

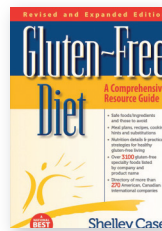
Gluten-Free Resources

It's widely considered a bible for coping with celiac disease, but Shelley Case's classic has gotten even bigger and better. The revised and expanded edition of the *Gluten-Free Diet: A Comprehensive Resource Guide* lets readers hit the ground running after a diagnosis. It's packed with tips, meal plans, recipes, lists of resources, substitutions, and nutrition strategies (www.glutenfreediet.ca).

Among the handy suggestions you'll find in the book are these sandwich tips. Gluten-free breads can become dry and crumbly, so here are a few tips:

- When you buy rice bread, slice (if not sliced) and freeze immediately, placing waxed paper between slices so you can remove one at a time. Seal in a plastic bag.
- Toasting bread improves flavor and keeps it from crumbling.
- Make a sandwich on lightly toasted bread and freeze it for lunch the next day.
- Consider buying a bread machine, as homemade gluten-free breads are fresher and more economical than ready-made breads.

- Try open-face sandwiches and put them under a broiler (eg, tuna or pure crab meat with shredded cheese; toasted cheese, tomato, and bacon).



New Gluten-Free Labels It's difficult for people with celiac disease (who need to avoid products containing gluten) to make safe choices due to a lack of informative and reliable product labeling. But there is some progress. Experts indicate that North America and Europe are getting close to agreeing on new gluten-free labels that are internationally cohesive. So far, they've agreed on the definition of what constitutes a gluten-free food: those containing fewer than 20 parts per million of gluten. For the estimated 1.5 million to 3 million Americans with celiac disease, standardized gluten-free labeling will provide a new realm of safe food choices.

The greatly expanded edition of Annalise G. Roberts' wonderful *Gluten-Free Baking Classics* adds more than 40 new recipes to an already stellar collection.

Apple Crisp

Serves 6

If you find yourself yearning to use those apples you picked last weekend, consider making this delicious apple crisp. It is easy to prepare and keeps well in the refrigerator. I like to serve it warm for dessert with ice cream or frozen yogurt, but I also look forward to eating the leftovers cold for breakfast. I use a combination of apples—usually Granny Smith and Golden Delicious, but you can use any combination of cooking apples.

- 1 cup Brown Rice Flour Mix*
- ¼ cup granulated sugar
- 1¼ teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon xanthan gum
- ½ teaspoon salt
- 1 large egg
- 6 cups thinly sliced peeled apples
- ½ cup butter, melted

1. Preheat oven to 350°F. Position rack in center of oven. Lightly grease 9-inch round cake pan with cooking spray.

2. Combine flour, sugar, baking powder, cinnamon, xanthan gum, and salt in a small bowl. Add egg and stir to mix well (mixture will be crumbly).
3. Place apples in cake pan and sprinkle top with flour mixture. Drizzle with melted butter.
4. Place cake pan in center of oven and bake about 40 minutes or until apples are tender and topping is a golden color. Serve warm.

- For pear crisp, substitute 6 cups thickly sliced peeled pears for apples.
- Store any leftovers tightly covered in refrigerator. Can be reheated in microwave.

*Try *Authentic Foods'* blend (called *GF Classic Blend*) or recreate Roberts' blend by mixing 2 parts extra finely ground brown rice flour, ⅓ part potato starch (not potato flour), and ⅓ part tapioca flour.

TD&N Nutrient Analysis: Calories: 353; Total Fat: 12 g; Saturated Fat: 7 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 3 g; Cholesterol: 62 mg; Sodium: 286 mg; Carbohydrates: 61 g; Fiber: 4 g; Protein: 3 g

Recipe reprinted with permission from *Gluten-Free Baking Classics, Second Edition* by Annalise G. Roberts, www.agatepublishing.com

