

Dr. Hedberg's Gluten Guide



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You have probably noticed recently that gluten is becoming big news from grocery stores to dining establishments now offering gluten-free options. If you are gluten-intolerant, there is no better time in history to have a gluten problem. There are so many options available now that one can go gluten-free and never look back.

I found out I was gluten-intolerant years ago and immediately felt better after going gluten-free. I actually found the transition very easy and I was also happy to do it because I felt so much better. I can still enjoy all the foods that contain gluten such as pizza, bread, pasta etc. due to their availability as a gluten-free choice. After a few years of going gluten-free, my gut healed and now I can eat gluten in moderation without any noticeable health problems.

Why is it such a big problem all of a sudden? Well, it's a combination of things: stress, environmental toxins, eating too fast, medications, poor food choices, infections and the gluten-containing grains of today have significantly more gluten in them than just 50 years ago. Our modern-day stressful lives wreak havoc on our digestive systems making us more susceptible to food sensitivities-especially gluten. Gluten is very difficult to digest so when your digestive system is already weak, eating gluten is like throwing gasoline on a fire.

Gluten is a protein found in many grains including wheat, barley, rye, oats, and spelt. Celiac disease is a disease that first appeared approximately 10,000 years ago during the development of agriculture in the Fertile Crescent. The first symptoms that were documented were chronic diarrhea, abdominal distension and muscle wasting. It was not until 1950 that a young Dutch pediatrician named Dicke made the association between gluten and disease. He was the first to implement the gluten-free diet as a cure for celiac disease. It was then in the 1960s that the genetics of gluten intolerance began

to emerge in research.

Gluten has been shown to cause impaired absorption in the intestinal tracts resulting in deficiencies of protein, fats, carbohydrates, calcium, vitamin B12, folic acid and vitamin K. Many patients with gluten-intolerance become anemic due to a lack of nutrient absorption. If you have any of the following symptoms you may be gluten-intolerant:

- Fatigue
- Weight loss/gain
- Depression
- Anxiety
- Hair Loss
- Cold Intolerance
- Bone Loss
- Allergies
- Asthma
- Joint Pain
- Fluid Retention
- Foul smelling/greasy stool
- Neuropathy
- Abnormal Menstrual Cycle
- Infertility
- Skin Rashes
- Nausea/Vomiting
- Diarrhea
- Cramps
- Bloating
- Heartburn
- Gas
- Liver/Gall bladder dysfunction

According to a paper published in 2002 in The New England Journal of Medicine, Gluten has been linked to 55 diseases. Here are some of the major players:

- Autoimmune thyroiditis-Hashimoto's and Graves'

- Multiple Sclerosis
- Psoriasis
- Alzheimer's
- Cancer
- Heart Disease
- Irritable Bowel Syndrome
- Fibromyalgia
- Chronic Fatigue
- Allergies
- Migraine Headaches
- Lyme Disease
- Osteoporosis
- Inflammatory Bowel
- Anemia
- Schizophrenia
- Suicide
- Canker Sores
- Rheumatoid Arthritis
- Lupus
- Anxiety
- Depression
- Dementia
- Epilepsy
- Neuropathy
- Autism
- And almost all autoimmune diseases
- Chronic Fatigue

How do you know if you have a problem with gluten? Testing can be done through blood, stool or saliva testing. All methods have their strengths and weaknesses. Blood testing looks at the following markers:

- IgA anti-gliadin antibodies
- IgG anti-gliadin antibodies
- IgA anti-endomysial antibodies

- Tissue transglutaminase antibody (IgA and IgG in questionable cases)
- Total IgA antibodies
- HLA DQ2 and DQ8 genotyping for celiac disease (done with a cheek swab, used occasionally to detect genetic susceptibility).
- Intestinal biopsy (rarely needed if gluten antibodies are positive)

Antibodies can also be tested in stool and saliva.

