



Gluten-Free Holiday How-Tos with Bloggers Extraordinaire

Featuring:

*Amy Green, M.Ed. of **Simply Sugar & Gluten-Free***

&

*Silvana Nardone of **Easy Eats** and **Silvana's Kitchen***

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Important Reminders!

- ① A **recording of each webinar** will be posted along with the **webinar slides** within **72 hours** after the live Webinar ends. To download recorded webinars and slides, visit the Archived Webinars page: CeliacCentral.org/webinars/archive/
- ② **Continuing Education Credit:**
 - Registered Dietitians (RD) and Dietetic Technicians, Registered (DTR) are able to participate in this live 60-minute webinar to obtain continuing education credits regardless of this program's approval status as long as the webinar is professional in nature. NFCA will provide a certificate as proof of participation for each webinar. **Attendees must complete the program evaluation/follow-up survey in order to access this certificate. Program participants will receive a link to complete the program evaluation/follow-up survey 24 hours after the close of the webinar through an email from GoToWebinar.**
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Watch & Win!

- Five lucky webinar participants will each win a FREE mixed case of new **Crunchmaster Cinnamon & Sugar Grammy Crisps** and **Cheddar Cheezy Crisps**. Each mixed case includes 12 boxes, with six of each flavor
- These new products are perfect for kids!



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Welcome!



Amy Green, M.Ed.:

- Author of *Simply Sugar & Gluten-Free: 180 Easy & Delicious Recipes You Can Make in 20 Minutes or Less*
- Publisher of *Simply Sugar & Gluten-Free*
- Most recently launched, with collaborator Jen Cafferty, *Nourished*, the first gluten-free and allergen-friendly food blogger conference
- Teaches local sugar-free, gluten-free cooking classes



Silvana Nardone:

- Editor-in-chief of *Easy Eats*, the all-digital, gluten-free magazine
- Author of *Cooking for Isaiah: Gluten-Free & Dairy-Free Recipes for Easy, Delicious Meals*
- Publisher of *Silvana's Kitchen*
- Previous owner of a Brooklyn-based bakery, Fanciulla Specialty Foods
- Founding editor-in-chief of *Every Day with Rachael Ray*



On Tonight's Plate

Aim: To satisfy the holiday dining needs of both the gluten-free novice and veteran

Our timeline:

- *Taking The Fear Out of Gluten-Free at the Holiday Dinner Table with Amy Green, M.Ed.*
- *Cooking for Flavor and Performance: Upgrading Your Gluten-Free Holiday Menu with Silvana Nardone*
- *Time for questions!*



Taking the Fear Out of Gluten-Free at the Holiday Dinner Table

with Amy Green, M.Ed.



Images courtesy of Sarah Yates, *A House in the Hills*

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Objectives

- ① Identify importance of human connection in the holiday gluten-free preparation and cooking processes
- ② Discuss the benefits of using whole foods in holiday gluten-free recipes
- ③ Share some relevant recipes



We Value Human Connection

- What happens when we can't share in the meal?
 - On the "outside"
 - Uncomfortable
- Why are some still hesitant to include gluten-free on their menu?



Where does the hesitancy come from?

- Families are attached to tradition
- Will the “different” food be enjoyed?
- Myth: If one gluten-free food is bad, all gluten-free food must be bad



Solutions

① Contribute!

② Use whole foods-based menu items:

- *Gradually move away from packaged foods*
- *“Reverse engineer” family favorites*
- *Substitute whole grain gluten-free flours*



Solutions

③ If you aren't traveling:

- *Offer to bring what you can only eat if it's gluten-free, i.e. stuffing or dessert*
- *Serve new gluten-free crackers or bread with appetizers*

④ For the travelers:

- *Ship ingredients*
- *Ask for help!*
- *Cook alongside family to show them the ropes*



⑤ Test new recipes ahead of time:

- *A must for pies and breads*
- *Will relieve anxiety!*
- *Won't feel obligated to point out that it's gluten-free*



My Whole Foods-Based Thanksgiving Meal



Images courtesy of *Simply Sugar & Gluten-Free* and *Silvana's Kitchen*
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My Whole Foods-Based Thanksgiving Meal

• **Visit: <http://simplysugarandglutenfree.com/>**

- Roasted turkey
- Ham glazed with orange and coconut palm sugar
- Mac & Cheese with gluten-free pasta
- Cornbread dressing with gluten-free cornbread
- Mashed potatoes and gravy, thickened with cornstarch or sweet rice flour
- Homemade or store-bought gluten-free rolls
- Cranberry clementine sauce
- Salad
- Vegetable, such as asparagus or Brussels sprouts
- Dessert, one nut-based and one traditional gluten-free pie crust
- Homemade ice cream



Savvy Gluten-Free Substitutes

Instead of...

- Cornbread stuffing
- Pie Crust
- Rolls

Try...

- Wild Rice Stuffing
- Press crust made from pecans or walnuts, dates and coconut oil or butter
- Rolls made from a bread recipe baked in a muffin tin
 - Not a baker? Store bought are OK too!



*Cooking for Flavor and Performance:
Upgrading Your Gluten-Free Holiday Menu
with Silvana Nardone*



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Objectives

- ① Explain the value of cooking for both flavor and performance
- ② Arm listeners with quality gluten-free ingredients for your pantry this winter
- ③ Share some relevant recipes



Why cook for flavor?

