



Gluten-Free Eating

Following a gluten-free diet is now easier as there are more commercial products on the market. Below is a list of some products which have been taste tested by the dietitians to help guide you through the wide variety of items on the shelves. This is by no means a complete list; simply a place to start your shopping.

Breakfast Foods

Rice or Corn Chex
Gluten Free Rice Krispies
Nature's Path Mesa Sunrise Flakes
Wheat Free Instant Oatmeal
Pamela's Products Baking and Pancake Mix
Van's gluten free waffles (various flavours)

Crackers

Hot Kid Rice Crisps (various flavours)
Mary's Gone Crackers (various flavours)

Pizza Crust

O'Dough's gluten free flax pizza kit

Wraps

Food for Life Brown Rice Tortillas

Breads (mostly found frozen)

Udi's
O'Dough's
Food for Life

Other grains

Tru Roots Quinoa
Tinkyada Pasta Joy Ready brown rice pasta (various shapes)
Go-Go Quinoa Pasta
PaneRiso Foods Gluten-free Bread Crumbs

Muffin Mixes

Glutino Gluten Free Pantry Muffin Mix
Duinkerken Gluten Free Enriched Muffin Mix
El Peto Muffin Mix

Cookies

Gluten-Free Mi-Del Cookies (various flavours)

Enjoy Life Foods (various flavours)

Betty Crocker Gluten Free Cookie Mix

Granola bars

Taste of Nature

Oskri Quiona Bar

Dedicated Gluten Free Bakeries

De Healthy Baker (3848 Main St, Niagara Falls)

Pj's Doughmain Café and Bakery (245 Pelham Rd, St.Catharines)

Nadia's Market (290 Glendale Avenue, St.Catharines, ON)

Check out Gluten Free Ontario (<http://www.glutenfreeontario.ca/>) for more information on restaurants offering gluten free options.

Reading Food Labels

When you are looking for gluten in a product in Canada, there are three places you need to look:

- The list of ingredients
- The "Contains" statement
- Any allergen precautionary statement present on the label

In Canada, gluten has to be declared as part of the new food allergen labeling guidelines. If a food is labeled "gluten-free" it must contain less than 20 parts per million of gluten.

In the US, barley and rye are not of the major food allergen list (as in Canada) and therefore are not mandatory to be clearly labeled on a food product. A new FDA regulation has been passed to standardize the meaning of "gluten-free" in the US. As in Canada, if a label carries the claim "gluten-free", the food must contain less than 20 parts per million of gluten. Again this is a voluntary claim. US manufacturers have one year to make changes to their products and/or labels.

Below you will find a few tried and true gluten-free recipes to help you begin your experiences cooking and baking without gluten.

Quinoa Chocolate Cake

Ingredients:

2/3 cup dry quinoa, rinse
1 1/3 cup water
1/3 cup milk (almond rice works nicely)
4 large eggs
1 tsp vanilla extract
3/4 cup butter melted and cooled
1 1/2 cup sugar
1 cup cocoa powder
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

Directions:

Pre-heat oven to 350oF,
Bring quinoa and water to boil in a pot. Cover and simmer for 10 minutes. Turn off heat and leave the covered pot on the burner for another 10 minutes. Fluff with a fork and allow to cool.

Lightly grease a large spring form pan with parchment paper.

Combine milk, eggs and vanilla in a good processor. Add 2 cups of the cooked quinoa and the butter and continue to blend until the batter is smooth.

Mix together sugar, cocoa, baking powder, baking soda and salt in a medium bowl. Add the quinoa mix from the food processor and mix well.

Divide evenly between the 2 pans and bake on the centre oven rake for 40-45minutes, or until a toothpick or knife inserted into the center comes out clean. Remove cake from the oven, and let it cool completely.

You can glaze or frost if you like. Here is a simple recipe: In a double boiler, melt 1/4 cup butter and 7oz of good chocolate and pour over the cake. Place in the fridge to set.

Gluten-Free Apple Muffins

Ingredients:

3/4 cup gluten free buckwheat flour or brown rice flour
1/2 cup sorghum flour
1/4 cup tapioca starch/flour
1 1/2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. sea salt
1 tsp. xanthan gum
1 tsp. cinnamon

½ tsp. nutmeg
1 cup natural apple sauce
1/3 cup light olive oil/canola oil
1 cup organic brown sugar
2 tsp. vanilla
2 eggs mixed with ¼ cup warm water
4 tbsp. Apple juice, more as needed

Directions:

Preheat oven to 350 F

In a mixing bowl, whisk together flours and dry ingredients (through spices). Beat in the wet ingredients and brown sugar and eggs until smooth. Add more apple juice a tablespoon at a time as needed to make a smooth batter. Use hand mixer.

Stir in:

1 ½ cups chopped fresh apple
½ cup chopped pecans/walnuts/raisins (optional)
Spoon the batter into large muffin cups. If desired, sprinkle with raw sugar for a crunchy top.
Bake in the center of a preheated oven until firm and golden – about 20 to 25 minutes. Test with wooden toothpick if you need to. Remove muffins from the pan and cool on a wire rack.
Wrap and freeze for on-the-go treats. Thaw at room temperature or briefly zap in microwave.

