

Rochester Celiac Support Group

Cooking Class

Presented by

Les Green

Cassandra Coffey

Kathy Oaks

Cole Slaw

Recipe by Kathy Oaks

- 2 bags Cole Slaw mix
- 2 Tablespoons vinegar
- 1 cup mayonnaise
- 1/3 cup sugar
- 1 small onion optional
- 3/4 cup raisins optional

Mix vegetables and raisins in bowl. Mix mayo, vinegar and sugar well in a separate bowl. Pour over slaw mixture and blend well. Chill one hour prior to serving.

Jambalaya

Recipe from my sister Colleen Orchanian

2 TBSP olive oil
2 C Chopped Onions
1 C Chopped Celery
1 C chopped Green Pepper
1 Clove garlic Crushed
1 Pound sausage (Hillshire farms smoked sausage or Johnsonville Andouille)
2 C Rice – Uncle Bens
2 ½ C Chicken Stock (Wegmans GF brand)
1 tsp salt
½ Tsp Cayenne Pepper
1 Tsp Creole Seasoning
½ c chopped tomatoes

Sauté' onions, celery, green pepper and garlic in oil until tender over med hi heat. Cut sausage into bite sized pieces and add to pan. Add stock, salt, cayenne, and Creole Seasoning and bring to boil. Add rice and return to boil. Cover and reduce heat to simmer. Cook for 30 minutes on very low heat. After 10 minutes, remove cover and quickly turn rice from top to bottom completely. Recover. After another 10 minutes add tomatoes. Cook until liquid is absorbed and rice is cooked.

Note: do not use Italian Sausage

Serves 6

Summer Picnic Quinoa Salad by Erin Harner

(pronounced 'keen-wah')

Prep Time: 30 minutes or less

Cooking Time: 20 minutes

Yield: 8-12 servings

Ingredients:

2 cups quinoa (white, red, or mix both)
1 small red onion, diced
2 medium carrots, diced
1 red bell pepper, diced
1/2 cup watercress, chopped
1/4 cup fresh cilantro, chopped
1/4 cup fresh parsley, chopped
1/4 cup dried cranberries
1/4 cup walnuts, diced
2 lemons, juiced
1/4 cup extra virgin olive oil
1/2 tsp salt

Directions:

1. Rinse the quinoa in a strainer until the water runs clear. Heat a saucepan and dry roast the quinoa until you smell a nice aroma (note that burning is NOT a nice aroma). You'll know when its ready. Add 4 cups of water to the quinoa and cover. Set a timer for 20 minutes- when the timer goes off the quinoa will be all done. Put in a large bowl to cool.
2. Chop all of the veggies and herbs and combine in a separate bowl with the walnuts and cranberries.
3. Mix the lemon juice, olive oil, and salt in a blender to make an emulsion.
4. When the quinoa has cooled a bit, add the chopped veggie mixture and add the lemon emulsion. Add to salad and stir well.
4. This salad is best served chilled for an hour or so but can be eaten right away as well. Enjoy!

Note: This recipe is super easy and very forgiving! Make it your own. If you don't have some of the ingredients, just leave them out and feel free to add ingredients of your own in it as well. Some great additions include raisins, sprouts, radishes, cucumber, black or pinto beans, and whatever veggies you want to use that are in the fridge. Be creative- this salad is delicious any way you make it!

August 2009- All rights reserved by Erin Harner, Second Nature Wellness.

Appetizers by Cassandra Coffey

Wegmans Chipotle Hummus:

Chick Peas, Water, Tahini (Sesame Seed Paste), Canola Oil, Garlic Puree (Garlic, Canola Oil, Citric Acid), Lemon Juice, Salt, Dehydrated Onions, Chipotle Powder, Black Pepper, Citric Acid.

<https://www.wegmans.com/webapp/wcs/stores/servlet/ProductDisplay?langId=&storeId=10052&productId=677118&catalogId=10002&krypto=QJrbAudPd0vzXUGByeatog%3D%3D&ddkey=http:ProductDisplay>

Wegmans Traditional Hummus:

Chick Peas, Tahini (Sesame Seed Paste), Water, Lemon Juice, Olive Oil, Garlic Puree (Garlic, Canola Oil, Citric Acid), Salt, Citric Acid, Black Pepper, White Vinegar.

