

Gluten Free Grain Choices

Gluten is a protein found in some cereal grains, mainly wheat, oats, rye, triticale, barley, spelt, and buckwheat. It is responsible for making bread “springy”. As the dough is kneaded, the gluten molecules join together forming long chains that make it elastic-like.

Gluten is the major source of protein for many people who live on a wheat-based diet. However, gluten does not agree with everyone. Some digestive problems have been found to be associated with an intolerance to gluten. Fortunately there are non-gluten grains that are delicious and easy to cook with.

Gluten-free grains:

Brown Rice	Coarse Cornmeal *(cornmeal is also a common allergen)
Millet	Quinoa
	Wild Rice

Gluten-free flours:

Arrowroot	Brown Rice	Garbanzo (chick pea)	Soybean
Potato	Nut and Seed	Legume	

Gluten-free pasta:

Corn	Quinoa	Rice	Soy
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Rice:

If you think of a white, gummy, tasteless dish when you think of rice, think again! Whole brown rice has a pleasant, mild flavor -- a somewhat chewy and satisfying texture. Rice may well be one of the easiest whole grains to introduce into your new, healthier lifestyle. Rice is extremely versatile and comes in many shapes and sizes. Here is a list to help you choose wisely..

Instant Rice: Pre-cooked rice that has had the outer coating totally removed. It lacks protein, 75% of its original mineral content, and most of its vitamin B. (bad choice)

Polished

White rice: Very white, milled rice with the hull, bran, germ, and endosperm removed.

Converted

Rice: Rice that has been soaked and steamed before milling, to retain more of the vitamins and nutrients.

Brown Rice: Rice that has had its outer husk removed. Much of its nutritional qualities has been retained.

White

Rice Flour: Made from polished white rice, so it has little taste and low nutritional value.

Brown

Rice Flour: Faint taste and more nutritional than white rice flour.

Rice

Polishings: The bran and other materials have been removed from brown rice to make polished rice.

Wild Rice: Actually from the GRASS family and not a true rice. It is commonly found growing wild in the Great Lakes region. It is a nutritional, tasty, and expensive food product.

Basic Steamed Rice

1 cup	Raw brown rice
2 cups	Pure water
1/2 tsp.	Sea salt (optional)

If the rice looks dusty, wash it by letting water run over it in a colander or sieve. (Brown rice has a little debris left when you buy it.)

Bring the water to a boil. Add the rice and allow the water to resume boiling. If you choose to, add the salt. As soon as the water is boiling, turn the heat low and simmer the rice with the lid tightly in place. Allow the rice to cook this way for about 45 minutes. Remember, by lifting the lid, steam is allowed to escape and that may disrupt the water/grain ratio. **MAKES ABOUT 3 1/2 CUPS.**

Rice with Snow Peas

The rice for this dish is cooked separately from the vegetables and the two are mixed together just before serving.

1 cup	Uncooked brown rice cooked in 2 cups of pure water or 3 cups of cooked brown rice.
2 tbsp.	Sesame or olive oil (heat resistant oils).
2 cups	Fresh snow peas, strings removed (about 1/2 pound)
4	Scallions, thinly sliced (if tolerated otherwise substitute zucchini)
1/2 cup	Thinly sliced fresh water chestnuts, Jerusalem artichoke or zucchini.
1/4 cup	Slivered almonds or sesame seeds
1/4 tsp.	Sea salt or salt substitute
	Cayenne pepper to taste
	Herbs: (dill, basil or oregano) to taste

Cook rice. Heat oil in a skillet. Stir-fry vegetables for 3 to 5 minutes until onions are barely tender. Season with herbs, salt and pepper. Stir hot rice into vegetables. Add almonds or sesame seeds. **SERVES 4.**

Garden Rice

A variety of fresh vegetables cooked with rice.

