

# Augusta GIG

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## Celiac Gene Test

Find out if you have the genes associated with celiac disease. It's easy with **MyCeliacID** – the first do-it-yourself saliva-based genetic test dedicated to celiac disease. If you do have the genes, **MyCeliacID** will tell you your risk of developing celiac in your lifetime. If you don't have the genes, it is highly unlikely that you will develop celiac disease in your lifetime. Only a doctor or other qualified healthcare professional can diagnose celiac disease. Your doctor will likely ask about your family history, your symptoms, and may perform additional testing to confirm the diagnosis.

The reasons for choosing MyCeliacID are simple

Some of the benefits of **MyCeliacID** are:

- Highly accurate
- You order it directly
- Results are confidential
- Noninvasive
- Equivalent to DNA from blood
- The only test that will tell you your risk of developing celiac
- Results are not affected by diet
- Determines whether you have the genes associated with celiac disease

Prometheus is located in San Diego, California. We have been working in the field of gastrointestinal diseases for 15 years, pro-

viding both therapeutic treatments and diagnostic tests for gastrointestinal diseases. We operate our own laboratory facility that receives, analyzes, and reports on test samples. Our lab is certified as both CLIA (Clinical Laboratory Improvement Amendment) certified, CAP (College of American Pathologists) accredited and California licensed.

<https://myceliacid.com/>



Special points of interest:

- Find out if a relative has the gene for Celiac
- Pot Luck Thanks
- Chex Mix Recipes
- Lasagna
- 7 Cheese Mac & Cheese
- More Yummy Recipes

## Pot Luck

Thank you to everyone who made our November Pot Luck such a great and delicious successes. For this issue I thought I'd give everyone a chance to make the yummy dishes themselves. On the following pages you will find

recipes that were featured at our pot luck and some that I've just found lying around on the internet. Remember to always check ingredients.

*Thank You*



## Lasagna

- 1/2 pounds of ground beef ( I used venison)
- 1/2 pound of sausage " " "
- 1 medium onion - chopped fine
- 2 garlic clove minced
- 1 24 ounce of bottled marina sauce
- 1 15 ounces of petite diced tomatoes
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1 small can tomato paste
- 2 eggs
- 2 cups low fat ricotta cheese
- 1/3 cup shredded parmesan cheese
- 9 sheets of gluten free lasagna sheets (Tinkyaka)
- (cooked according the package)
- 16 ounces of shredded mozzarella cheese
- salt and pepper to taste

Cook meat, garlic and onions until done. Add pasta sauce, petite diced tomatoes and tomato paste to the pan. Mix and simmer for 20 to 30 minutes.

Mix 2 eggs, ricotta cheese and parmesan cheese.

Place 1/3 of the sauce on the bottom of a 11 by 14 " pan. Then place 3 lasagna noodles, the ricotta cheese and the mozzarella cheese. Repeat with the sauce, 3 noodles, ricotta cheese and mozzarella cheese two more times. Cover with tin foil and bake at 350 degrees for 45 minutes. Remove tin foil and let bake until lightly brown. Let sit for 15 minutes before serving.

## Chex Holiday Cut Outs

- 11 cups Rice Chex®, Corn Chex® or Honey Nut Chex® cereal
- 1 bag (16 oz) large marshmallows (about 72)
- 1/2 cup butter or margarine
- Betty Crocker® Rich & Creamy or Whipped vanilla frosting, if desired

1. Butter 15x10x1-inch pan. Coarsely crush cereal. (To easily crush cereal, place in plastic bag or between sheets of waxed paper, and crush with rolling pin.)

2. In large microwavable bowl, microwave marshmallows and butter uncovered on High 2 to 3 minutes, stirring each minute, until mixture is smooth. Stir in crushed cereal. Using buttered back of spoon or hands, press firmly in pan. Cool completely, about 15 minutes.