- Your **food memories** are *not* a thing of the past.
- **Eating is emotional.** What do you want to get out of a recipe: Sustenance? Recreate a previous experience? Pleasure?
- Set your gluten-free baking bar high and **challenge yourself**, even after failure.
- **Take a leap of faith.** Just when you think you'll never eat something ever again, think again, then make it happen.
- **Surprise yourself!**
- **Exceed other's expectations.**
- **Make yourself—and your family—happy!**



Silvana's Top 6 Gluten-Free Holiday Pantry Items

- ① **Flour replacement:** Silvana's Gluten-Free All-Purpose Flour Blend (or your favorite homemade or store-bought blend)
- ② **Liquid for browning:** Dairy-free store-bought or homemade almond milk or rice milk
- ③ **Fat for texture and browning:** Dairy-free unflavored coconut oil, non-hydrogenated all-vegetable shortening, buttery sticks or whipped buttery spread
- ④ **Naturally gluten-free flour replacements:** Blanched almonds and hazelnuts, cornmeal, cocoa powder
- ⑤ **Recipe thickener:** Gluten-free brown rice cereal
- ⑥ **Just because:** Dairy-free chocolate chips



Gluten-Free Cooking Tips

You can make anything gluten-free and dairy-free, and it's going to look and taste like the original—or better!

- Gain kitchen confidence through constant practice and meditation over the process and outcome
- Get to know your ingredients and like any other relationship, spend time and get to know them
- Pick the right ingredients for the job, then let them do all the work
- Use as little gluten-free flour in a recipe as possible
- If you replace ingredients, there will obviously be a noticeable difference, especially in baked goods



Recipe Redux

Old School Italian Jam-Filled Hazelnut Cookies

- <http://www.silvanaskitchen.com/gluten-free-old-school-italian-jam-filled-hazelnut-cookies/>



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Recipe Redux

Pine Nut Cookies

- <http://www.silvanaskitchen.com/home-for-the-holidays-gluten-free-cookies/>



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More Info from Silvana

- For delicious gluten-free recipes, visit the Easy Eats Recipe Vault
 - <http://www.easyeats.com/vault>
- For more of my favorite pantry items, visit the new Gluten-Free 101 section on my blog, Silvana's Kitchen
 - <http://www.silvanaskitchen.com/gluten-free-101/>



As we finish...

Questions from the audience?



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For information, FREE coupons & recipes, visit:

<http://www.crunchmaster.com>

<http://www.facebook.com/crunchmaster>



- ♥ Great Multi-Grain Tastes
- ♥ Certified Gluten Free
- ♥ 7 Casein Free Varieties
- ♥ 100% Whole Grain
- ♥ Oven Baked/Low Fat
- ♥ Low Sugar
- ♥ All Natural
- ♥ Crispy, Crunchy Texture



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Gluten-Free Holiday How-Tos



www.CeliacCentral.org/holiday

- **Tip of the Day**
- **Holiday Recipe Contest**
 - **Grand prize: A year's supply of Crunchmaster crackers!**
- **Holiday e-Cookbook**
- **Gift Guide**
- **Additional links and resources**



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Save The Dates!

CeliacCentral.org/Webinars

- **Topic:** *"Eating for Two: How-To Tips on Managing Celiac Disease and Diabetes"*
 - **Date:** Wednesday, November 14, 2012
 - **Time:** 2 p.m. Eastern/11 a.m. Pacific
 - **Speaker:** Laurie A. Higgins, MS, RD, LDN, CDE, Coordinator of Pediatric Nutrition Education & Research, Pediatrics, Adolescent and Young Adult Section, Joslin Clinic
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- **Topic:** *"You Ask, We Answer: 60 Minutes with Top Celiac Disease Researchers"*
 - **Date:** Wednesday, December 19, 2012
 - **Time:** 12 p.m. Eastern/ 9 a.m. Pacific
 - **Speakers:** Daniel A. Leffler, MD, MS; Director of Clinical Research, The Celiac Center at BIDMC, Director of Quality Assurance, Division of Gastroenterology, Beth Israel Deaconess Medical Center and Joseph A. Murray, MD; Consultant, Division of Gastroenterology & Hepatology, Professor of Medicine, Mayo Clinic College of Medicine
 - **Important!** To submit a question for the expert panelists, email kvoorhees@celiaccentral.org by Friday, November 16. Please note that this opportunity is intended for general questions about research and developments in the field of gluten-related disorders. Personal or inappropriate questions will not be included in the question pool.
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- **Topic:** *"It's Not Just Food Anymore: An Update on Gluten-Free Alcoholic Beverage Labeling"*
 - **Date:** Tuesday, January 22, 2013
 - **Time:** 8:30 p.m. Eastern/5 p.m. Pacific
 - **Speaker:** Tricia Thompson, MS, RD; The Gluten-Free Dietitian, Nutrition Consultant Celiac Disease, Founder Gluten Free Watchdog, LLC



#GivingTuesday and More

- **#GivingTuesday**
 - Nationwide campaign on November 27!
- **Vote for NFCA!** www.gfreek.com/Cast_Your_Vote.html
 - Best Non-Profit Organization
 - Best Website
 - Best Event (Appetite for Awareness)
- **More Crunchmaster recipes on CeliacCentral.org**
 - Recipe of the Week –November 12, 2012, Cinnamon Pistachio Apple Crisp
 - Recipe – November 11, 2011, Cranberry Brie with Crunchmaster Coating



Thank you!

Questions? Comments? Feedback?

NFCA Contact: Kristin Voorhees, kvoorhees@CeliacCentral.org

Tonight's Speakers:

Amy Green:

- amy@ssandgf.com
- simplysugarandglutenfree.com
- balancedplatter.com

Silvana Nardone:

- Editorial Inquiries: silvana@easyeats.com
- Gluten-free baking and cooking questions: silvana@silvanaskitchen.com
- Newly designed silvanaskitchen.com
- Coming next week: The Easy Eats Special Holiday Issue (easyeats.com)