*** Using buckwheat gives these fragrant gems a nutty heartiness. If you don't care for buckwheat, use your own favourite gluten free flour blend for the 1 ½ cups flour in this recipe.*

Warm Quinoa with Apples, Raisins and Pecans

Ingredients:

2 cups unsweetened rice or almond milk
1 cup dry quinoa, rinsed
2 small apples, chunk into small chunks
½ cup raisins
½ cup maple syrup
¾ tsp ground cinnamon
½ tsp vanilla extract
¼ tsp fine sea salt
1 cup pecan halves, chopped
1 tbsp margarine
1 tbsp brown sugar

Directions:

Preheat the oven to 350°F (180°C). Lightly grease a 9x9-inch glass baking dish. Bring the milk to a boil in a medium saucepan. Add the quinoa. Return to boiling and cook for two minutes. Remove from heat and add the apples, raisins, maple syrup, cinnamon, vanilla and salt. Mix well. Pour the mixture into the prepared dish. Cover with foil and bake for 15 to 20 minutes, until the quinoa is fluffy and has absorbed the milk. Put the pecans, margarine and sugar in a small bowl. Mix to completely coat the pecans. Sprinkle the mixture over the quinoa. Return to the oven and bake, uncovered, for 25 minutes longer, until the pecans are fragrant and the top is browned. Let stand five minutes before serving. Serves four.

Roasted Chicken with Herb Sauce**Ingredients:**

One 4-lb whole chicken, giblets removed
1 T extra-virgin olive oil
1 tsp fine sea salt
1 tsp ground black pepper

Herb Sauce

1 cup fresh parsley leaves, chopped fine
1/2 cup fresh tarragon leaves, chopped fine
1/4 cup extra-virgin olive oil
3 T water
2 tsp fresh lemon juice
1 large garlic clove, minced
1 tsp Aleppo pepper (or 1/4 tsp red pepper flakes)
1/4 tsp fine sea salt

Directions

For the chicken, adjust the oven rack to the middle position and heat the oven to 450°F. Tie the chicken legs together and tuck wing tips behind the back. Rub the chicken with the oil and then season with the salt and pepper. Place the chicken in an ovenproof 12-inch skillet and transfer to the oven. Roast until the thigh registers 175°F, 50 to 60 minutes. Remove chicken from oven and let rest for 20 minutes.

For the herb sauce, while the chicken cooks, combine all the herb sauce ingredients together in a small bowl. (This sauce is best made as soon as the chicken goes into the oven so the flavors have time to meld.)

To serve, cut the chicken into 10 pieces (two thighs, two drumsticks, four breast pieces, and two wings). Remove and discard skin from chicken. Spoon the herb sauce over the chicken and serve.

<http://www.todaysdietitian.com/healthandnutrition/recipes/roasted-chicken-with-herb-sauce.shtml>

Baked Fusilli, Vegetables and Cheese

Ingredients:

340g (5 cups) gluten-free fusilli (I used gluten-free Catelli)
2 cups broccoli
1/2 cup peas (or veggies of your choice)
1/2 cup cream cheese
1/2 cup milk
2 cups shredded cheese (old cheddar, mozzarella, whatever you choose)
1/4 cup freshly grated Parmesan
1-3 cloves garlic
2 tsp dried basil
Salt
Gluten-free bread crumbs (I used Aurora brand)

Directions

Cook your pasta according to the directions on the package in a large pot. Add the veggies to the boiling water allowing them enough time to finish cooking with your pasta.

While pasta/veggies are cooking, heat milk and cream cheese in a small pan. Add in the shredded cheese (except 1/2 cup), Parmesan, garlic, basil and salt. Mix well.

Drain pasta and return to large pot. Mix in the cheese sauce. Add salt to taste. Pour in casserole dish, top with remaining cheese and sprinkle with bread crumbs.

Bake at 350* for 20 minutes.

<http://blog.glutenfreeontario.ca/2013/09/baked-fusilli-vegetables-and-cheese.html>

Crunchy Quinoa Salad

Ingredients

1 cup uncooked quinoa
1 cup shredded red cabbage
1/2 red bell pepper, diced
1/2 red onion, diced
1 cup shredded carrots
1/3 cup chopped cilantro
1/4 cup green onions, diced
1/2 cup cashews or peanuts

Dressing

1/4 cup natural peanut butter
1 tsp fresh minced ginger
3 Tbsp gluten-free soy sauce (e.g. San-J Lite Tamari)
1 Tbsp honey

1 Tbsp red wine vinegar
1 tsp sesame oil
1 tsp olive oil

Directions:

Cook quinoa in a medium pan. Bring 2 cups of water to a boil; add quinoa, stir and cover. Reduce heat and simmer for 15 minutes. Fluff with a fork. Cool.

Dressing

Place peanut butter and honey in a microwavable bowl and heat for about 25 seconds.

Add in ginger, soy sauce, vinegar, and oils. Stir until smooth.

Add dressing to quinoa to taste.

Add in remaining ingredients.

Garnish with nuts

Chill or serve at room temperature

<http://www.thirtyhandmadedays.com/2013/08/crunchy-quinoa-salad/>

Granola

Ingredients:

2tbsp grapeseed or canola oil
2 cups quinoa flakes
¼ cup sesame seeds
¼ cup roasted, unsalted sunflower seeds
¼ cup slivered almonds
¼ cup chopped walnuts
½ cup honey
1 tbsp vanilla
1 tbsp cinnamon

Directions:

Preheat oven to 350 degrees.

Combine oil and all nuts and seeds along with honey, vanilla and quinoa flakes in a large bowl. Stir everything together until thoroughly coated. Turn out onto a greased baking pan with a rim and spread out ingredients. Sprinkle with cinnamon on top and bake for about 20 minutes. Move mixture about a couple of times with a spatula until all flakes are evenly browned. Let cool for 5-10 minutes. Store in an air tight container to keep fresh.