

IGIST

Indiana Gluten Intolerance Support Team

Sept 2017

Our next meeting will be Sunday, Sept. 10th 2017 at 1:30pm
Unitarian Universalist Church, 333 Meridian St., Lafayette, IN



For our next meeting, we'll look at naturally gluten free appetizers and snacks! Bring your favorite treat that can be made without using a gluten free alternative (like GF flour, bread, pie crust, etc). We've included some sample recipes in this newsletter.



Check our web page
(www.igist.org),
Facebook Page, and your email
for information about our Fall
Potluck and future meeting
dates.

Meetings

IGIST meets at 1:30 pm on the second Sunday five months of every year at the Unitarian Universalist Church in West Lafayette, Indiana, unless otherwise specified. All active members and their families are welcome. Memberships are \$15/year. Guests are welcome by invitation.

Meetings are usually in January, March, May, September, and November.
Would you like to attend? Contact Nancy Linnemann at 497-0665 or
n.linnemann@comcast.net.

New Meeting Location!

With the relocation of the Kathryn Weil Center for Education to the main building at St. Elizabeth's hospital downtown, we decided to relocate meetings to a more accessible location. Our meetings will be at the Unitarian Universalist Church of Tippecanoe County (UUCTC) at 333 Meridian Street in West Lafayette.

Directions: From the North: From Sagamore Parkway (HWY 52), go south on Salisbury Street. At the second set of stoplights, turn right on Grant street. Meridian Street is a four way stop just south of the High School. Turn left at Meridian, and take the first right onto Smiley St. to go around to the back of the church. Our meetings will be in Rooms 101/103; enter the building through the class office doors in the back of the church, to the right of the playground area.

From the South: Due to the construction on HWY 26 (South Street) near campus, it's easiest to take Salem Street over the river towards West Lafayette. Turn right at the stoplights on Salisbury St. Turn left at the four-way stop onto Meridian St. The church will be on your left; turn onto Smiley St. immediately in front of the church and continue to the back office entrance.

We hope to see you there in September!



Celiac News

Papa John's now has "gluten free" pizza crust, but beware: like Dominos, they do not keep the gluten free crusts separate from their gluten crusts, and they do not watch for cross contamination. They do not suggest the new crusts for people with celiac disease.

<https://www.thedailymeal.com/healthy-eating/papa-john-s-gluten-free-pizza-may-contain-gluten/081617>

A group from the Celiac Disease Center at Columbia University Medical Center published a recent [paper](#) that looked at supplements that state the claim that they will remove or degrade gluten. Of the list of supplements below, all contained compounds called glutenaseproteases; The ones that specified a type of protease listed one that is not proven to work. Others did not list a specific protease. Many contained carbohydrases (11) or lipases (5) - neither of which degrade gluten. One of the products even stated that it contained wheat. They found that there is little evidence that these products, despite what their name implies, work to degrade gluten.

<https://www.acsh.org/news/2017/08/09/useless-supplements-now-available-celiac-disease-11659>

Table 1. Glutenase product names and manufacturers.

| Product name | Manufacturer |
|--------------------|---|
| BioCore DPP IV | Swanson Health Products (Fargo, ND) |
| Digest Gluten Plus | Seroyal (Pittsburgh, PA) |
| Gluten-Ade | Fain's Herbacy (Eurkea Springs, AK) |
| Gluten Cutter | Healthy Digestives (West Palm Beach, FL) |
| Gluten Defense | Enzymatic Therapy (Green Bay, WI) |
| Gluten Digest | NOW Foods (Bloomington, IL) |
| Gluten Enzyme DG | Vitacost (Boca Raton, FL) |
| Gluten-Zyme | Country Life (Hauppauge, NY) |
| Glutenaide | CVS (Woonsocket, RI) |
| GlutenEase | Enzymedica (Venice, FL) |
| ProCellax DG2 | Genufood Energy Enzymes Corp. (Los Angeles, CA) |
| SerenAid | Klaire Laboratories (Reno, NV) |
| Similase GFCF | Integrative Therapeutics (Green Bay, WI) |
| ZGlutn | Systemic Formulas (Ogden, UT) |

Researchers have found that people with celiac disease may have a significantly increased risk for pneumococcal infections, which are re caused by the gram-positive bacteria *Streptococcus pneumoniae* (*pneumococci*). Bacteria are dispersed in the air when *infected* people cough or sneeze. The most common *infections* are pneumonia, meningitis, sinusitis, and middle ear infection. The authors note that post-1998 data, after the pneumococcal vaccine was widely available, showed a lower risk of pneumococcal infection among celiac disease patients. This result, write the authors, supports the prophylactic use of pneumococcal vaccination.