1 tbsp.	Sesame or olive oil
1	Small onion, chopped (if tolerated or substitute zucchini)
1	Clove garlic, chopped
1/2	Sweet red or yellow pepper, chopped
1	Small carrot, chopped
1/2 cup	Cauliflower
1 cup	Green beans cut in 1-inch segments
1/2 cup	Bean sprouts (optional)
3/4 cup	Uncooked brown rice
1 1/4 cups	Pure water
2 tbsp.	Tamari (wheat-free)
1	Bay leaf
1/2 tsp.	Sea salt

Heat oil in a 3-quart pot and sauté onion and garlic for about 5 minutes until tender. Add pepper, carrot, green beans, cauliflower, and sauté, for 5 minutes longer. Add sprouts, rice, water, tamari, salt and bay leaf. Place cover on pot and cook until tender about 40 minutes. Serves 4.

Wild Rice

1 cup	Wild rice
1/3 cup	Brown rice
4 cups	Stock or pure water
1	Carrot
2	Large stalks of celery
6	Green onions
2 tbsp.	Sesame or olive oil
1 tsp.	Marjoram
1/4 tsp.	Rosemary
1/4 tsp.	Thyme
1 tsp.	Sea salt or salt substitute Garlic to taste
1/2 cup	Almonds or sesame seeds, raw

Chop celery and carrots in 1/4 inch cubes. Chop green onions and sauté in sesame oil. Add water and bring to a boil. Stir in remaining ingredients (except almonds). Bring to a boil, cover, reduce heat, and cool gently for an hour or more, until rice is tender. Chop almonds or use sesame seeds. Serves 4.

Creamy Tahini Rice

2 tbsp.	Pure water
½ tbsp.	Sesame or olive oil
1	Medium onion, chopped fine (if intolerant substitute zucchini)
1 cup	Mixed seeds (sunflower, sesame and pumpkin)
3 cups	Cooked brown rice
1 tbsp.	Tamari (wheat-free)
1/3 cup	Tahini (ground sesame seeds)
1/3 cup	Pure water

Heat water and oil in a large skillet. Add onions and seeds and simmer for about 5 minutes or until seeds are lightly browned. Then stir in rice, tamari sauce, tahini and water. Cook gently until heated through and sauce is thick and creamy around the rice. You can add 1 tbsp. of Flax oil before serving. Serves 4.

Millet

The birds of North America eat a lot more millet than do we humans. Millet is among the least familiar of the grains in our country and it's time to change that as it is more than bird seed. Millet is a delicious, mild flavored yellow colored grain. Its protein, calcium, magnesium, iron, and lecithin levels are of significant value and its versatility in recipes is exceptional. Have some fun with these recipes and discover that millet isn't just for the birds!

Basic Millet

1 cup	Millet, raw
3 cups	Pure water (less 2 tbsp. for a fluffier millet)

Bring the water to a boil, while you wait for the water to boil rinse the millet well using a sieve. Add the millet and bring the mixture to a boil once again. Quickly lower the heat to a slow simmer, cover the pot and simmer for 30-45 minutes. **MAKES 2 CUPS.**

Millet and Vegetables

1 cup	Millet
1	Carrot or parsnip, sliced
1 cup	Cabbage, sliced or try shredded zucchini
1 cup	Cauliflower or broccoli pieces
1 tsp.	Sesame or olive oil
½ tsp	Sea salt or salt substitute
½ tsp.	Tamari (wheat-free)

(Millet and Vegetables Continued)

Cook the millet as above until all the water is absorbed, about 25 minutes. Add the vegetables and cook for another 5- 10 minutes. Add the oil, salt and season with the tamari sauce. Serve with a green salad and flax oil dressing. For additional flavor you may add a bay leaf or some oregano to the cooking water. Serves 4.

Millet Croquettes

2 cups	Millet, cooked
½ cup	Celery, finely diced with the leaves
¼ cup	Carrots, finely grated or try zucchini
½ cup	Onion, diced (if intolerant substitute zucchini)
½ cup	Rice Flour
¼ cup	Parsley, chopped
½ cup	Pure water
½ tsp.	Dill
½ tsp.	Oregano
Dash	Sea salt or salt substitute
Dash	Cayenne pepper, if desired

Mix the millet and vegetables in a large bowl. Slowly add the salt, flour and herbs, mix well. Add the water and mix once more. Form into small balls or patties and place on a lightly oiled, (sesame or olive) baking sheet. Bake in a 350 F degree oven for 25 minutes. To make the patties crispy brush the tops with the same kind of oil after they have been baked for 10 minutes. Serve with steamed vegetables. Serves 4-6.