****Key Point: A negative blood, stool, saliva test or intestinal biopsy does not rule out gluten sensitivity! I can't stress this enough. Patients come to see me with negative test results and were told that they can eat gluten which in some cases is a big mistake.**

Unfortunately, testing is not 100% accurate so the best thing to do is avoid all gluten for 4-6 weeks and see if you feel any better. If you are feeling better then try eating some gluten and see how you feel. If you notice any symptoms coming back after eating it then you know you must avoid gluten.

Celiac patients have approximately ten times the rate of autoimmune thyroid diseases such as Hashimoto's and Graves' disease as non-celiac individuals. It has been shown in the literature that 26.2 percent of celiac patients have autoimmune thyroid disease. Celiac disease and gluten intolerance are not the same condition. Celiac disease is the devastating autoimmune condition that significantly breaks down the intestinal barrier causing immune dysfunction, malabsorption of nutrients and many problems outside of the intestine. In fact, 70 percent of gluten's effects can be outside of the intestine including multiple organ system disorder which results in dysfunction of organs such as the thyroid, liver, adrenals, pancreas, sex organs, heart, brain, bones, and kidneys.

Gluten intolerance may not have an autoimmune component so the effects are not as devastating as celiac disease. Gluten intolerance can still result in damage to the

intestine and extra-intestinal organ dysfunction but is usually not as severe. Many people live their entire lives with gluten intolerance but never even know it. They may suffer from mild to moderate health problems such as osteoporosis, nutritional deficiencies, hypothyroidism, digestive problems and even autoimmune thyroid. The degree of gluten intolerance depends on genetics, environment, nutrition and, of course, how much gluten is consumed. Gluten is hidden in many packaged foods and commercial products.

Gluten & Your Thyroid

Gluten intolerance has an extremely strong link to autoimmune thyroid disease. The body will produce antibodies to gluten but they will cross-react and also attack the thyroid gland. This is called molecular mimicry. Many people are gluten-intolerant and are not aware of it. It is a mistake to think that if you don't have any digestive problems, you don't have a gluten issue. Remember, 70 percent of gluten's negative effects occur outside of the intestine affecting other tissues including the thyroid gland. If you have been diagnosed with Hashimoto's thyroiditis or Graves' disease, you must avoid gluten indefinitely.

It is very important to understand that conventional medicine only recognizes blood testing or small intestine biopsy as diagnostic of gluten intolerance. Your traditional physician will have you go through a "gluten challenge" diet for four to six weeks and then test your blood to see if the gliadin antibody is elevated. This is the worst possible way of detecting gluten intolerance for two reasons. The first is that if someone is gluten-intolerant and you force her to eat gluten for four to six weeks, you are significantly harming her body. The second reason is that this test can be negative even if the person is gluten-intolerant making this test a poor method of diagnosis.

Your conventional doctor may want to order a biopsy of the small intestine to look for damage to the lining of the small intestine. He is looking for what is known as “villous atrophy” meaning the villi that line the gut have been damaged and are worn away from the immune system attack on the dietary gluten intake. The problem with this test is that you can have gluten intolerance but not have villous atrophy. Seventy percent of the negative effects of gluten occur outside of the intestine. This can result in only mild inflammation of the intestine but extra-intestinal damage to organs such as the thyroid, bones, pancreas, brain, adrenals, etc. I would not feel comfortable having a piece of my small intestine cut out just to perform a test that is not completely accurate.

Most people avoid gluten for a few months and then sneak something in such as a piece of bread and they end up feeling horrible after eating it. Remember – it is estimated that up to 40 percent of Americans are gluten-intolerant so it is very important to know if you are as well.

Where is gluten found?

The following grains contain gluten:

- Wheat
- Oats (not in nature but 99 percent of oats in the US are processed in machinery used for other gluten-containing grains)
- Rye
- Barley
- Spelt
- Kamut
- Triticale
- Bulgar
- Semolina
- Couscous
- Durum flour

*Gluten can be hidden, so read labels carefully. Be wary of modified food starch, dextrin, flavorings and extracts, hydrolyzed vegetable protein, imitation seafood, and creamed or thickened products such as soups, stews, and sauces.