<https://www.wegmans.com/webapp/wcs/stores/servlet/ProductDisplay?langId=-1&storeId=10052&catalogId=10002&productId=356335>

Mary's Gone Crackers Sticks & Twigs, Sea Salt Flavor (says GF on label):

Organic Short Grain Brown Rice, Organic Brown Flax Seeds, Organic Brown Sesame Seeds, Organic Whole Amaranth, Organic Whole Millet, Organic Whole Quinoa, Organic Whole Red Quinoa, Chia Seeds, Filtered Water, Organic Wheat-Free Low Sodium Tamari (Water, Whole Organic Soybeans, Salt, Organic Alcohol), Sea Salt.

Wholly Guacamole, Classic (gluten-free shown on product label and listed in Wegmans description of product, but no wellness keys because it's not a Wegmans brand product):

Avocados, Jalapeno Puree (White Vinegar, Jalapeno Peppers), Dehydrated Onion, Salt, Granulated Garlic.

<https://www.wegmans.com/webapp/wcs/stores/servlet/ProductDisplay?langId=-1&storeId=10052&catalogId=10002&productId=362377>

Wegmans Roasted Chipotle Salsa, Medium:

Tomatoes, Roasted Tomato Puree, Water, Fresh Jalapeno Peppers, Fresh Onions, Distilled Vinegar, Salt, Dehydrated Garlic, Chipotle Peppers, Cilantro, Natural Flavor, Spices.

<https://www.wegmans.com/webapp/wcs/stores/servlet/ProductDisplay?langId=-1&storeId=10052&catalogId=10002&productId=555010>

Wegmans Salsa, Mild:

Diced Tomatoes, Tomato Puree (Water, Tomato Paste, Citric Acid), Onions, Green Bell Peppers, Vinegar, Salt, Sugar, Cider Vinegar, Onion Powder, Garlic Powder, Natural Flavor.

<https://www.wegmans.com/webapp/wcs/stores/servlet/ProductDisplay?langId=-1&storeId=10052&catalogId=10002&productId=370402>

Wegmans Tortilla Chips, Blue Corn:

Organic Blue Corn, Expeller Pressed Oleic Safflower and/or Sunflower Oil and/or Canola Oil, Sea Salt.

<https://www.wegmans.com/webapp/wcs/stores/servlet/ProductDisplay?langId=-1&storeId=10052&catalogId=10002&productId=375562>

Wegmans Tortilla Chips, Yellow Corn:

Organic Yellow Corn, Expeller Pressed Oleic Safflower and/or Sunflower Oil and/or Canola Oil, Sea Salt.

<https://www.wegmans.com/webapp/wcs/stores/servlet/ProductDisplay?langId=-1&storeId=10052&catalogId=10002&productId=375560>

•

Raspberry Cream Cheese Coffee Cake – Recipe by Kathy Oaks

Streusel Topping:

1/3 cup (45 grams) all purpose Gluten Free Flour
1/3 cup (65 grams) granulated white [sugar](#)
1/2 teaspoon ground cinnamon
1/4 cup (56 grams) cold unsalted [butter](#), cut into pieces

Cream Cheese Filling:

8 ounce package (227 grams) cream cheese, at room temperature
1/4 cup (50 grams) granulated white sugar
1/4 cup Sour Cream
1 large egg
1/2 teaspoon pure vanilla extract

Cake Batter: Use Betty Crocker GF Cake Mix according to the package instructions

1 can Comstock Raspberry Pie Filling

Instructions: Preheat oven to 350 degrees F line a 9 inch (23 cm) [spring form pan](#) and line the bottom of the pan with parchment paper. Spray sides and paper with GF cooking spray. Set aside.

For streusel topping: In a large bowl, mix together the GF flour, sugar, and ground cinnamon. Cut in the butter with a pastry blender or fork until it resembles coarse crumbs. Set aside.

For cream cheese filling: Beat the [cream cheese](#) until creamy and smooth. Add the rest of the filling ingredients and beat until very smooth. Set aside.

For cake batter: In a separate bowl prepare cake mix according to package directions. Set aside.

Spread the batter onto the bottom, and slightly up the sides, of the prepared pan. Next, spread the cream cheese filling over the cake batter. Spread the Raspberry pie filling over the cream cheese. Cut through the batter with a knife to distribute the layers. Top with the streusel.