Millet Pilaf

2/3 cups	Millet, raw
1 tsp.	Sesame or olive oil
½	Onion, sliced (if intolerant substitute zucchini)
½ tsp.	Sea salt
Dash	Oregano and cayenne pepper
1 ½ cups	Pure water

Sauté the onions in a small amount of water, when the onions are transparent add the oil and simmer until soft. Add the seasonings and millet. Sauté for 3 minutes. Add the water and bring to a boil. Cover, reduce the heat and simmer for 20 minutes. Serve with a vegetable almond stir-fry. Serves 4.

Quinoa

This interesting grain comes from the Andean Mountains and was one of the several staple foods upon which the great Inca civilization dined. Quinoa packs a punch with its unusually high protein profile and its expanding qualities. Cooked quinoa expands almost five times its original size. It is often a favorite with children and its appearance is rather unique. As a cooked grain it is almost transparent with little white "o" rings in the center. It can be substituted for just about any grain in recipes and has a light yet satisfying quality.

Basic Quinoa

2 cups Pure water
1 cup Quinoa

Rinse quinoa thoroughly, either by using a strainer or by running fresh water over the quinoa in a pot. Drain excess water. Place quinoa and water in a 1 1/2-quart sauce pan and bring to a boil. Reduce to a simmer, cover, and cook until all of the water is absorbed (15 minutes). You will know that the quinoa is done when all the grains have turned from light beige to transparent with little white rings. Please note: Most varieties of quinoa have a naturally bitter coating which helps prevent insect and bird damage. This coating is usually removed before it is shipped but a small amount of bitter residue may occasionally remain. This can be removed simply by rinsing the quinoa before cooking. Serve with vegetables and salad for a meal. Makes 3 cups.

Curried Quinoa

2 tbsp. Sesame or olive oil
1 clove Garlic, pressed
1 Small onion, minced (if intolerant substitute zucchini)
½ cup Red or yellow pepper, chopped
¼ tsp. Curry powder (or to taste)
½ tsp. Sea salt or salt substitute
4 cups Pure water
2 cups Quinoa

Heat a 2-quart soup pot. Add the oil and sauté garlic, onion and then pepper. Add curry and salt. Cover and cook for a few minutes. Add water, cover and bring to a rapid boil. Add quinoa to boiling water. Cover, reduce heat and simmer 15 minutes. With a damp wooden spoon mix from top to bottom. Cover and allow to rest for an additional 5 minutes. Serves 5.

Quinoa Tabouli

2 cups	Quinoa, cooked
1 cup	Parsley, chopped
½ cup	Scallions, chopped (if intolerant substitute zucchini)
2 tbsp.	Fresh mint (or 1 tsp. dried mint)
1 clove	Garlic, pressed
½ tsp.	Basil
½ cup	Lemon juice
¼ cup	Olive oil
Dash	Sea salt
Dash	Cayenne pepper or to taste
	Lettuce leaves, whole

Place all ingredients except lettuce in a mixing bowl and toss together lightly. Chill for 1 hour or more to allow flavors to blend. Line a salad bowl with lettuce leaves and add the tabouli. Serve as a main dish salad. Serves 4.

Quinoa and Pea Chowder

2 cups	Pure water
¼ cup	Quinoa (rinsed)
½ cup	Turnip or squash, cubed
1/3 cup	Carrot, diced
¼ cup	Onion, chopped (if intolerant substitute zucchini)
1 ½ cups	Peas, fresh or frozen
2 cups	Pure water
½ tsp.	Sea salt
¼ cup	Parsley, chopped

Simmer the quinoa, turnip, carrot and onion in 2 cups of water until tender, (15 minutes). Add the second batch of water and bring to a slow boil. Season to taste. Garnish with parsley, Serve with raw vegetables and biscuits. Serves 4-6.