The following grains do not contain gluten and are acceptable for gluten-intolerant individuals and of course those who are not:

- Corn
- Millet
- Rice
- Taro
- Teff
- Arrowroot
- Wild Rice
- Tapioca
- Buckwheat
- Quinoa
- Amaranth
- Wheat Grass
- Barley Grass
- Barley Malt

Did you notice that there are more gluten-free grains than gluten-containing grains? Great news because of all the choices you have.

Since 2006, the FDA has required all food labels to state, “contains wheat” and they are still coming up with a proper definition and labeling of gluten-containing foods. If a food label does not clearly state that the product is gluten-free and you are unsure, err on the side of caution and don't buy it.



What Foods Should You Avoid?

- Noodles
- Pasta
- Orzo
- Licorice
- Malt Vinegar
- Cheese Sauces
- Cream Sauces
- Gravy
- All commercial desserts: Cakes, pies, cookies, ice cream cones etc. unless they specifically say gluten-free
- Beer, ale, lager, wine coolers
- All forms of cereal unless specifically labeled as gluten-free.
- Biscuits
- Pancakes
- Waffles
- Pretzels
- Flour Tortillas
- Creamed Vegetable Mixes
- Breaded Vegetables
- Dried Fruit coated with flour
- Malted Milk
- Breaded chicken, meat, fish, basted-meat

Foods You CAN Eat

- Beef, chicken, fish, pork, bison, ostrich, turkey, bacon
- Cheese, yogurt, milk, kefir, butter, ghee, cream, half-and-half
- All oils: olive, canola, coconut, macadamia nut
- Eggs of all kinds
- All fruits and vegetables
- All berries
- All nuts and seeds
- Peanut Butter, Almond Butter, Cashew Butter
- Avocado & Coconut
- Plain Tofu, tempeh, miso
- All beans, peas and lentils
- Rice
- Rice Noodles
- Corn Tortillas
- Polenta
- Rice-based cereals or cereals that specifically are labeled as gluten-free
- Corn Chips
- Potato Chips
- Popcorn
- Rice Cakes
- Rice Chips
- Sweet Potatoes
- Red & White Potatoes
- All herbs and spices
- Salt & Pepper
- Baking soda
- Vanilla
- Baking Powder
- Ketchup
- Relish
- Pickles
- Olives
- Distilled Vinegar
- Coffee, tea, soda, wine, fruit drinks

- Almond milk, hemp milk, rice milk, coconut milk
- Protein Powders: Whey, rice, hemp, pea, soy
- Protein & Energy Bars that specifically are labeled as gluten-free

Gluten-free baking is very simple because all you have to do is replace the flour with a gluten-free flour such as rice, buckwheat or packaged gluten-free flour.

What To Do When You're Dining Out

Ask your waitress for a gluten-free menu or gluten-free options. If the establishment seems unsure then eat somewhere else. Most places are aware of gluten-intolerance now so someone will be able to help you. You can also do an internet search for gluten-free restaurants and many times they will come up online.

Gluten-Free Resources:

There are many resources all over the internet to help you get started. Simply doing a Google search for gluten-free recipes will bring up thousands of pages of free information. Many books are available on gluten-free cooking as well.

Celiac Disease Foundation:

www.celiac.org

Gluten-Free Diet Information:

www.celiac.com

University of Chicago Celiac Disease Center:

www.celiacdisease.net

Celiac Disease Center at Columbia University:

www.celiacdiseasecenter.columbia.edu

WebMD Gluten-Free Diet Slideshow:

<http://www.webmd.com/diet/ss/slideshow-gluten-free-diet>

Gluten-Free Recipes:

<http://glutenfreegoddess.blogspot.com/>

Fill out the gluten-questionnaire on the next page and score yourself to see if you should be concerned about gluten:

GLUTEN QUESTIONNAIRE

Gluten intolerance has been found to be most common among people of Irish, English, Scottish, Scandinavian, and Eastern European. Often times it is assumed that gluten intolerance is a food allergy, but it is not. It is actually an autoimmune process, which affects an alarming percentage of the population. The most significant symptoms are **weight gain, fatigue and depression.**

The following test is a diagnostic tool to help you to understand the symptoms and signs that are likely to go along with gluten intolerance.

