



Richland County Celiac Support Group

Where to Buy Gluten-Free Supplies



www.glutenfree.com



www.kinnikinnick.com



www.gluten.net



www.organ.com



Comfrey Corner, Inc.
Mansfield, Ohio
419-529-5505



www.glutenevolution.com



www.enjoylifefood.com



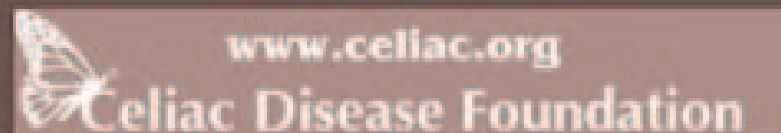
www.glutenfreesolutions.org



www.naturespath.com



www.chebe.com



www.celiac.org



www.csaceliac.org

gluten-free ^{LIVING}

www.glutenfreeliving.com

Applesauce Cake

Bev Messner

Cream:

1 stick butter (1/2 cup)
1-1/2 cups sugar

Add & Beat Well:

2 eggs

Add:

1 cup unsweetened applesauce
1 tsp. xanthan gum
1-1/2 cups Gluten-free flour blend
1/2 cup cornstarch
1/4 tsp. salt
1 tsp. Baking powder
1/2 tsp. Baking Soda
1-1/2 tsp. Cinnamon
1/2 tsp. Ground cloves

Beat until Smooth. Pour into a greased 8 or 9 inch glass baking pan. Bake at 350 degrees for 45-50 minutes until toothpick inserted in center comes out clean.

Optional ingredients: 1 cup raisins, 1/2 cup nuts.

Lourie's Gluten-Free Chocolate Cake

3 sticks butter
1/2 cup sugar
6 eggs
1 bag (Pantry Cake & Cookie Mix)
1/2 can Duncan Hines Creamy Home Style Dark Chocolate fudge
1-1/2 cup walnuts

Mix butters until creamy then add sugar a little at a time. When well mixed add one egg at a time until creamy. Then add one bag of cake & cookie mix. Then add dark chocolate fudge mix. Mix well then add walnuts. Put in a well greased & rice floured bunt pan. Bake at 350 for one hour or until done.

Chocolate Chip Applesauce Cake

From Bev Messner

1-1/2 cups sugar
1 stick butter (1/2 cup)
2 eggs
1 cup mini chocolate chips
2 cups Gluten-free flour
3 Tbsp. cocoa
1-1/2 teaspoons baking soda
2 cups applesauce
1 tsp. Vanilla

Topping:

3 Tbsp. sugar

Preheat oven to 350. Grease and flour a 9 x 13 pan. Cream sugar and butter in mixer until light and fluffy. Add eggs and beat to blend well. Stir together flour, cocoa and baking soda. Stir together applesauce and vanilla. Add flour mixture alternately with applesauce mixture and mix well. Pour mixture into pan. Sprinkle 3 Tbsp. of sugar on top and then sprinkle on chocolate chips. Bake for 35 minutes.



Carrot Cake

1/2 cup oil
 1/2 cup sugar
 1/2 cup dark brown sugar
 2 eggs
 3/4 cup cornstarch
 2/3 cup potato starch
 3/4 tsp. Baking soda
 1/2 tsp. Baking powder
 1 tsp. Cinnamon
 1/2 tsp. Salt
 1/2 tsp. Xanthan gum
 3 Tbsp. water
 1/2 cup chopped nuts (optional)
 1-1/2 cups packed grated carrots (about 4 medium)

Icing:

2 cups powdered sugar
 3 ounces cream cheese
 2 Tbsp. butter, softened
 1 tsp. Vanilla
 A few drops of milk

Preheat oven to 300 degrees. In a large bowl, combine oil, sugar and dark brown sugar. Mix well. Add all remaining ingredients except for the nuts and carrots. Mix well, making sure that no lumps remain in the batter. Mix in carrots and nuts.

Pour batter into a greased 8x8 or 9x9 baking pan. Bake 45-55 minutes, until toothpick inserted in center tests clean. Note that this cake will have a bit of a dome when first removed from the oven. It will settle as it cools.

