

# McHenry Celiac Support Group

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## Quickies

- **Gluten-Free Fast Food** - I hate to promote fast food, but sometimes it is nice to be able to grab something on the run! [Hardee's](#) has posted information about their gluten-free items on their website. What's more, they've also got coupons for a free side salad or a free diet coke or Dasani water to go with your gluten-free order. The coupons are valid through November 30, 2009.

- **Durty Nellie's Pub** in Palatine serves Redbridge GF beer.

- **Wildfire Restaurants** – serve Redbridge beer. Wildfire also serves some of their sandwiches on a GF bun. Check out their website for their GF menu.

<http://www.wildfirerestaurant.com>

- **Da Luciano's** in River Grove, IL offers 100% gluten-free guarantee that all of their products meet or exceed standards set by the [American Celiac Disease Alliance](#). They offer breads, pastas, pizzas, soups and sauces. Then top it off with a GF dessert! They have a dine-in menu and also a buy online menu. **Call ahead for reservations. They will also make GF cake if you call ahead and ask.**

<http://www.dalucianos.com/index.cfm>

Rumor has it they are awesome!!

- **Biaggi's** offers a good GF menu with lots to choose from. Their pasta is very good! **It is recommended you call ahead for reservations and inform the person on the phone you will be ordering from the GF menu. And then inform the wait staff you are ordering from the GF Menu.**

<http://www.biaggis.com/>

## Next Meeting at Nick's Pizza in Crystal Lake

Our next meeting will be on Monday, October 19, 2009 @ 7PM. We will meet at Nick's Pizza in Crystal Lake and get to enjoy their gluten free pizza! I was told by my contact that Monday's are their ½ price pizzas and she said the gluten free pizzas are part of that promotion. Bring your kids! Bring your spouse! I hope everyone can come!

They said they can accommodate groups up to 30 without a reservation. **So, please call or email me with your RSVP and how many adults/kids will be coming so I can keep a count.** Nick's Pizza is located at 856 Pyott Rd, Crystal Lake, IL 60014.

## Pumpkin-Chocolate Chip Cookies Recipe

*Betty Crocker® Gluten Free chocolate chip cookie mix, pumpkin and a pinch of spice bake into yummy homemade cookies.*



3/4 cup canned pumpkin (not pumpkin pie mix)

1/4 cup butter, softened (not melted)

1 teaspoon vanilla

1 egg

1 box (19 oz) Betty Crocker® Gluten Free chocolate chip cookie mix

1/2 cup raisins, if desired

1/4 teaspoon ground cinnamon

Powdered sugar, if desired

Heat oven to 350°F. Grease cookie sheets with shortening.

In large bowl, stir pumpkin, butter, vanilla and egg until blended.

Stir in cookie mix, raisins and cinnamon until soft dough forms.

Drop dough by rounded tablespoonfuls 2 inches apart on cookie sheets.

Bake 10 to 12 minutes or until almost no indentation remains when lightly touched in center and edges are golden brown. Immediately remove from cookie sheet to cooling rack. Cool completely, about 15 minutes. Sprinkle with powdered sugar. Enjoy!

### Nutrition Information:

**1 Cookie:** Calories 80 (Calories from Fat 25); Total Fat 2 1/2g (Saturated Fat 1 1/2g, Trans Fat 0g); Cholesterol 10mg; Sodium 80mg; Total Carbohydrate 13g (Dietary Fiber 0g, Sugars 7g); Protein 0g **Percent Daily Value\***: Vitamin A 15%; Vitamin C 0%; Calcium 0%; Iron 0% **Exchanges:** 1 Other Carbohydrate; 0 Vegetable; 1/2 Fat **Carbohydrate Choices:** 1

\*Percent Daily Values are based on a 2,000 calorie diet.

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## Some Favorite GF Websites

- **Celiac Specialties Gluten Free Bakery**

<http://www.celiacspecialties.com>

Erin Arnold highly recommends the donut holes! They also offer products that are casein free.

I registered (free registration) and this allows for free delivery on orders \$50 and up. They have a lot of items and I do like that many of the items are listed with their Nutritional Fact labels.

- **Kinnikinnick**

<http://www.kinnikinnick.com>

I recommend the K-Toos, they taste very similar to Oreos. Great for kids who miss Oreos! They also have a vanilla version and now a new fudge version available only on their website. I have found the K-Toos at Nature's Cornucopia in McHenry too.

## Some Places to Shop

Friends Country Market, Harvard, IL

Natures Cornucopia, McHenry, IL

Always Healthy, Lake Zurich, IL

Woodman's

Whole Foods

Trader Joe's

Jewel Foods

Meijers

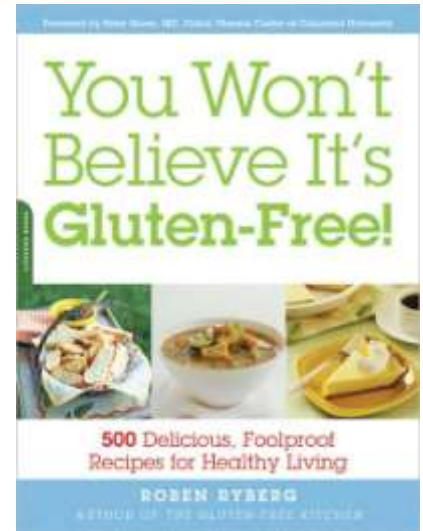
Market Day - has a Gluten Free list under the Quick Menu tab. Also lists other allergens.

*Have a store, website, product, any GF information you want to share? Just email me or call me with the information and I'll put it into our newsletter.*

Fellow group member  
Jennifer Garden  
recommends:

## *You Won't Believe It's Gluten-Free!*

By: Roben Ryberg



Jennifer says, "I made two of the four French bread recipes and they were wonderful. Light, airy and very tasty. I can't wait to try one of the doughnut recipes (there are four in the book!). Basically, she makes the recipes by adapting them to use different flours. I know the french bread recipes that I made used corn starch and potato starch respectively. There was also one with oat flour and one with rice flour. There are some interesting looking recipes there and they all use basic ingredients (aside from the "fancy" flours we have to use!). I'm giving it high marks so far."

## Opinions Needed Please...

This is your support group, so how do you all feel about having guest speakers or people who are trying to sell their GF products attend some of our meetings? I certainly do not intend on having this at every meeting, but every now and then I thought it might be nice.

I would like to ask people in the medical field if they would be willing to give a talk (doctors, nutritionists, holistic practitioners, etc...) but I need to gather information and see if they would be interested and if they want to be paid for their time. If so, would you be willing to pay to attend the talk?

I also get emails periodically from people trying to sell their products. They send me samples which I will pass along at meetings. But I just got an email from a lady who is close and I thought I might ask her to attend a meeting and bring her samples with her. Is that something you want me to even do? I don't want the meeting to turn into a high pressured "sales" gig. But I thought I would ask your opinions!

Please let me know if any of the above is something you would be interested in doing for the meetings. Or, if you have an idea for a meeting let me know that too! You can email me or call me at 815.363.1523 and let me know what you think!