Place grains, water, and salt in slow cooker. Turn cooker on low and cook overnight or all day—for at least 8 hours and up to 12.
3. Top with honey, maple syrup, cinnamon sugar, or your favorite jam. Or for a savory side dish, add your favorite herbs or spices.

Per serving: 146 Calories, 6 g Protein, 30 g Carbohydrates, 4 g Fiber, 1 g Total fat, 153 mg Sodium, ★★★ Copper, ★★ Magnesium, Manganese, ★ Vitamin B2 (riboflavin), B3 (niacin), Panthothenic acid, Phosphorus, Zinc

**GARLIC SHRIMP
WITH SAFFRON RICE**

From *The Wheat-Free Cook* by Jacqueline Mallorca
 (\$18.99, William Morrow, 2009)

35 MINUTES PREP TIME ■ **SERVES 4**



- 1½ lb shelled and deveined large shrimp, thawed if frozen
- 6 Tbsp extra-virgin olive oil, divided
- 1 Tbsp lemon juice
- 2 garlic cloves, minced
- 2 Tbsp finely chopped parsley
- 1 tsp dried tarragon, crumbled
- 1¼ tsp fine sea salt, divided
- Freshly ground black pepper
- 1 medium onion, finely chopped
- 1½ c long-grain white or brown rice
- ½ tsp saffron threads, steeped in 1 Tbsp hot water

1. Arrange shrimp in shallow baking dish large enough to hold them in one layer (or use two dishes). Top with 4 tablespoons of olive oil, lemon juice, garlic, parsley, tarragon, ½ teaspoon of salt, and generous grinding of pepper. Turn shrimp over to coat well and let stand at room temperature for 20 minutes.
2. Meanwhile, heat remaining 2 tablespoons of olive oil in small saucepan over medium-low heat until oil shimmers. Add onion and cook, stirring frequently, until it softens and turns translucent, about 5 minutes.
3. Add rice, stirring well to coat grains. Add saffron mixture, 2¾ cups hot water, and remaining ¾ teaspoon of salt. Bring to boil. Cover pan, reduce heat to low, and simmer until tender, about 17 minutes. (Cooking time may need to be longer if using brown rice.) Remove from heat, fluff with a fork, and partially cover pan until shrimp are ready.
4. Preheat oven to 400°. Bake shrimp until opaque and cooked through, about 10 minutes. Serve with rice, spooning flavorful juices on top.

Per Serving: 635 Calories, 41 g Protein, 59 g Carbohydrates, 5 g Fiber, 26 g Total fat (4 g sat, 16 g mono, 5 g poly), 561 mg Sodium, ★★★★★ Manganese, Selenium, ★★★★★ Vitamin B12, Copper, Phosphorus, ★★★ Vitamin B3 (niacin), Magnesium, ★★ Vitamin B1 (thiamine), B6, K, Iron, Zinc, ★ Vitamin A, B2 (riboflavin), C, E, Panthothenic acid, Calcium, Potassium

WARM BEAN SALAD WITH HERBS

From *Gluten-Free Quick & Easy* by Carol Fenster, PhD
(\$18.95, Penguin Group/Avery, 2007)

20 MINUTES PREP TIME ■ SERVES 6

- 1 can (14.5 oz) navy or great northern beans, rinsed and drained
- 1 small garlic clove, minced
- 2 plum tomatoes, diced
- ¼ c diced red onion
- 2 Tbsp chopped fresh basil or thyme (or 1½ tsp dried)
- 2 Tbsp chopped fresh flat-leaf parsley (or 1½ tsp dried)
- 2 Tbsp sliced black olives
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp sherry or champagne vinegar
- Salt and freshly ground black pepper, to taste
- Fresh basil or thyme, for garnish

- 1.** Combine all ingredients in small saucepan.
- 2.** Heat over medium heat, stirring gently, until mixture reaches serving temperature.
- 3.** Serve warm, as a side dish, or top with your favorite protein source.

Per serving: 112 Calories, 4 g Protein, 13 g Carbohydrates, 4 g Fiber, 6 g Total fat (1 g sat, 4 g mono, 1 g poly), 49 mg Sodium. ★★ Vitamin K. ★ Iron. Magnesium. Phosphorus