

Coeliac Disease

What is Coeliac Disease?

Coeliac disease is an autoimmune condition triggered by consuming products that contain gluten. Consuming these products causes an autoimmune reaction that leads to the destruction of intestinal villi, damaging the body's ability to absorb nutrients.

Foods Containing Gluten	Possible Hidden Gluten	Naturally Gluten Free Foods
Wheat (pasta, noodles, crackers, baked goods)	Bouillon	Fruits
Bread	Brown Rice Syrup	Vegetables
Flour tortillas	Canned Gravy and sauces	Nuts
Graham Crackers	Soup	Almond Flour
Barley	Soy Sauce	Corn Flour
Rye	Cold Cuts	Rice/Brown Rice Flour
Soy Sauce	Junk Food	Flaxseed
Malt (Malt Vinegar, malt beverages)	Tomato Paste	Potatoes
Flour	Yogurt	Buckwheat
Yeasts	Some Cheeses	Beans and lentils
Modified Food Starch	Oats (often processed in facility with gluten)	Quinoa
MSG (Monosodium Glutamate)	Pizza	Amaranth
Beers (most are made with barley or rye)	French Fries	

Simple Substitutions

Almond, rice, corn flours.

Rice instead of pasta.

Quinoa instead of oats for oatmeal.

Lettuce wraps instead of tortillas.

Vegetable “noodles” instead of pasta.

Cauliflower “rice” instead of couscous.

Try one of the gluten-free recipes on the next page!

Fish Tacos with Corn Relish

Nutrition Facts: Serving Size: 2 tacos | Servings: 4 | Calories: 360

Ingredients:

5 mL Cumin, ground	½ Red Bell Pepper, seeds removed, small dice
5 mL Chili Powder	1-2 cloves Garlic, minced
5 mL Oregano, dried	240 mL Corn Kernels, fresh or frozen
2.5 mL Paprika	120 mL Tomatoes, canned, diced, unsalted
To taste Black Pepper, ground	15 mL Red or White Wine Vinegar
2.5 mL Salt	1 Lime, juiced
450 grams white fish, without skin	7.5 mL Honey
10 mL Olive Oil	15 mL Cilantro, chopped
2 each Green Onions, chopped, white and green parts separate	8 small Corn Tortillas

Preparation:

1. In a medium bowl, mix the cumin, chili powder, oregano, paprika, pepper, red pepper flakes (if desired) and half the salt together. Place drum in a small dish and lightly coat each side with the seasoning, coating evenly.
2. Using a sauté pan, add 1 tsp of olive oil over medium-high heat. Once the oil is hot, add the white part of the green onion, red bell pepper, garlic and corn to the pan. Cook for 2-3 minutes, or until the corn begins to brown and constantly stir ingredients.
3. In the same pan, add the tomatoes, vinegar and remaining salt and pepper to the pan. Cook until the relish starts to thicken.
4. Stir in the lime juice, honey, cilantro and green parts of the onions to the pan. Pour the relish into a bowl and cover to keep warm.
5. Once pan is emptied heat the remaining olive oil over medium-high heat. Add the fish and cook until golden brown on the under-side. Flip the fish over using a spatula and cook until the second side starts to brown.
6. Pour ¼ cup of water into the pan. Put a lid on and turn the heat down to medium-low. Cook the fish until flaky, checking every 1-2 minutes. Once cooked, break the fish up in the pan with a spatula. Place on folded corn tortillas using tongs and top with corn relish. Enjoy!

Cauliflower Crust Pizza

Nutrition Facts: Serving Size: ¼ recipe | Servings: 4 | Calories: 146

Ingredients:

1 each Cauliflower, rough chop	As needed Cooking Spray
1 each Egg white	240 mL Quick Tomato Sauce
1 each Egg, beaten with a fork	¼ each Red Onion, sliced
240 mL Mozzarella, shredded	120 mL Mushrooms, sliced

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 375°F. Line a baking sheet with parchment and spray with cooking oil.
2. Place cauliflower into a food processor and process until the cauliflower is broken down into pieces about the size of a grain of rice. Place in a microwave safe dish, cover with plastic wrap, and microwave on high for 8 minutes.
3. After the cauliflower has cooled slightly, place into a cheesecloth and squeeze out excess liquid.
4. In a medium sized bowl combine eggs and ½ cup of shredded cheese. Spread this mixture on the parchment lined baking sheet in a quarter inch thick layer.
5. Bake until the crust has firmed up and started to brown.
6. Remove from the oven and spread with sauce, sprinkle with cheese, mushrooms, and onion. Return to the oven and bake until cheese is melted and golden brown. Let cool slightly before serving.