

# Augusta GIG Newsletter

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## SOUP IS ON !!

I enjoy soup... particularly when the weather is cold, rainy, or I am sick. This week, I went to **BOLL WEEVIL** for lunch thinking a salad would be all I could eat. Guess what? Several of

their soups are gluten free! They are



vegetable, Hoppin' John, Tomato Apple,

Black Bean, and chili. An added bonus is that their Spinach & Artichoke Dip with corn chips is also gluten free. Head downtown and enjoy these special treats.

## Celiac Disease on the Rise

A study published in *Gastroenterology* recently found young people today are more than

four times likely to have celiac disease than young people in the 1950's. Doctors do not know

why this is so, but they feel that the environment could be a factor in this change.

NEW!



## DID YOU KNOW ?

### RUBY TUESDAY

now has a gluten free menu. Fries and buns are not included, of course, but the menu does include burgers, steaks, ribs, chicken, and salads. Menu is available upon request.

### BISQUICK

makes a gluten free pancake and baking mix!! A friend of mine found it at PUBLIX on Washington Road in Evans. I made the Impossible Cheeseburger Pie for supper last night. What a treat after so many years.

### NATURE VALLEY ROASTED NUT CRUNCH BARS

have two flavors that are now gluten free... roasted almond crunch and roasted cashew. These were also found at the Evans PUBLIX.

SUBSTITUTIONS  
AND  
CONVERSIONS

These hints were found in *Living Without*.

**CORNSTARCH**—use arrowroot, potato starch, or tapioca starch/ tapioca starch flour

**CAKE FLOUR**—1

cup all purpose GF flour blend with 1/4 cup cornstarch

**SELF-RISING FLOUR**—1 cup all purpose GF flour blend with 1 1/2 tsp baking powder and 1/2 tsp salt. Blend &

store in an airtight container.

**XANTHAN GUM & GUAR GUM** can be interchanged in any recipe. Some use a bit more guar gum, but both work well.

NEW GLUTEN  
FREE  
PRODUCTS

## Cecelia's Marketplace Update

As of April 26, 2010, **Progresso** has made the following soups gluten free. Hope you enjoy them in the near

future. Traditional Chicken Rice with Vegetables

Vegetable Classics Creamy Mushroom

Vegetable Classics Garden Vegetable



# Marinade for Chicken and Beef

This is a family favorite marinade that keeps up to 6 weeks in the refrigerator and can be reused. The meat is better if marinated over night, but is still great after only 6 hours.

- 1 1/2 cups salad oil
- 3/4 cup GF soy sauce
- 1/4 cup GF Worcestershire sauce
- 2 tsp dry mustard
- 2 1/4 tsp salt
- 1 tsp pepper
- 1 1/2 cup red wine vinegar
- 1 1/2 tsp dry parsley flakes

- 1/2 cup lemon juice
- 2 cloves garlic or garlic powder equivalent

Combine ingredients and add desired meat. Turn meat occasionally and grill.

**SUBMIT  
YOUR  
FAVORITE  
RECIPES  
TO  
SHARE  
WITH US**

# Delta Skillet Flourless Corn Bread

- 1 1/2 cup corn meal
- 1 egg
- 1 cup buttermilk
- 1 cup sweet milk
- 1/2 tsp salt
- 1/2 tsp baking soda

- 3 Tbsp. shortening or bacon drippings
- In medium bowl, combine first 6 ingredients. Beat well. Heat oil or bacon drippings in an 8

inch skillet: add to batter. Beat well. Pour batter into warm skillet and bake for 30 minutes on 400 degrees. Thanks Bernie!

# Flourless Fudge Cookies

- 2 1/4 cup confectioner's sugar
- 1/4 tsp salt
- 1 tsp espresso powder
- 1 cup cocoa powder
- 3 large egg whites

- 2 tsp vanilla extract
- Preheat oven to 350 degrees. Grease baking sheets. Stir ingredients until smooth. Make ping pong sized balls for 16 large cookies. Bake 8 minutes. Cookies will spread, become

shiny, & crack slightly. Remove and allow to cool. Espresso powder is optional and Dutch process—European style cocoa powder is recommended. Again, thanks Bernie!

**NEW WEBSITE AVAILABLE !**  
www.liveglutenfreely.com is a great new website for people on gluten free diets. It has recipes, blogs, & a free newsletter. Bisquick & General Foods started this & there is a Live Gluten Freely Product Box available for purchase for \$25 + shipping.

**Being the editor of the newsletter for the past year has been a learning experience. I have enjoyed looking for material that would interest you. I have other responsibilities that require me to turn this task over to someone else. Give Devon your support and send her information to make her job easier.**

**Leigh Cupp**



## Gluten Free or Not?

Cecelia's Marketplace has listed a few new items to their list of forbidden foods. Make note of them and avoid consumption.

LAY'S Kettle Cooked Mesquite BBQ Potato Chips

All HEALTHY VALLEY soups

EL MONTEREY Tosquitos Corn Tortillas (Beef, Chicken, and Shredded Steak)