For icing, combine powdered sugar, cream cheese, butter, and vanilla. Beat very well. Add a few drops of milk as needed. Spread icing on cooled cake. Freeze extra portions.

Makes one cake. Serves 9

Calories 446; Protein 2 grams; Fat 20 grams; Fiber 1 gram;
 Cholesterol 65 mg.; Sodium 310 mg.; Carbohydrate 67 grams

Hershey's "Perfectly Chocolate" Chocolate Cake

Recipe from Hershey's Cocoa Can

2 cups sugar
 1-3/4 cups Flour
 3/4 cups Hershey's Cocoa
 1-1/2 tsp. Baking powder
 1-1/2 tsp. Baking soda
 1 tsp. Salt
 2 eggs
 1 cup milk
 1/2 cup vegetable oil
 2 tsp. Vanilla extract
 1 cup boiling water
 1-1/2 tsp. xanthum gum (if making cake)

Heat oven to 350. Grease and flour two 9" round baking pans. Combine dry ingredients in large bowl. Add eggs, milk, oil and vanilla. Beat on medium speed for 2 minutes. Stir in boil water (batter will be thin). Pour into pans. Bake 30 to 35 minutes or until toothpick comes out clean.

Cupcakes: large = 22 minutes. Mini = 10 –12 minutes.

Chocolate Buttercream Icing

From "The Gluten-Free Kitchen" By Roben Ryberg

This is the chocolate version of the traditional homemade icing.

For full-sized cake:

2 ounces unsweetened chocolate, chopped in small pieces
 3/4 cup butter, softened
 3-3/4 cups powdered sugar (1 pound)
 2 tsp. Vanilla flavoring
 up to 1/4 cup milk or cream

For petite cake:

1 ounce unsweetened chocolate, chopped in small pieces
 6 Tbsp. butter, softened
 2 cups powdered sugar
 1 tsp. Vanilla flavoring
 up to 2 Tbsp. milk or cream

In small, microwavable bowl or cup or double boiler, melt chocolate. Set aside to cool. In a medium bowl, cream butter and sugar until well blended. Add vanilla flavoring. Slowly add enough milk to bring icing to spreading consistency. Slowly beat in cooled chocolate. Continue beating icing for at least 3-5 minutes. Apply to fully cooled cake.

Meringue Cookies

Bev Messner

4 egg whites
 pinch of salt
 1 cup sugar
 1 Tbsp. cornstarch
 1 tsp. vanilla or almond flavoring
 1-1/2 tsp. white vinegar
 Mini chocolate chips or butterscotch bits
 1/2 cup chopped walnuts or any other kind of nuts

Preheat oven to 400. Line cookie sheets with parchment paper. Beat egg whites and salt until frothy and slight peaks form. Slowly add the sugar and keep beating on high until whites are stiff and glossy. Fold in cornstarch, vanilla, and white vinegar until well blended. Fold in chocolate chips and walnuts.

Spoon onto cookie sheets (about 1-1/2 to 2 inches around)

Turn oven temperature to 300 and bake for about 20 minutes. Shut off oven and cool cookies in oven. DO NOT OPEN OVEN for about 2 hours or more.

Almond Cookies

1 cup softened butter
 1-1/2 cups sifted confectioner's sugar
 2 large eggs, lightly beaten
 1/2 tsp. almond flavoring
 2-1/2 cups Gluten-free flour mix
 1 tsp. cream of tartar
 1 tsp. salt
 2 tsp. baking soda
 60 (approximately) blanched almonds, optional

Blend butter with sugar. Using a wooden spoon, beat in eggs and almond extract. Sift together flour, cream of tartar, salt and soda. Stir into butter/sugar mixture. Chill at least 1 hour. Preheat oven to 375 degrees. Using a cookie scoop or teaspoon, shape dough into about 60 small balls. Place balls on a cookie sheet coated with cooking spray and press 1 almond into the center of each. Bake 12 to 15 minutes.