3. Cut into shapes with 2 1/2- to 3-inch holiday cutters (such as Fourth of July flag or star, Halloween pumpkin or ghost, Christmas tree or snowman, Hanukkah dreidel or star, Easter egg or bunny, etc.). Decorate with frosting and candies.

<http://www.chex.com/Recipes/RecipeView.aspx?RecipeId=43244&CategoryId=447>



## More Holiday Cutouts



## Key Lime Pie

### Ingredients

- 1 1/2 cups gluten free ginger snap cookies
- 1/2 cup granulated sugar
- 4 tablespoons (1/2 stick butter) melted
- 2 (14-ounce) cans condensed milk
- 1 cup key lime or regular lime juice
- 2 whole eggs
- 1 cup sour cream
- 2 tablespoons powdered sugar
- 1 tablespoon lime zest
- Whip cream (cool whip or heavy whipping cream beaten)

Preheat the oven to 375 degrees F.

In a bowl, mix the ginger snap cookies, sugar, and butter with your hands. Press the mixture firmly into a 9-inch pie pan, and bake until brown, about 20 minutes. Remove from the oven and allow to cool to room temperature before filling.

Lower the oven temperature to 325 degrees F.

In a separate bowl, combine the condensed milk, lime juice, and eggs. Whisk until well blended and place the filling in the cooled pie shell. Bake in the oven for 15 minutes and allow to chill in the refrigerator for at least 2 hours.

Once chilled, combine the sour cream and powdered sugar and spread over the top of the pie using a spatula. Spread Whip Cream on top. Sprinkle the lime zest as a garnish on top of the sour cream and serve chilled.

- 1 tablespoon extra virgin olive oil
- 1 onion- finely chopped
- 2 cloves garlic- finely chopped
- 4 anchovy fillets- chopped
- 1 small red chili- deseeded and finely chopped
- 2 teaspoons capers- rinsed and drained
- 8 pitted black olives- quartered
- 14 oz (420g) canned tomatoes- chopped
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon finely chopped fresh flat- leaf parsley
- 7 oz (200g) spaghetti

## Pasta Putanesca

Start the pasta cooking. Keep an eye on it. It should be done before the sauce. Drain and set aside when it is done.

HEAT 2 tablespoons of the oil in a frying pan over a medium heat and cook the onion for 6 minutes, stirring occasionally.

ADD the garlic and anchovies and cook for a minute, stirring to break up the anchovies.

ADD the chili, capers, olives, tomatoes, salt and pepper, and bring to the boil.

REDUCE the heat to medium-low and simmer, uncovered, for 10 minutes, stirring occasionally.

TOP with the hot pasta, parsley and reserved tablespoon of olive oil, and toss together gently to combine. Let it set for a few minutes to get the pasta hot again.

Variation: Instead of canned tomatoes, use overripe cherry tomatoes (which will be on sale because they are overripe), cut it half.



## 7 Cheese Mac & Cheese

Preheat the oven to 325 degrees F. Bring a large saucepan of salted water to a boil. Add the macaroni and cook until slightly *al dente*. Drain and set aside to keep warm.

Whisk the eggs in a large bowl until frothy.

Add the Velveeta, butter and 2 cups of half-and-half to the large bowl of eggs. Add the remaining half-and-half, 3 cups of sharp yellow Cheddar, the remaining grated cheeses, and salt and pepper until completely combined in the large bowl.

- Pour the mixture and noodles into 9 by 13-inch casserole or baking dishes (approximately 3 (3-quart) baking dishes) and bake for 30 minutes. Sprinkle remaining 1 cup of sharp yellow cheese and bake until golden brown on top, about 30 minutes more.

Serve hot.