Test Interpretation Guide (combine both sections)

Number of "Yes" Responses	=	Potential for Gluten Intolerance
4 or less	=	Not likely
5 - 8	=	Suspected
9 or more	=	Very likely

Do any of the following apply to you?

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Weight gain
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained fatigue
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty relaxing, feel tense frequently
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained digestive problems
<input type="checkbox"/>	<input type="checkbox"/>	Female hormone imbalances, (PMS, menopausal symptoms)
<input type="checkbox"/>	<input type="checkbox"/>	Muscle or joint pain or stiffness of unknown cause
<input type="checkbox"/>	<input type="checkbox"/>	Migraine like headaches
<input type="checkbox"/>	<input type="checkbox"/>	Food allergies/sensitivities
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty digesting dairy products
<input type="checkbox"/>	<input type="checkbox"/>	Tendency to over consume alcohol
<input type="checkbox"/>	<input type="checkbox"/>	Overly sensitive to physical and emotional pain, cry easily
<input type="checkbox"/>	<input type="checkbox"/>	Cravings for sweets, bread, carbohydrates
<input type="checkbox"/>	<input type="checkbox"/>	Tendency to overeat sweets, bread, carbohydrates
<input type="checkbox"/>	<input type="checkbox"/>	Abdominal pain or cramping
<input type="checkbox"/>	<input type="checkbox"/>	Abdominal bloating or distention
<input type="checkbox"/>	<input type="checkbox"/>	Intestinal gas
<input type="checkbox"/>	<input type="checkbox"/>	"Love" specific foods
<input type="checkbox"/>	<input type="checkbox"/>	Eat when upset, eat to relax
<input type="checkbox"/>	<input type="checkbox"/>	Constipation or diarrhea of no known cause
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained skin problems/rashes

Difficulty gaining weight

Have you suffered from any of the following conditions?

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Allergies
<input type="checkbox"/>	<input type="checkbox"/>	Depression
<input type="checkbox"/>	<input type="checkbox"/>	Anorexia
<input type="checkbox"/>	<input type="checkbox"/>	Bulimia
<input type="checkbox"/>	<input type="checkbox"/>	Rosacea
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes
<input type="checkbox"/>	<input type="checkbox"/>	Osteoporosis/bone loss
<input type="checkbox"/>	<input type="checkbox"/>	Iron deficiency/anemia
<input type="checkbox"/>	<input type="checkbox"/>	Chronic fatigue
<input type="checkbox"/>	<input type="checkbox"/>	Irritable bowel syndrome
<input type="checkbox"/>	<input type="checkbox"/>	Crohn's disease
<input type="checkbox"/>	<input type="checkbox"/>	Ulcerative colitis
<input type="checkbox"/>	<input type="checkbox"/>	Candida
<input type="checkbox"/>	<input type="checkbox"/>	Hypoglycemia
<input type="checkbox"/>	<input type="checkbox"/>	Lactose intolerance
<input type="checkbox"/>	<input type="checkbox"/>	Alcoholism

If you scored suspect or very likely then it's time to try a gluten-free diet and see if you feel better. If you notice an improvement in how you feel then you will probably want to avoid gluten altogether or only eat it on a limited basis.

I hope you have enjoyed this eBook on gluten! Don't hesitate to contact our office if you have any questions by calling 828-254-4024 or email admin@drhedberg.com

Yours in Health,

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Wait a minute! Check out the **BONUS** sections! The next page is a handy quick sheet and the remaining pages are gluten-free recipes.

Enjoy!