Yields – about 5 dozen cookies

Sarah Bernhardt Cookies

Grind enough raw almonds to make 2-1/2 cups (approx. 1/4 lb. almonds)
 2-1/2 cups confectioners sugar
 5 egg whites

Mix almonds and sugar thoroughly. In large bowl beat egg whites to stiff peaks. Mix almond mix together. Drop teaspoonfuls onto parchment lined cookie sheet. Bake at 350 degrees until light brown. 10-12 minutes. Remove from sheet while still hot.

Lemon Filling:

1 egg
 1/3 cup sugar
 3 Tbsp. lemon juice
 2 Tbsp. butter, cubed
 1 cup heavy whipping cream
 2 tsp. sugar

With mixer, beat together first three ingredients until well blended. In heavy sauce pan bring egg/lemon mix and butter to a boil over medium heat. Cook and stir for 5 to 7 minutes. Pour into a bowl and press plastic wrap on surface and cool. In a mixing bowl beat cream and 2 tsp. sugar until stiff peaks form. Fold in lemon mix. Spread on one cooled cookie and top with another.

Chocolate filling:

Beat one cup heavy whipping cream, and equal amounts of Hershey's cocoa and sugar until stiff peaks form. Mound on cookies and dip in melted chocolate. Set in refrigerator to cool chocolate. Store in refrigerator.

Black Bottom Banana Bars

From Bev Messner

1/2 cup butter or margarine
 1 cup sugar
 1 egg
 1 tsp. Vanilla extract
 1-1/2 cups mashed ripe bananas (about 3 medium)
 1-1/2 cups Gluten-free flour (I used Bob's Red Mill)
 1 tsp. Baking powder
 1 tsp. Baking soda
 1/2 tsp. Salt
 1 tsp. Xanthan gum
 1/4 cup baking cocoa
 (optional: 1/2 cup chocolate chips added to the dark batter. Could also add nuts)

Cream butter and sugar. Add eggs and vanilla. Beat until thoroughly combined. Blend in bananas. Combine the flour, baking powder, baking soda, salt and xanthan gum. Add to creamed mixture and mix well. Divide batter in half (about 1-3/4 cups each). Add cocoa to half and spread this mixture into a greased 9x13 pan. Spoon remaining batter on top and swirl with a knife. Bake at 350 degrees for 25 minutes, or until they test done. (They actually took only 25 minutes for me!!)

Yields about 2 to 2-1/2 dozen bars.

Melinda's Brownies

1/2 cup + 2 Tbsp. rice flour
 3 Tbsp. + 1 tsp. potato starch
 5 tsp. tapioca flour
 3/4 c. unsweetened cocoa powder (Hershey's)
 1 tsp. baking powder
 2 c. sugar
 5 large eggs or 6 small ones
 1-1/2 sticks margarine, softened (3/4 cup)

Preheat oven to 350 degrees. Using an electric mixer, mix all ingredients together till smooth (about 3 minutes). Individual brownies can be wrapped and stored in the freezer.

Pumpkin Brownies

From Bev Messner

Filling:

16 ounces pumpkin puree – canned or fresh
 4 whole eggs
 3/4 cup vegetable oil
 2 tsp. vanilla extract – Gluten-free
 1-1/2 cups Gluten-free Flour Blend – Bette Hagman's (I used Sterks)
 1/2 cup Sweet Rice Flour
 1 tsp. Xanthan gum
 2 tsp. cinnamon
 1 Tbsp. pumpkin pie spice
 2 tsp. baking powder
 1/2 tsp. salt
 2 cups sugar

In mixing bowl, beat together pumpkin, eggs, oil, and vanilla. In a separate bowl, sift dry ingredients. Gradually mix sifted dry ingredients into pumpkin mixture. Beat together for 2 minutes. Spread batter into a greased 15x10x1 baking pan (jelly roll pan). Bake for 20-25 minutes at 350 degrees, until it passes toothpick test. Cool.