Bake for about 30 to 35 minutes or until the streusel is golden brown and a toothpick inserted in the side of the cake comes out clean. Do not overcook. It may seem that the cake is not done but check it on the side of the pan and if it comes out clean remove the coffee cake from the oven. The GF cake mix is better a little under cooked. Remove from oven and place on a wire rack to cool slightly.

Chill and serve.

Makes 8 - 10 servings.

Flex Spending Reimbursement

- Check with your own Flex Spending Provider on their individual requirements.
- EBS Systems samples
- Save Receipts that have GF Products
- Create a spreadsheet with the item and the Gf price and the regular price of similar product.
 - Go to Wegman's website.

Wegman's on-line price Checking

- Go to www.wegmans.com
- Select Stores
- Select your store I selected Brockport
- Select Shopping
- Index products that are similar for example pretzels

[home](#) > [shopping](#) > search results

Products

KEYWORD: pretzels

continue narrowing by...

Department

- Dulk Foods (14)
- Dairy (1)
- Frozen Foods (9)
- Grocery (165)
- Health and Wellness (1)
- Kosher (2)
- Nature's Marketplace (26)

Popular Brands

Wegmans Wellness Keys

Search Results

Find products for your shopping list.

<input type="text" value="pretzels"/>	<input type="button" value="Find"/>
Grocery - Chips and Snacks - Pretzels > Pretzels	1 <input type="button" value="add to list"/>
Nature's Marketplace - Grocery - Pretzels > Pretzels	1 <input type="button" value="add to list"/>
Bulk Foods - Chips and Snacks - Pretzels > Pretzels	1 <input type="button" value="add to list"/>
Frozen Foods - Appetizers - Pretzels > Pretzels	1 <input type="button" value="add to list"/>
Nature's Marketplace - Grocery - Pretzels-Gluten Free > Pretzels-Gluten Free	1 <input type="button" value="add to list"/>

Show results for "pretzels"

(Showing 1 - 50 of 218 results.) Show: 25 | 50 | 100 Results Per Page
 Store: Wegmans Brockport [[Change Store](#)] 1 2 3 [Next >](#) >>

Sort By: Most Popular Show only Shoppers Club Savings

Image	Product Name	Size	Price	Qty.	Add to List
	Rold Gold Pretzels, Tiny Twists, Classic Style	1 oz.	8 / 2.00	1 <input type="button" value="add to list"/>	
	Rold Gold Pretzels, Braided Twists, Honey Wheat	10 oz.	2 / 5.00	1 <input type="button" value="add to list"/>	
	Wegmans Food You Feel Good About Filled Pretzel Nuggets, Peanut Butter Filled	24 oz.	14 / 99	1 <input type="button" value="add to list"/>	
	Goldfish Baked Snack Crackers, Pretzel	8 oz.	2 / 4.00	1 <input type="button" value="add to list"/>	
	Wegmans Food You Feel Good About Pretzels, Party	10 oz.	May Not Be Available	1 <input type="button" value="add to list"/>	
	Snyder's of Hanover Pretzels, Mini, The Pounder	16 oz.	2 / 69	1 <input type="button" value="add to list"/>	

My Shopping List

Select / Manage Lists

Default List

[add a note to this list](#)

Show: 6 | 10 | [All](#)
(5 most recently added items shown.)

Name	Notes	Qty.	Remove
Rold Gold Pretzels, Tiny Twists, Classic Style		1 <input type="button" value="add"/>	<input type="button" value="x"/>

Additional Items

[Learn about shopping lists](#)

[Hide List](#)

Shop Smarter with our Shopping List Builder

Plan Your Shopping

[Browse Weekly Flyer](#)

Instructions

- Enter the cost of normal pretzels 2.69 into your spreadsheet. You will receive the difference as flex spending so if the cost of Glutino pretzels is 6.99 per bag the difference would be \$4.30.
-
- Submit a copy of your receipt and the spreadsheet to your flexible benefits contractor.
-
- You must have a certification of Medical Necessity signed by your physician indicating that you need a gluten free diet for life with a diagnosis of Celiac Disease.

Thanks

Cassandra Coffey

Les Green

Kathy Oaks