GLUTEN-FREE DIET

Type of Food	Food Allowed	Foods to Avoid
Beverages:	<ul style="list-style-type: none"> ➤ ➤ ➤ Cocoa with no wheat flour 	<ul style="list-style-type: none"> ➤ ➤ ➤ ➤
Breads:	<ul style="list-style-type: none"> ➤ Breads made from rice, pure buckwheat, or potato flours ➤ Arrowhead Mills gluten free pancake mix ➤ Rice crackers and cakes 	<ul style="list-style-type: none"> ➤ Wheat, rye, kamut, spelt, and barley (flours, bread, rolls) ➤ Pancakes, breads, muffins, biscuits, and waffles from commercial mixes, unless stated “Gluten-free” ➤ All crackers, pretzels, bread crumbs, breaded foods
Cereals:	<ul style="list-style-type: none"> ➤ Amaranth, millet, or corn cereal ➤ Rice/Cream of Rice ➤ Puffed corn or rice. Perky’s Nutty Rice ➤ Quinoa flakes 	<ul style="list-style-type: none"> ➤ Omit all made with wheat, rye, barley, oats and wheat germ
Desserts:	<ul style="list-style-type: none"> ➤ Custard ➤ Ices or sherbets ➤ Rice pudding ➤ Tapioca pudding ➤ Gelatin ➤ Fruit whips ➤ Meringues ➤ Rennet desserts ➤ Cookies made with allowed flours 	<ul style="list-style-type: none"> ➤ Commercial ice creams ➤ Ice cream cones ➤ Prepared puddings ➤ Mixes ➤ Homemade puddings thickened with flour ➤ Cake ➤ Cookies, doughnuts ➤ Pies, pastries
Fruits:	<ul style="list-style-type: none"> ➤ All 	<ul style="list-style-type: none"> ➤ None
Meats, Fish, Eggs, Cheese:	<ul style="list-style-type: none"> ➤ All meats, poultry and fish prepared without butter or bread ➤ Eggs ➤ All cheese except creamed and ➤ cheese spreads 	<ul style="list-style-type: none"> ➤ Breaded meat, poultry, fish, patties, croquettes and loaves with bread crumbs ➤ Canned meats, Dishes with cold cuts and frankfurters (unless guaranteed pure meat) ➤ Creamed sauces, gravies, cheese spreads, spreads with wheat flour
Potatoes/Pasta:	<ul style="list-style-type: none"> • White and sweet potatoes • Rice noodles and pasta 	<ul style="list-style-type: none"> ➤ Spaghetti, noodles, macaroni, dumplings
Vegetables:	<ul style="list-style-type: none"> ➤ As desired 	<ul style="list-style-type: none"> ➤ Any prepared with bread crumbs or cream sauces

Gluten-Free Recipes

APPETIZERS

Walnut spread (yields 2.5 cups)

- 1 15-oz. can garbanzo beans
- 1 cup chopped walnuts
- 1 cup lightly packed fresh basil leaves
- ¼ cup olive oil
- 2 tbsp. lemon juice
- ¼ tsp. each salt and pepper

Drain beans, reserving liquid. In food processor, combine ¼ cup reserved liquid with remaining ingredients. Cover and process, scraping down sides and adding liquid as needed to make a smooth mixture. Store in refrigerator for 4-5 days. Serve with rice crackers and/or raw baby carrots, cucumber sticks, and fresh string beans (or any raw veggie you like).

Marinated Veggies

Marinade:

- ½ cup olive oil
- ¼ cup balsamic vinegar (any vinegar is fine, balsamic is very full-flavored)
- 1 tsp. each dried oregano and basil (or 2 tbsp chopped fresh)
- 2 cloves garlic, slivered
- ½ tsp. salt

- 1 can artichoke hearts in water, cut in halves or quarters
- 1 can hearts of palm, cut into ¼-inch slices
- 1 can pitted black olives
- ½ lb. mushrooms, cleaned and quartered

Mix marinade ingredients in a jar. Mix veggies in a bowl and pour marinade over. Marinate 8-24 hours, (toss frequently). Serve with toothpicks. (Leftover marinade can be used as salad dressing).