Frosting:

6 Tbsp. butter – softened
 3 ounces Kraft cream cheese
 1 tsp. vanilla extract – Gluten-free
 1 tsp. milk
 1/8 tsp. salt
 2 cups powdered sugar

In small mixing bowl, combine butter, cream cheese, vanilla, milk and salt. Mix well, gradually adding powdered sugar. Frost when brownies are completely cool. Store in refrigerator or wrap individual servings and freeze.

These are VERY moist and delicious. No one will ever guess they are gluten-free. (You can use rice protein powder in place of sweet rice flour with perfect results.)

Pumpkin Roll

From Bev Messner

Cake:

3 eggs
 1 cup sugar
 2/3 cup canned pumpkin
 3/4 cup sifted Gluten-free flour (see recipe for flour blend below)
 1 tsp. baking soda
 1/2 tsp. nutmeg
 1 cup finely chopped walnuts
 1 tsp. lemon juice
 2 tsp. cinnamon
 1 tsp. ginger
 1/2 tsp. salt
 1 tsp. xanthan gum
 1/2 cup confectioner's sugar

Gluten-Free Flour Blend (some will be left over):

3/4 cup white rice flour
 1/4 cup potato starch flour
 1/8 cup tapioca flour

Filling:

1 cup confectioner's sugar
 2 pkgs (3 oz. each) softened cream cheese
 1/4 cup softened butter
 1/2 tsp. vanilla

For Cake:

In a large mixing bowl, beat eggs for 5 minutes at high speed. Gradually add sugar, mixing well. Stir in pumpkin and lemon juice. In a separate bowl, combine flour, xanthan gum, cinnamon, baking soda, ginger, nutmeg, and salt. Fold into pumpkin mixture. Grease and flour a jelly roll pan, then line with parchment or waxed paper which is also greased and floured. Spread mixture into pan and top with walnuts. Bake at 375 for 15 minutes. Turn cake onto a cloth towel that has been sprinkled with the 1/2 cup of confectioner's sugar. Roll the towel and cake up together. Cool.

For Filling:

Combine all the ingredients and blend until smooth. Unroll cake, spread with filling. Roll up and chill well. Slice and serve. May be frozen. Serves 16.

Peach Cobbler

2 cups fresh peaches, peeled and sliced
 1 stick margarine
 2 tsp. baking powder
 1-3/4 cups sugar
 1 cup Gluten-free flour
 1 cup milk
 1 egg
 1 tsp. vanilla extract
 1 tsp. almond extract (optional)
 cinnamon

Combine peaches and 3/4 cup sugar and let stand 20 minutes. Melt margarine in flat 2 quart casserole or pan in the oven or microwave. Sift together flour, 1 cup sugar and baking powder. Add milk, extracts and egg and stir briskly – some lumps will remain. Pour into baking dish of melted margarine, top with peaches and sprinkle with cinnamon. Bake at 350 degrees for 45 minutes.

Quick Tea Donuts

3 eggs
 1/2 cup sugar
 1 cup milk
 1 Tbsp. melted fat or oil
 1/4 tsp. salt
 1 tsp. baking powder
 1 cup (plus more) Gluten-free flour mix
 1 tsp. ground cardamom

In large bowl beat eggs well. Add sugar and milk. Sift dry ingredients together and add to liquid. Beat thoroughly and add melted fat. Add enough more flour to make a batter stiff enough to hold a spoon in a standing position. Drop by small spoonfuls into deep fat heated to 365 degrees. Remove donuts when brown and drain on absorbent paper.

Donuts may be rolled in powdered sugar or cinnamon sugar mix or a glaze of powdered sugar and water.

Pavlova

Base:

4 egg whites – room temperature
pinch salt
1 cup + 2 Tbsp. sugar
2 tsp. cornstarch
1 tsp. white vinegar
1/4 tsp. vanilla

Topping:

1 1/2 cups heavy cream (or Fat Free Cool Whip)
1 banana, peeled and sliced
2 kiwi fruits, peeled and sliced
3 cups strawberries, hulled & quartered
1 cup blueberries
1 packet strawberry glaze (available at store)

Preheat oven to 350 degrees. Line baking sheet with parchment paper and then trace a 10" circle on paper. Place egg whites and salt in bowl. Mix on low speed until frothy, about 2 minutes. Increase speed to medium and beat until whites form stiff, but not dry peaks (2-3 min.). Gradually add sugar while beating and increase speed to high and beat until stiff and glossy (3-5 minutes). Sprinkle cornstarch, vinegar and vanilla over whites and gently fold into whites.