Corn

Over 9,000 years ago, wild corn was swaying in the wind of sunny southern Mexico. Today, corn is everywhere! From corn-on-the-cob to cornstarch to corn flakes, North Americans consume a large amount of this plant. For now, let's concentrate on the dried version, particularly cornmeal.

Cornmeal has a host of interesting possibilities. However, it is of paramount importance that you find *fresh* cornmeal that contains *germ*. Better yet, buy the whole dried corn kernels and grind your own. It is sweet and fluffy and much more satisfying. A sturdy blender can possibly do the job, but a home flour mill is ideal (if you don't have one, find a health food enthusiast that does).

Corn Crisps

2 cups	Cornmeal
½ tsp	Sea salt
1 1/3 cups	Pure boiling water
2 tbsp.	Sesame or olive oil

Preheat oven to 400 degrees F. Combine cornmeal and salt in a bowl. Stir in the 1 1/3 cups of boiling water. Let stand for several minutes. Stir in oil. If dry, add more water. Drop by the tablespoon onto a well oiled baking sheet and spread into thin 2 ½ to 3 inch rounds. Bake for about 15 minutes until edges are golden brown. They are great as a late morning meal. Serves 6.

Polenta

4 cups	Pure water
1 tsp.	Sea salt
1 cup	Coarse cornmeal

Bring the water to a rolling boil and add the salt. Stir the water with a whisk and sprinkle the cornmeal into the water. After all the cornmeal is in the water, turn down the heat to a gentle simmer. Continue to stir often with a wooden spoon until the polenta is very thick. (this may take 25-35 minutes, but the fine creamy result is worth the effort) Pour the polenta into a greased pie dish, add the sauce that is described below, and cut into wedges. Serve with a raw vegetable.

Polenta Sauce

If you are coming off a cleanse program and are re-introducing foods so as to identify food sensitivities, make sure you introduce tomatoes and corn separately prior to eating them together in this recipe. Listen to your body!

2 tbsp.	Olive or sesame oil
1 cup	Onions, diced (avoid if intolerant)
1/8 tsp.	Thyme
1/8 tsp.	Sage
½ cup	Zucchini
½ tsp.	Sea salt or salt substitute
3 tbsp.	Parsley, minced
1 ½ cups	Fresh tomatoes, chopped
2 tbsp.	Olive oil

Sauté the onions in the oil until golden. Add the zucchini and seasonings and heat thoroughly. Add the tomatoes and allow the mixture to gently simmer for 10 minutes. Just before serving, add the olive oil. Spoon the sauce over the polenta and enjoy. Remember, heating concentrates

the acid of the tomatoes. This is a dish to only have occasionally.

Golden Muffins

2 ½ cups	Cornmeal
½ cup	Millet, raw
1 ½ tsp.	Baking powder
¼ tsp.	Sea salt or salt substitute
1/3 cup	Honey
1 1/3 cup	Canola oil
1 ½ cups	Nut milk, soy milk or pure water

(Golden Muffins continued) Preheat oven to 375 degree F. Combine dry ingredients. Make a well in the center and add the oil, honey and milk. Stir until blended and the batter is smooth. Pour into greased muffin tins, filling them almost to the top. Bake for 20-25 minutes. Makes 12 muffins.

Corn Bread

1 cup	Cornmeal
1 cup	rice flour
2 tsp.	baking powder (aluminum-free)
½ tsp.	baking soda (aluminum-free)
½ tsp.	Sea salt
¼ cup	Honey
1 cup	Nut milk, soy milk or pure water
1	Egg
3 tbsp.	Sesame or olive oil

Sift together the dry ingredients, beat together the liquids, and then combine them. Be thorough but don't over mix. Spread the batter in a greased 8-inch square pan and bake about 20 minutes in a 425 degree F. oven.

Reference:

The Health Coach: Personalized Education Program
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