SOUPS

Autumn Bean Soup (serves 6)

- 2 cups white kidney beans (canellini); include any liquid from all beans
- 1-2 cups kidney or red beans (canned or cooked from dry)
- 1 1/2-2 cups chick peas (garbanzos-canned or cooked from dry)
- 2-3 cups fresh spinach or escarole, washed, drained and chopped OR
- 10-oz. frozen chopped spinach
- 4 cups chicken broth (read ingredients to be sure it is gluten-free)
- 2 onions, chopped
- 1 large clove garlic, minced
- 1 tsp. dried basil
- 1 Tbsp. dried parsley
- 1 tsp. dried oregano
- Pepper to taste
- Parmesan cheese for garnish, optional

Combine all ingredients and simmer until onions are soft, about 45 minutes. Serve immediately, garnished with parmesan cheese, if desired.

Asian Gazpacho (serves 6)

- 6 tomatoes, seeded and finely chopped or one 28-oz. can chopped tomatoes
- 2 cups vegetable broth
- 1 tsp. dry sherry

2 tbsp. chopped fresh cilantro
1 tbsp. light soy sauce
4 scallions, white part only
4 thin slivers of fresh ginger
¼- ½ tsp. Chinese chili sauce, to taste
2 limes

Place the tomatoes, over low heat, in a 2 or 3 quart sauce pan. Add vegetable broth, sherry, cilantro, soy sauce, scallions, and ginger. Bring to a simmer and cook for 20 minutes. Remove from the heat and allow to cool for a few minutes. Puree in a food processor or blender. Chill. Just before serving, stir in chili sauce. Grate the peel of one lime and add to the soup. Squeeze the juice from both of the limes into the soup.

Creamy Cold Tomato Soup (serves 5)

1 cucumber, chopped
1 scallion, chopped
1 clove garlic
4 cups tomato juice
1 cup plain yogurt
1 green pepper, chopped
1/2 tsp dill weed
sliced mushrooms or tomato chunks for garnish

Combine all ingredients (except yogurt) in small amounts in blender and blend until smooth. Use salt sparingly if needed, and pepper. Whisk in yogurt. Chill several hours before serving and garnish as desired with mushrooms or tomato.

Lentil Soup - Serves 4

2 cloves garlic, minced
1 medium onion, chopped
2 large carrots, sliced or chopped
2 stalks celery, chopped
1 ½ cups red and/or green lentils, well rinsed
2 quarts water or broth
Pinch thyme or any herbs of your choice
Salt to taste

Combine first 6 ingredients and bring to boil. Add seasonings. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20-30 minutes. Puree half of the soup in the blender if you prefer a creamy soup.

Quinoa Vegetable Soup (serves 4-6)

4 cups water
¼ cup quinoa (well rinsed)
½ cup carrots, diced
¼ cup celery, diced
2 Tbsp. onion, chopped
¼ cup green pepper, diced
2 cloves garlic, chopped
1 tsp. olive oil
½ cup tomatoes, chopped
½ cup cabbage, chopped
1 tsp. salt
parsley, chopped

Sauté quinoa, carrots, celery, onions, green pepper and garlic in oil until golden brown. Add water, tomatoes and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley.
For variations, try adding some of your other favorite vegetables, chopped and sautéed.

Curried Cream of Broccoli Soup (serves 4-5)

1 Tbsp. olive oil
1 small onion, finely chopped
2 tsp. curry powder
¼ tsp. powdered cumin
1 bunch broccoli, trimmed and chopped (may substitute 2 pkg. frozen chopped)
2 cups chicken broth
2 cups water
1 cup low fat milk or evaporated skim milk
1 cup part skim ricotta
Salt and pepper to taste

Heat oil in soup pot and sauté onion in it with curry and cumin until limp. Add broccoli, stock and water. Simmer, covered until tender (about 15 minutes).