Filled traced circle with meringue, smoothing top and sides. Put meringue in middle of oven and reduce heat to 300 degrees. Bake for one hour. Turn oven off and leave meringue inside until completely cool, about 4 hours. Remove paper and place meringue on cake plate.

Whip cream to soft peaks, then pile on top of meringue. Arrange cut fruit over whip cream and spoon strawberry glaze over top. Slice into wedges and serve.

Donna Jo's Dream Pastry

From "More From the Gluten-Free Gourmet"

By Bette Hagman

1/2 cup tapioca flour
1/2 cup cornstarch
1/4 cup potato starch flour
1 cup sweet rice flour
1 rounded tsp. Xanthan gum
1/2 tsp. Salt
Dash sugar (optional)
1/2 cup (1 stick) margarine
1/2 cup Butter Flavor Crisco
1 egg, cold
1 Tbsp. Gluten-free vinegar
4 Tbsp. ice water
Sweet rice flour, for rolling

Blend together the flours, xanthan gum, salt, and sugar. Cut in the margarine and Crisco in small dabs until you have shortening the size of lima beans (not cornmeal).

Beat the eggs using a fork, add the vinegar and ice water. Stir into the flour mixture, forming a ball. You may knead this a bit, since rice flour crusts can stand handling. Refrigerate the dough for an hour or more to chill.

Divide dough and roll out on a sweet rice-flour board (or on floured plastic wrap, for easier handling). Place in a pie tin. If using plastic wrap, move it to the pie tin and invert the dough into the pan. Shape before removing the plastic. Bake as directed for the filling used.

For a baked crust, prick the pastry with a fork on both side and bottom. Bake the crust in a preheated 450 degree oven for 10 to 12 minutes, or until slightly browned. Cool before filling. Makes enough pastry for a 2-crust 9" pie plus 1 pie shell.

Baking Powder Biscuits

1 cup Gluten-free flour mix
 Scant 1 Tbsp. baking powder
 2 Tbsp. solid shortening (Crisco)
 1 egg
 Enough milk to make 1/2 cup

Mix together flour and baking powder. Cut in Crisco with a pastry blender till flour resembles coarse corn meal. Break egg into a 1/2 cup measuring cup and add milk to make 1/2 cup. Put egg/milk mixture into a small bowl and blend well. Pour egg/milk mixture into flour mixture and stir with a fork. Drop by heaping spoonfuls onto a greased cookie sheet and bake at 425 degrees till lightly browned.

Cheddar Biscuits

To above recipe add 1/2 tsp. onion powder, 1/2 tsp. garlic powder 1/2 tsp. dried parsley and up to 1/4 cup grated Parmesan cheese or shredded Cheddar cheese.

Strawberry Bread

2-1/4 cups Gluten-free flour
 1 tsp. Baking soda
 1 tsp. Salt
 1 tsp. Xanthan gum
 1 Tbsp. cinnamon
 4 eggs
 1-1/4 cups vegetable oil
 2 cups sugar
 2 cups sliced strawberries

Beat the eggs and oil together. Gradually add sugar. Mix in flour, xanthan gum, salt, baking soda and cinnamon. Mix in sliced strawberries and pour into greased Bundt pan. (Bundt pan makes it look pretty like a cake). Bake at 350 for about 1 hour. (May take a little longer, just test with finger for bounce).

