



Pot Luck

This year we will hold our 2nd annual Pot Luck Dinner. At our meeting last Tuesday we all signed up to bring food and/or drinks. If you were not at the meeting or you did not get a chance to sign up, just let me know by the 28th and I can add you to the list.

Entrees this year include 7 Cheese Mac & Cheese, Lasagna, Honey Mustard Wings, and Chicken Veggie Stir Fry. As of right now, we could use a couple more appetizers and desserts. I'll send out a more detailed list with what everyone is bringing after the Thanksgiving holidays. Please remember to bring an ingredient list as wheat is not the only allergy in the group. Also, feel free to bring recipe cards to

hand out.

Last year it was very nice to see an entire table full of food that we all knew was Gluten Free. We had a great time and hope to repeat that this year.



What: Pot Luck

When: December 6, 2011.
6:30pm

Where: Devin's House at
382 Bamsley
Drive, Evans GA
30809



Cookie Exchange

In addition to our pot luck, this year we will be hosting a cookie exchange. We had 10 people sign up at the last meeting. If you did not sign up and would like

to participate, just let me know by the 28th. Again, I'll send out a more detailed list and instructions after the Thanksgiving holidays. The exchange will take place at our Pot Luck dinner so don't forget the cookies. So we don't

have 8 people bring chocolate chip cookies, if you could let me know by the 28th what kind of cookies you'll be making that would be great.

I won't tell what everyone is bringing, I want it to be a surprise.

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Special points of interest:

- *Pot Luck Information*
- *Cookie Exchange*
- *November Meeting*
- *Thanksgiving Recipe*
- *Next Meeting*

In Case You Missed It: November 2011 Meeting

- Educational Component. We are striving for something education at each meeting. This meeting Sandy spoke to us about the Chef to Plate organization. If you have any ideas for future meetings, please let Rose know.
- Pot Luck/Cookie Exchange. We signed up for each and discussed when and where
- Fund Raiser. We talked about designing a t-shirt to make and sell
 - to raise some money for our group. Any design ideas??
 - Dues are \$10 and due in January for the year
 - FYI: our website will be getting a new name. Soon it will be re-christened www.GIGofAugusta.com
 - Some GF websites that you may want to explore:
 - www.celiaccentral.org/kids
 - www.myflutenfacts.com
 - www.livingwithout.com
 - www.splendorpath.com
- Bob and Ruth's GF travels have some fun trips coming up:
 - Club Med Feb 2012
 - African Safari Feb—March 2012
 - Culinary Institute of America in New York April 2012

Gluten Free Corn Bread Dressing

Gluten-free cornbread stuffing begins with Gluten-Free Skillet Cornbread with Apples and Thyme. This flavorful rustic cornbread is baked in a skillet which gives it a great crust. Add crumbs from your favorite everyday gluten-free bread in this recipe- I used Gluten-Free Walnut Rosemary Bread which adds a fragrant savory flavor. Make the bread and bread crumbs ahead of time and freeze and this stove top dressing becomes a welcome, fast and easy holiday recipe.

<http://glutenfreecooking.about.com/od/sidedishes/r/glutenfreegravy.htm>

Ingredients:

- 2 cups dry gluten-free cornbread crumbs
- 2 cups dry gluten-free bread crumbs
- 1 cup finely chopped celery with leafy tops
- 1 cup sliced green onions (about 8 green onions)
- 2 minced cloves garlic
- 1/4 cup olive oil
- 1/4 cup butter
- 1-2 tablespoons gluten-free savory herb blend OR poultry herb blend (see tips)
- 3/4 - 1 cup gluten-free chicken or turkey stock
- Salt and pepper to taste

Preparation:

1. In a large saucepan, melt butter and add olive oil.
2. Add celery, onions and garlic and sauté until vegetables are tender, about 5 minutes.
3. Add bread crumbs, salt, pepper and dry herb blend.
4. Pour poultry stock in. Stir to blend. Adjust seasonings and slowly add more stock if necessary.
5. Heat through and serve.





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.

[www.augustagig.com]

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 BULDING-SUITE 120 ADJACENT TO TRINITY HOSPITAL OF AUGUSTA 2258 WRIGHTSBORO ROAD AUGUSTA, GA 30904 CONTACT: ROSE CRUICKSHANK, RN 706-738-8253 AUGUSTAGIG@AOL.COM FOR FURTHER INFORMATION

Next Meeting

Our next gathering will be our Pot Luck/Cookie Exchange on December 6th.

After that, we will will hold our next meeting after new year on January 17, 2012