- 2 Pounds elbow macaroni
- (Note: We used Sam Mills Cornetti Rigati Gluten-Free Corn Pasta)
- 12 eggs
- 1 cup cubed Velveeta cheese
- ½ pound (2 sticks) butter, melted
- 6 cups half-and-half divided
- 4 cups grated sharp yellow Cheddar divided
- 2 cups grated extra-sharp white Cheddar
- 1 ½ cups grated mozzarella
- 1 cup grated Asiago
- 1 cup grated Gruyere
- 1 cup grated Monterey Jack
- 1 cup grated Muenster
- 1/8 teaspoon salt
- 1 tablespoon black pepper

## Basil Spinach Dip

- 1 box (9 oz) frozen chopped spinach, thawed, squeezed to drain
- 3/4 cup reduced-fat mayonnaise or salad dressing
- 1 1/2 cups Yoplait® All Natural Fat Free plain yogurt (from 2-lb container)
- 1 can (8 oz) water chestnuts, drained, chopped
- 1/4 cup chopped fresh basil leaves or 1 tablespoons dried basil
- 2 tablespoons chopped green onions
- 1/2 teaspoon garlic salt

In large bowl, mix all ingredients except raw vegetables or crackers. Serve with raw vegetables for dipping.



**Serving Suggestion** Vegetable dippers that would taste great, include baby carrots, sugar snap peas, sliced cucumber or halved grape or cherry tomatoes.

**Presentation** Top with chopped, sweet red pepper for a garnish and serve with additional slices of red pepper with the dip.

<http://www.liveglutenfreely.com/recipes/Details.aspx?recipeId=c8885fca-3a26-49b4-a047-b79acd5e9a29>



# Meatballs

The meatballs that were served at our holiday get together are FARMRICH brand. They can be purchased at Wal-Mart.

In crock pot, add all ingredients:

1 bag of FARMRICH meatballs

1 bottle (or to taste) GF BBQ Sauce

1/2 Cup grape jelly (or to taste depending on your sweetness preference)

Cook in crock pot for a few hours.



These meatballs are also wonderful over spaghetti or served after being heated up on the stove in a sauce pan with Progresso Cream of Mushroom Soup and then served over GF Fettuccini Noodles.

Enjoy!



## Chicken and Vegetable Pot Pie

2 cans (18.5 oz each) Progresso® Rich & Hearty chicken corn chowder

1 bag (12 oz) Green Giant® Valley Fresh Steamers® frozen mixed vegetables, thawed, drained

1 cup cooked cubed chicken

3/4 cup Bisquick® Gluten Free mix

1/2 cup milk

1 egg

2 tablespoons butter or margarine, melted

1 tablespoon chopped fresh parsley

Heat oven to 350°F. In 3-quart saucepan, heat chowder, vegetables and chicken over medium heat just until hot. Spoon into ungreased 2-quart casserole or baking dish.

2. In small bowl, stir Bisquick mix, milk, egg, butter and parsley with fork until blended. Drop mixture by spoonfuls over chicken mixture.

3. Bake uncovered 25 to 30 minutes or until toothpick inserted in center of topping comes out clean.

<http://www.liveglutenfreely.com/recipes/Details.aspx?recipeId=378ab77b-132a-489e-9207-4ac509d7f561>



## Mission Statement:

Augusta Gluten Intolerance Group®(GIG) is a 501(c)(3) non-profit organization.

Our Mission is to provide support to persons with gluten intolerances, including celiac disease, dermatitis herpetiformis and gluten sensitivities to live healthy lives.

YOU ARE INVITED TO A CELIAC DISEASE SUPPORT GROUP. HELD THE THIRD TUESDAY EVERY OTHER MONTH FROM 7:00 PM TO 8:30 PM AT THE SUMMERVILLE BUILDING-SUITE 120 ADJACENT TO TRINITY HOSPITAL OF AUGUSTA 2258 WRIGHTSBORO ROAD AUGUSTA, GA 30904 CONTACT: ROSE CRUICKSHANK, RN 706-738-8253 [AUGUSTAGIG@AOL.COM](mailto:AUGUSTAGIG@AOL.COM) FOR FURTHER INFORMATION



# Just A Reminder!!!

Our next Celiac meeting will be January 18, 2011

See everyone next year.

Enjoy the Holidays!!!