Surprise Pancakes (*Pannekoeken*) From Peg Snyder

1/2 cup Gluten-free flour mix 1/2 cup milk
 2 eggs 2 Tbsp. butter
 vanilla (optional)

Melt 2 Tbsp. butter in glass pie pan. (mine was a 9 - 10 in. dish) Mix flour, milk and eggs well, and put in glass pie pan on top of melted butter. You may top mixture with sliced apples, brown sugar, cinnamon, sugar, or other fruit. Bake in a 425 degrees oven for 15 minutes.

I topped my pancake with a mixture of brown sugar, cinnamon, granulated sugar and chopped pecans. It was a fantastic dessert type thing. I did add about 1/4 tsp. of baking soda just to give it a boost. I didn't know if the eggs alone would give our flour to make it rise. Plus, I put about a tsp. of vanilla in the measuring cup and added enough milk to make 1/2 c. It gives it a nice flavor instead of just plain. This comes out really high and crusty on the edges and pancake flat in the middle.

Melinda's Banana Pancakes

1-1/2 cup rice flour
 1 tsp. salt
 1-1/4 c. water
 2 Tbsp. honey
 2 large bananas, mashed
 2 tsp. baking powder
 1/2 tsp. xanthan gum
 3 Tbsp. oil
 2 large eggs
 1/2 cup chopped walnuts, if desired

Combine dry ingredients in a medium bowl. Stir in water, oil, honey, eggs, bananas and nuts. Cook pancakes on hot griddle till golden brown.

Wendy Wark's Gluten-Free Flour Mix

1 cup brown rice flour 1-1/4 cup white rice flour
 1/4 cup potato starch flour 2/3 cup tapioca starch flour
 3/4 cup sweet rice flour 1/3 cup cornstarch
 2 tsp. xanthan gum

Mix well and store in an airtight container, in the refrigerator if possible, or in a cool dry place.

Clam Chowder

From Dottie Sturgeon

6 to 8 flat cans of chopped or minced clams
(I use half of each) and the juice
1 small onion chopped small
4 Tbsp. Butter
1 quart of half and half cream
1-1/2 cups of milk
1 small potatoes peeled and diced small
1 tsp. salt
1/2 tsp. pepper
4 Tbsp. cornstarch mixed with water to make a slightly thick blend.

Cook onions in butter until transparent, add cream, milk, clams and clam juice, potatoes, salt and pepper. Cook over low heat until potatoes are tender. Stir in cornstarch mixture and stir until thickened. (You may need to add more cornstarch/water mix for thicker chowder). Serve with crackers. Enjoy.

Rice Lasagna

From Sharry Price

1-1/2 cups long grain rice
1 pound ground beef
1 medium onion, chopped
1/4 cup sweet green peppers
1 jar (32 oz) spaghetti sauce
1 egg
1 16 oz. Low fat cottage cheese
1 pkg. (8 oz) Mozzarella cheese
1/4 cup Parmesan cheese

Cook rice following package directions. Salt optional. Reserve. Coat 13x9x2 baking dish with nonstick cooking spray. Brown beef in large skillet, breaking up clumps. Carefully pour off excess fat. Add onion and green pepper, cook, stirring 2 minutes. Add spaghetti sauce. Beat eggs slightly in medium bowl. Stir in cottage cheese and mozzarella cheese. Spread half the meat over bottom of the baking dish. Spoon half the rice evenly over the sauce, top with half of cheese mixture. Repeat layers. Sprinkle with Parmesan cheese. Baked in a preheated oven at 350 degrees for 50 minutes. Let stand 10 minutes before serving. Makes about 12 servings.

Lasagna *From Bev Messner*

2 boxes noodles (uncooked)
Large jar Ragu
1 lb. Ground beef
16 oz. Cottage cheese
2 eggs
Mozzarella cheese (sliced)
Parmesan cheese

Brown meat and drain. Add sauce, salt and pepper, garlic. Doctor up the Ragu as you choose. Simmer. Mix the cottage cheese with 2 eggs and let sit while browning the meat. Layer in a greased glass dish as follows: (Do not use aluminum)

1. Noodles
2. Sauce (lightly)
3. Noodles
4. Cottage cheese
5. Mozzarella cheese
6. Noodles
7. Sauce
8. Cottage cheese
9. Noodles
10. Rest of sauce
11. Parmesan cheese (a lot)

Bake at 325 degrees covered – for 1 hr. 15 min. Raise the rack up one level in oven. Let cool 15 minutes before serving.

