

March 2011

You're invited to the next *CharlottesVILLI* Celiac Support Group Meeting!

Tuesday, April 19, 6:30-8:30pm

***PLEASE NOTE: This meeting will take place at
Rebecca's Natural Foods on Barrack's Road***

Support group dates for 2011 are online at
The University of Virginia Digestive Health Center's Celiac Support Website:
www.uvahealth.com/ceciacsupport

All meetings are supported by the University of Virginia's Digestive Health Center. Meetings are located at the Dining Conference Rooms at the UVaHS Main Hospital, unless otherwise noted, and are open to the public at no charge.

The latest news from CharlottesVILLI:

- This meeting had a great turnout, with over 20 members attending! Thank you to everyone who attended and shared their stories with the group.
- Several tasty baked items (including pop-overs, boule bread, and banana bread) were prepared by group members and shared at the meeting...YUM!
- Group members discussed some of their favorite food items and tips. Here are some of the items our members rated high on their shopping list:
 - Mrs. Leeper's pasta (www.mrsleepers.com), which is available at Walmart
 - Tinkyada lasagna noodles (www.tinkyada.com) (I have tried these and they are awesome!)
 - Several GF soy sauces are available at the Dollar store
 - Several GF flours (chick pea flour, rice flour, potato flour) are available at the Asian Market (1417 Emmet St N 434-972-9888)
 - For great recipes using affordable ingredients, such as cornstarch, check out some of Carol Fenster's recipe books (you can find them at her website <http://www.savorypalate.com> and www.amazon.com)

- ****Please note!**** The upcoming support group meeting will be held at *Rebecca's Natural Foods* on Barrack's Road. We meet there at 6:30pm to tour the store and do some tastings. Then we will mosey to the *Barnes and Noble* around 7:30pm for a "book club" (thanks to group members for this fantastic idea). I am still working out the details of the event, but it should be a fun evening and we hope you will join us!
- Cindy Brown is planning a Gluten-Free tasting event on March 31st from 6:30-8:30pm at the Palmyra Country Store:
 - Contact Cindy for info about this and other upcoming events (589-5008).

Book Review

The Gluten-Free Almond Flour Cookbook, by Elana Amsterdam
www.elanaspantry.com

This book contains recipes for breakfasts, entrees, baked goods, desserts, toppings, sauces and other items. Some examples of recipes include: date pecan muffins, chocolate chip scones, "scrumptious sandwich bread" (some might argue this is an oxymoron in the celiac world! 😊), muesli bread, black bean burgers, quiche, matzo ball soup, and many others. Almond flour has a rich, buttery taste, binds well and generally has a smooth texture. It is not gritty and dry like many other GF flours. Many of these recipes do not require numerous other expensive ingredients for binding, such as xanthan gum. You can find this great little book on amazon.com or get it directly from the author at the website above. We will have a few copies available at the upcoming support group meeting if you would like to peruse it.



Looking for a special cat or dog to share your home with?

The Charlottesville SPCA has several dogs and cats with food allergies. These animals could sure use a compassionate owner who understands their special needs. Other than needing to stay on their special diets, these animals are ready for adoption, have had all their shots, and are healthy. Because of their special diets, they need to remain indoor pets or, in the case of the dogs, should never be allowed to roam off-leash. The SPCA staff is very concerned to help find homes for these special animals; visitors interested in them will receive extra attention!

Check out the SPCA website for more information: www.caspca.org

New products and services

The following services are in the developmental stages, but are promising prospects!

Gluten Free Spotlight

www.GlutenFreeSpotlight.com

Message from the founder, Ed Carson:

"My wife and both of my children have celiac. We have been completely gluten free since 2008. One of our more frustrating experiences with living gluten free has been dining out.

Knowing that others probably share these frustrations, I developed GlutenFreeSpotlight.com. This new website collects restaurant reviews and ratings from people who want to take two or three minutes to share their gluten free dining experiences with others. These ratings are searchable by city, cuisine, price range, and more. My hope is that this site can be a tool that will help us all to begin eating out with more confidence.

GlutenFreeSpotlight.com is unique because the reviews provide more information than a typical five star system. We have a color coded system that rates food quality, selection, staff knowledge, service (how well does the restaurant accommodate gluten free diners), and general experience. This color coding provides quick visual cues on which restaurants to try and which ones to avoid.

We will not list a restaurant until we have at least one review from someone who has actually visited the restaurant. I invite you to pass along our information to members of your group. Their reviews can help us build up our database of local restaurants to better serve the gluten free community in your area."

Gluten-Free Connect
www.GFreeConnect.com

GFREE CONNECT
SAMPLES | SAVINGS | SIMPLICITY

This service is designed to connect gluten free consumers with gluten free foods, registered dietitians and necessary information. People who sign up for this service will receive a "care-package" every 3 months, containing gluten-free products, coupons, and other information. The goal of this service is allow consumers to sample products before purchasing a full container of the food in stores, and save money in the long run.

Message from the founder, Alan Heichman:

"We will provide our Gfree audience a low cost and easy way to try gluten free products as well as offering a variety of information designed to ease their life on a gluten free diet."

Feature Recipe

Crusty Boulé Bread that Even Those Who Eat Gluten Might Like

1 ¼ cups potato starch
1 ¼ cups almond flour
2/3 cup oat flour
½ cup millet flour
1 tablespoon active dry yeast
2 teaspoons xanthan gum
1 ½ teaspoons coarse salt
1 1/3 cups warm water (about 110° F)
2 eggs
2 tablespoons canola oil
1 tablespoon honey
1 tablespoon canola oil (for oiling bowl)

1. Place potato starch, almond flour, oat flour and millet flour in the bowl of a stand mixer. Mix on low speed about 30 seconds to blend well. Add yeast, xanthan gum, and salt. Stir to combine.
2. Pour warm water, eggs, canola oil and honey into dry ingredients. Mix on medium speed until dough has come together. It will be soft.
3. Place dough in a large oiled bowl. Cover with a clean cloth; let dough rise until doubled in size, about 2 hours.
4. At the end of rising, preheat oven to 425°F. Cut dough into halves and form 2 small boules (rustic ovals). Make 3 (1/4-inch deep) cuts with a serrated knife on top of each boule.
5. Place boules on a pizza stone or baking sheet on the bottom rack of oven. Bake 30 minutes, until bread is browned and sounds hollow when tapped on the bottom. Cool 30 minutes before slicing. Makes 2 small loaves (8 servings each).

Per serving: 150 calories, 3g fat, 2g protein, 27 carbohydrates, 1g fiber, 190mg sodium

Recipe from relishmag.com

Celiac Support Group News



Nancy Carpenter, Admin. Assistant
UVA Health System
Nutrition Services
Charlottesville, VA 22908
E-mail: nlc9z@virginia.edu
Long distance callers: 800/251-3627

Nora Decher, MS, RD, CNSC
Nutrition Support Specialist
Digestive Health Center of Excellence
UVA Health System
Charlottesville, VA 22908
Phone: 434/243-8484
E-mail: nd4b@virginia.edu

Carol Rees Parrish, MS, RD
Nutrition Support Specialist
Digestive Health Center of Excellence
UVA Health System
Charlottesville, VA 22908
Phone: 434/924-8167
E-mail: crp3a@virginia.edu

We would love to hear from you!

Please email us if you have an idea for an upcoming meeting, news or a recipe to share.

Please let us know if your contact information has changed.

Upcoming meeting ideas:

- Hold a meeting at a local GF friendly restaurant on a weekday during the summer when it is quiet.
- Or...let us know your ideas and we will try to put them into action!