<http://www.empr.com/news/celiac-disease-pneumococcal-infection-risk-vaccination/article/681817/>

One Pan Lemon Garlic Chicken Potato Bake

<http://www.recipetineats.com/one-pan-lemon-garlic-chicken-potato-bake/>

- 8 chicken drumsticks*
- ½ cup lemon juice, preferably fresh
- 6 cloves garlic, crushed
- 2 tsp Dijon mustard (Optional)
- 2 tbsp honey or 1 tbsp sugar
- 1 tbsp dried oregano
- 1 tsp paprika
- 1 tbsp olive oil
- ½ tsp salt
- Pepper
- 1 cup chicken broth/stock
- 4 small - medium potatoes, quartered
- 2 red onions, quartered
- 1 tsp paprika
- 1 8 oz container of cherry tomatoes
- Salt and pepper
- Oil spray (optional)
- Fresh oregano, for garnish (optional)

1. If time permits, combine the chicken and marinade ingredients in a ziplock bag and set aside for 20 minutes or up to 24 hours.
2. Preheat oven to 350F.
3. Pour the chicken and marinade into a baking dish, then add the chicken stock, potatoes and onion. Choose a pan so everything fits snugly.
4. Cover with a lid or foil and bake for 20 minutes.
5. Remove cover, turn chicken over. Add cherry tomatoes, sprinkle with paprika and salt and pepper. Turn oven up to 200C/390F and bake for a further 25-35 min or until potatoes and chicken are cooked. Keep an eye on the liquid if you cook for longer - don't let the sauce evaporate! Add water if needed.
6. Optional: For extra golden chicken and potatoes, spray with oil then broil for a few minutes.
7. Remove from oven and rest for 5 minutes before serving, garnished with fresh oregano leaves.

* To make this with other cuts of chicken:

- Bone in skin on thigh fillets: Add 5 to 10 minutes baking time and place chicken skin side DOWN to bake covered, then when you remove the cover, turn the chicken so it is skin side UP.
- Boneless skinless thigh fillets: Add the chicken into the pan 20 minutes into the baking time.
- Chicken breast: not recommended, because there is a high risk of overcooking.

Perfect Roasted Vegetables

Prep Time: 10 mins

Cook Time: 20 mins

Ingredients:

- 4-6 cups fresh vegetables, like broccoli, cauliflower, asparagus, butternut squash
- 1-2 tablespoons olive oil
- Several pinches of coarse kosher salt and coarsely ground black pepper (if you are new to this, go light – you can always season more after they are done cooking)

Directions:

1. Preheat the oven to 425 degrees F.
2. On a large, rimmed baking sheet (11X17-inches), drizzle the vegetables with the olive oil and toss with the salt and pepper.
3. Cook for 10 minutes. Stir or flip the vegetables and cook for about 10 minutes more. The exact time will depend on the type of vegetable and how large/small it is cut. Broccoli and cauliflower follow this rule pretty closely. I roast asparagus for slightly less time and butternut squash for slightly longer. Squash like zucchini and yellow squash roasted fairly quickly.
4. Season to taste with additional salt and pepper to taste, if needed. Serve immediately.

Notes:

Dark, nonstick baking sheets will cook the vegetables more quickly so if you use that type of pan instead of a light colored aluminum pan, please watch closely and vary the time accordingly.

Make sure the vegetables are in an even layer – you don't want them on top of each other (a few tiny overlaps are fine but no double layering) or they won't roast properly.

The exact cooking time will depend on the type of vegetable and how large/small it is cut and also how tender you like them. Broccoli and cauliflower follow the cooking times below pretty closely in my oven – we like them on the crisp-tender side. I roast asparagus for slightly less time and butternut squash for slightly longer. Squash like zucchini and yellow squash roasted fairly quickly.

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Recipe Permalink: <https://www.melskitchencafe.com/perfect-roasted-vegetables/>

Peanut Butter No Bake Gluten Free Energy Bites

<https://glutenfreeonashoestring.com/peanut-butter-no-bake-gluten-free-energy-bites/>

2 cups (200 g) certified gluten free rolled oats

2 cups (80 g) unsweetened coconut flakes

1 cup (160 g) hulled raw hemp seeds (can substitute chia seeds, hulled sunflower seeds, flax seeds or pumpkin seeds)

1/2 teaspoon kosher salt

1 1/4 cups (320 g) smooth peanut butter (can substitute almond butter another favorite nut butter; if you use sunbutter, you may have to rebalance the moisture balance with more oats or coconut flakes)

1/2 cup (168 g) honey

1 teaspoon pure vanilla extract

4 ounces miniature chocolate chips

Directions

- Line a large, rimmed baking sheet with parchment paper and set it aside. In a large bowl, place the oats, coconut flakes, hemp seeds and salt, and mix to combine well. Set the bowl aside. If you would like to intensify the flavor of these ingredients, you can place them all together on a lined baking sheet in a single layer and toast them in a 300°F oven (or toaster oven, in batches) for about 15 minutes, stirring once. Then proceed with the recipe as written.
- In a separate large, microwave-safe bowl, place the peanut butter, honey and vanilla extract, and mix to combine. Microwave the peanut butter and honey mixture on 60% power for 30 seconds to loosen the mixture and make it easier to combine with the dry ingredients. Add the oat and coconut dry mixture to the peanut butter and honey mixture, and mix until well-combined. Allow the mixture to cool for at least 10 minutes, and then add the miniature chocolate chips. Mix until the chips are evenly distributed throughout. If you add the chips when the mixture is hot, the chips will all melt.
- Scoop the mixture by the heaping tablespoon onto the prepared baking sheet (a #50 ice cream scoop works perfectly). You should have about 36 portions. Roll each portion tightly into a ball between your palms. Place the baking sheet in the refrigerator to chill until firm. Serve chilled. They will hold their shape at room temperature, but I prefer them chilled.

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