Stromboli

Use Gluten-Free Pantry French Bread – mix and roll with NO rising. Roll out a length of Saran Wrap and spray with Pam. Roll out bread mix to 10 x 16 with another layer of Saran Wrap on top. Remove top layer of Saran Wrap and put on pizza sauce (Contadina) to within 1" of edge.

3/4 cup Ricotta cheese (if cheese is moist, squeeze it out)
Pepperoni – Gluten-Free (Echrich or whatever)
1 cup cooked Bob Evans sausage (about 1/2 pound)
1 can mushrooms
1-1/2 cups mozzarella cheese
Basil, oregano, garlic powder

Roll up. Pick up with Saran Wrap under and over to slip and put on a greased cookie sheet. Oil top with olive oil. Bake 375° for 20 to 25 min.

Perfect Chicken Pizzaiola

From Bev Messner

1 Tbsp. olive oil
 4 boneless, skinless chicken breasts
 1/4 tsp. Salt
 1/4 tsp. Black pepper
 3 potatoes, peeled and cut into 8 pieces
 1 onion, chopped
 2 green bell peppers, cored, seeded, and sliced lengthwise into 1/2" slices
 2 tsp. Dried oregano
 1/8 tsp. Red pepper flakes
 1 can (14-1/2 ounces) Italian style diced tomatoes
 3 Tbsp. tomato paste
 1 can (14-1/2 oz.) low sodium chicken broth

Preheat oven to 350. Heat the oil in a large ovenproof skillet over medium heat. Season the chicken on both sides with the salt and pepper. Sauté the breasts until browned on both sides. Transfer the chicken to a large plate and cover. Add the potatoes, onions, peppers, oregano, and pepper flakes to the skillet. Sauté for 10-15 minutes, until just tender. Add the tomatoes, tomato paste and broth. Bring it to a boil, and remove from the heat. Add the chicken breasts to the skillet, cover tightly, and place in the oven. Bake for 45 minutes and serve. Makes 4 servings.

Per Serving: 360 cal., 47 gram protein, 27 grams carbs, 7 grams fat, 2 grams saturated fat, 100 mg. cholesterol, 7 grams fiber, 820 mg. sodium.

Salad Dressing

1 cup olive oil
 1 cup sugar
 1/2 cup white vinegar
 2 Tbsp. soy sauce

Mix well and shake before using. Pour on salad just before serving. Can also be used for a marinade for meats.

General Information

By Peg Snyder

Gluten-free eating is not a death sentence. It takes some time, but soon you will be as comfortable with it as anyone with an allergy. Be vigilant and you'll do fine.

Eating out is not impossible. Start easy, grilled meat, baked potatoes and salad, plain. Learn to talk to your server. Use the words "I have an allergy to wheat." At that point, he or she will have your attention. Ask what on the menu is wheat free.

Always read the label of any food product you purchase. If in doubt about anything, call the 800 number listed and ask if the product is gluten-free.

When baking gluten-free, be adventurous. Some of the best recipes come from a mistake. When converting a favorite baked goods recipe, a general rule of thumb is add 1 egg, or 1 extra egg, and 1 more tsp. of baking powder.

Bread dough cannot be kneaded. Don't even think of it. Think batter bread and you'll do fine.

There are lots of gluten-free cookbooks on the shelves. They have excellent information and wonderful recipes. Try the library too.

Good luck. If you run into difficulties, give the Celiac Support Group a call.

Peg Snyder
 419.281.9045

Bev Messner
 419.589.5972

**THE CELIAC SUPPORT GROUP
 MEETS AT 7:00 PM THE
 FIRST TUESDAY OF EVERY
 MONTH AT THE FIRST
 PRESBYTERIAN CHURCH AT
 399 SOUTH TRIMBLE ROAD,
 MANSFIELD, OHIO.**

