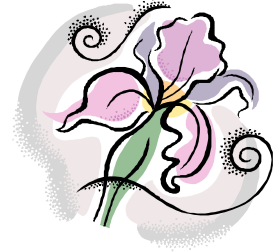




Our next meeting is our annual picnic on **Sunday, May 23th** at 1:30 PM at Nancy Linnemann's, 2635 N. 400W, West Lafayette. *(see page 2 for map and directions)*

Please bring a salad and dessert, or salad and before dinner snacks. Please bring your own lawn chair so you can sit in the garden to eat. Hot dogs and sloppy joes will be provided, along with rolls, drinks, and dinnerware. Don't forget to bring a copy of the recipe for your dish. It's always fun to share ideas!



Questions? Call Nancy at 497-0665.

The **3rd Annual Indiana Celiac Luncheon** was a great success. Dr. Alessio Fasano and dietitian Pam Cureton gave very informative talks and we enjoyed a wonderful luncheon. Over 150 people attended from over 28 cities in Indiana. A big thank you goes out to everyone who attended the luncheon. A special thanks to everyone who baked desserts, and to all those who put in extra time and contributions to make the day a success. Also thank you to all the vendors. It truly was a great day, one I would not have believed possible 28 years ago when I was diagnosed with celiac disease. -Nancy

MEETINGS

IGIST meets at 1:30 pm on the second Sunday five months of every year on the 4th floor of the Kathryn Weil Center, located in the Medical Arts Building at the corner of 26th and Cason Streets in Lafayette, Indiana, unless otherwise specified. All active members and their families are welcome. Memberships are \$12/year. Guests are welcome by invitation.

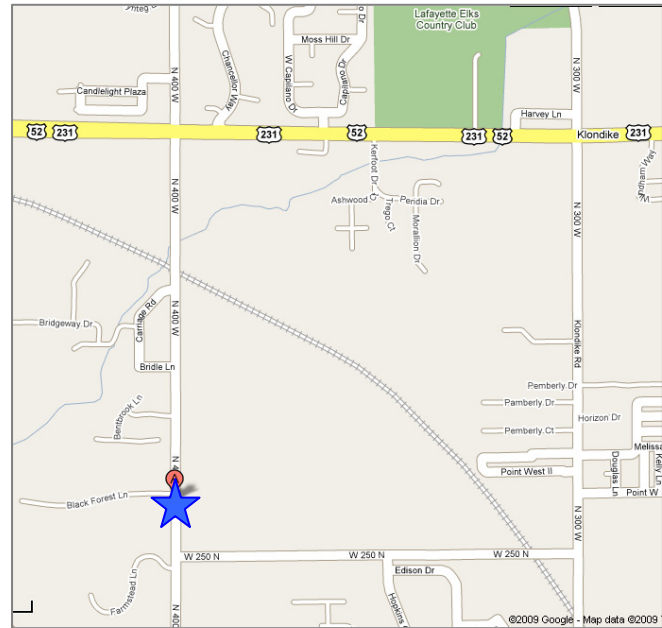
The next meeting after the picnic will be in September, date TBA.
Meetings are usually in September, November, January, March, and May.

Would you like to attend? Contact Nancy Linneman at 497-0665 or n.linnemann@comcast.net.

Directions to Nancy's for the Picnic:

N. 400 W. is 1 mile West of Klondike Road. (past Menards, going West).

Coming from Klondike Road, turn left off Hwy. 52 onto N. 400W and go south 8/10 of a mile. Turn left into the driveway where there is a mailbox with painted purple flowers. Nancy's house is a tan ranch style with a white fence across the front.



Local News

Adelino's downtown now has a gluten free menu! Adelino's is a Mediterranean tapas-style restaurant located in Downtown Lafayette across from the courthouse on 4th Street.

Red Mango is a new frozen yogurt shop at 102 N. Chauncey (on the same block as Noodles and Co.) Their yogurt is chock full of probiotics and gluten free! With flavors like plain, vanilla, pomegranate, and Tangomonium, it looks like a great place to stop by this summer!

What's for dinner tonight? Don't know? Check <http://www.glutenfreeweekly.com/>, a new e-newsletter issued every week to help you with ideas for gluten free cooking.

Sawyer Sparks, inventor of gluten-free Soy-er Dough, broke ground early April for a new manufacturing facility in Bloomfield, Indiana. He hopes to start large-scale production of the gluten free 'play-dough' this fall and bring much needed jobs to his hometown.

Save the date! GlutenFreeIndy's 4th Annual all-Gluten-Free Pitch-In will be on Saturday, June 19th, from 4 to 7 pm. Go to glutenfreeindy.com for more details.

Disclaimer: IGIST does not endorse the products, services, information, or opinions expressed in this newsletter and assume no liability for use of products/information. Verify all information before applying it to your situation.

Gluten Free Product News

From the Savvyceliac.com: This summer, General Mills will be coming out with more new gluten free products: look for GF Bisquick and syrup in July, along with GF Hamburger Helper in three flavors: chicken fried rice, Cheesy Hashbrowns, and Beef Fried Rice, in May. (*editor's note; these items may be in the same price range as regular Hamburger Helper as they don't appear to contain GF pasta, which can be more expensive. Of course, note that these may be highly processed and contain lots of salt/fat, but as with their cake mixes, they will work in a pinch.*)

From the Savvyceliac.com: Miss beer? You may see less GF beer on the shelves this summer, but not to worry. Redbridge is halting production temporarily in order to reformulate their brew. It seems the alcohol content is a bit over what some states would consider 'beer' (versus a 'malt beverage'), so they're going to lower the alcohol content so there are less restrictions on where it can be sold.

