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.

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<th>Foods Containing Gluten</th>
<th>Possible Hidden Gluten</th>
<th>Naturally Gluten Free Foods</th>
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<td>Wheat (pasta, noodles, crackers, baked goods)</td>
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<td>Bread</td>
<td>Brown Rice Syrup</td>
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<td>Flour tortillas</td>
<td>Canned Gravy and sauces</td>
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<td>Soy Sauce</td>
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<td>Malt (Malt Vinegar, malt beverages)</td>
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<td>Yeasts</td>
<td>Some Cheeses</td>
<td>Beans and lentils</td>
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<td>Modified Food Starch</td>
<td>Oats (often processed in facility with gluten)</td>
<td>Quinoa</td>
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<td>MSG (Monosodium Glutamate)</td>
<td>Pizza</td>
<td>Amaranth</td>
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<tr>
<td>Beers (most are made with barley or rye)</td>
<td>French Fries</td>
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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
- 5 mL Chili Powder
- 5 mL Oregano, dried
- 2.5 mL Paprika
- To taste Black Pepper, ground
- 2.5 mL Salt
- 450 grams white fish, without skin
- 10 mL Olive Oil
- 2 each Green Onions, chopped, white and green parts separate
- 1/2 Red Bell Pepper, seeds removed, small dice
- 1-2 cloves Garlic, minced
- 240 mL Corn Kernels, fresh or frozen
- 120 mL Tomatoes, canned, diced, unsalted
- 15 mL Red or White Wine Vinegar
- 1 Lime, juiced
- 7.5 mL Honey
- 15 mL Cilantro, chopped
- 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
- 1 each Egg white
- 1 each Egg, beaten with a fork
- 240 mL Mozzarella, shredded
- As needed Cooking Spray
- 240 mL Quick Tomato Sauce
- ¼ each Red Onion, sliced
- 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.

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