Bob's Red Mill adds two new GF oat products: GF Quick Rolled Oats and GF Whole Grain Oat flour are on sale at <http://www.bobsredmill.com> and hopefully to a store near you.

GlutenFreeIndy's 4th Annual all-Gluten-Free Pitch-In will be on Saturday, June 19th, from 4 to 7 pm. More details as we get closer to the date.



King Arthur Flour now has gluten free mixes! Gluten free bread mix, multi-purpose flour mix, pancake mix, cookie mix, pizza crust, brownie mix, and muffin mix. These mixes are made in a gluten free, top-8-allergen-free facility. They also have gluten free tapioca starch, brown rice flour, and potato starch.

For a catalog, call 800.827.6836 or go to www.kingarthurfLOUR.com.

Celiac News

The National Spanish Research Council in Valencia, Spain has reported that dietary changes that include **probiotics** and/or prebiotics may help alleviate the severity of celiac disease for some patients. Their research shows that the presence of certain gut bacteria can reduce inflammation. Future clinical trials will help determine which bacterias are most beneficial to celiac patients to help reduce symptoms.

<http://www.sciencedaily.com/releases/2010/04/100429102818.htm>

Researchers in India have found that celiac disease is one of the causes of short stature in children. A study of children with severe short stature shows that out of 112 cases, 23 had positive blood tests for celiac; that's about 20% of the group studied. In India, the frequency of celiac disease is about 1 in 300, compared to 1 in 133 in the US.

<http://www.springerlink.com/content/v13l63g2jr4w382/>

The Vatican donated \$2.7 million to The University of Maryland's School of Medicine to finance new research for potential use of adult stem cells in the treatment of intestinal and possibly other diseases. Dr. Alessio Fasano's group will be studying the stem cells to see if they can be grown outside the body and be used to help study and treat celiac disease. The Catholic Church is opposed to embryonic stem cell research because it involves the destruction of embryos, it supports the use of adult stem cells.

<http://www.time.com/time/health/article/0,8599,1984185,00.html>

David Linnemann's recipe for veggie lasagna

2 jars of red sauce	2 tsp thyme
1 medium yellow onion	2 tsp oregano
½ cup carrots (shredded)	4 leaves fresh basil
2 tsp sugar	Assorted vegetables sliced ¼"
1 quart cottage cheese	2 bags shredded mozzarella cheese
1 quart ricotta cheese	Salt/pepper to taste
1 egg	

Dice onion and sauté until translucent. Add all red sauce to pan with onions and add carrots. Simmer until carrots are soft. Taste and add sugar to cut acid taste. Set aside.

Combine cottage and ricotta cheese. Add thyme, oregano, and basil and mix thoroughly. Set aside for 5 minutes. Taste and add salt and pepper accordingly.

Place a layer of sauce on the bottom of the pan. Build the rest of the lasagna, layering in this order: noodles, sauce, cheese mix, veggies, mozzarella. Repeat and save enough sauce and mozzarella for the top. Bake 350 degrees until done or about 1 hour.

Cheez-its Copy Cat Crackers

From Nancy at glutenfreeville.com

- 2 tablespoons Butter
- 1 Egg
- 1/2 teaspoon Salt
- 1/2 Pepper
- 2 cups Sharp Cheddar Cheese Grated
- 3/4 cup Rice Flour
- 1/4 cup Potato Starch Flour
- 1 teaspoon Xanthan Gum
- Sea Salt or Kosher Salt For sprinkling

Directions

1. Preheat oven to 400° Grease two baking sheets.
2. With a mixer, mix the butter until creamy. Add egg, salt and pepper and mix until well blended
3. While mixing, add in the cheese 1/3 at a time until combined.
4. Stir in the flours and xanthan gum until thoroughly blended.
5. Work the dough into a ball, adding water 1 teaspoon at a time if dough will not form a ball - be careful not to add too much water
6. Divide the dough in half, one ball for each greased baking sheet. Cover with plastic wrap and roll out as thinly as possible.
7. Cut into 1" squares with scalloped pastry cutter or veggie slicer, and sprinkle with sea salt or Kosher salt.
8. Bake about 10 minutes until golden brown and crispy. (The edge pieces will brown first. I usually remove those and bake the middle pieces a minute or two longer.

Store in airtight container if they last long enough to store at all!

Gazpacho Pasta Salad

From livingwithout.com

Vinaigrette

- 2 cloves garlic, minced
- 1/2 teaspoon salt
- Fresh ground pepper, to taste
- 2 tablespoons red wine vinegar
- 6 tablespoons olive oil

Salad

- 1/2 pound gluten-free pasta
- 3-4 ribs celery, cut into bite-sized pieces
- 2 large red or yellow sweet peppers, cut into bite-sized pieces
- 1 cucumber, cut into bite-sized pieces
- 3 pounds tomatoes, cut into bite-sized pieces
- 1 bunch green onions, sliced
- 1/4 cup cilantro, coarsely chopped
- 1/4 cup fresh basil leaves, chopped

1. Cook 1/2 pound gluten-free pasta in boiling salted water according to manufacturer's directions, being careful not to overcook. Test the pasta a few minutes before the recommended cooking time to ensure a good result. After cooking the pasta, rinse it under cold water to stop the cooking. Drain well and toss with 1 teaspoon olive oil to keep pasta from sticking.
2. To make vinaigrette, whisk together all ingredients except the oil. Drizzle oil into vinaigrette mixture while continuing to whisk until dressing begins to emulsify and thicken. Add remaining oil and blend thoroughly. Set aside.
3. Combine remaining salad ingredients and fold them into cooled pasta.
4. Drizzle vinaigrette over pasta. Toss gently until salad is lightly coated with dressing. Serve cold.

IGIST

Indiana Gluten Intolerance Support Team



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