Combine milk and ricotta in blender or processor. Then add to soup. If you prefer, you may blend the whole soup, leaving a few whole pieces of broccoli for garnish. Reheat, but do not boil.

Cauliflower may be combined with broccoli for a different flavor.

Beans and Greens Soup - Serves 4-5

2 cups cooked white beans
2 Tbsp. olive oil
2 medium cloves garlic, crushed
1 large onion, chopped
1 bay leaf
1 stalk celery, diced
2 medium carrots, diced
1 tsp. salt
fresh black pepper
6 cups water, vegetable, or chicken broth
½ lb fresh chopped escarole, spinach, chard, or collards (or a combination)

In a 4-6 quart soup pot, sauté the onions and garlic in olive oil over low heat. When onions are soft, add bay leaf, celery, carrot, salt and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and your choice of greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Serve immediately or refrigerate and reheat.

Vegetarian: Main and Side Dishes

Stir-Fried Tofu with Ginger Broccoli (Serves 4)

1 pound extra firm tofu
2 tbsp. wheat-free tamari (low sodium soy sauce)
3 tbsp. olive oil
2 tsp. peeled and minced fresh ginger
2 minced garlic cloves
2 cups broccoli florets
2 cups sliced mushrooms
1 red bell pepper cut into thin strips
1 tbsp. arrowroot or cornstarch
1 tbsp. dry sherry

½ tsp. cayenne or ¼ tsp. hot-pepper flakes

1 tsp. sesame oil

Slice tofu into cubes. Toss with tamari soy sauce and set aside for 5-10 minutes. In a wok or large non-stick skillet, heat 1 tbsp. oil over high heat. When oil is hot, lower heat to medium high and add scallions, ginger, and garlic; stir-fry for 30 seconds. Drain tofu, reserving tamari, and add tofu, stir-frying for 2 more minutes. Remove from pan and set aside.

Using a fork or small whisk, mix reserved tamari with arrowroot or cornstarch, sherry and cayenne in a small bowl. Set aside.

Heat another 1 tbsp. oil in wok over high heat. Add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes. Add ¼ cup water and bring to boil. Cover wok and reduce heat to medium, steaming vegetables about 5 minutes until slightly tender. Return tofu to wok. Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated; do not overcook vegetables.

Add sesame oil, salt and pepper to taste and adjust seasonings if you desire a spicier dish. Serve immediately or make ahead and refrigerate until ready to serve. Reheat carefully; flavors are enhanced when the dish sits overnight.

Roasted Veggies (serves 6)

1 each red and yellow bell pepper, cut into large chunks

2 red or yellow onions, peeled and cut into thick wedges

2 medium zucchini, trimmed and cut into medium chunks

1 medium eggplant or 4 baby eggplants, trimmed and cut into chunks

1 fennel bulb, thickly sliced (gives a licorice flavor)

2 large tomatoes, quartered or 8 plum tomatoes, halved

8 large garlic cloves, peeled

2 tbsp. olive oil

Fresh rosemary sprigs

¼ tsp. salt and pepper to taste

Preheat oven to 425 degrees. In a single layer, spread peppers, onion, zucchini, eggplant, and fennel in lightly oiled shallow roasting pan (you may use any combination of vegetables you desire). Arrange tomato pieces and garlic cloves among the vegetables and brush all with olive oil. Place rosemary sprigs among vegetables and grind some pepper over top. Sprinkle salt over all. Roast for 20-30 minutes, turning vegetables after 15 minutes. Serve immediately or allow to cool and serve at room temperature. Leftovers will enhance a salad or side dish.

Nutty Green Rice - Serves 4

1 cup brown basmati rice

2 cups water

¼ to ½ tsp salt

½ cup almonds

1 bunch parsley

1 clove garlic

1½ Tbsp. lemon juice

1½ Tbsp. olive oil

½ cucumber, diced

pepper to taste

Bring water to a boil, add rice and salt, stir and simmer, covered, for 45 minutes. Remove from heat and let sit for another 10 minutes; then remove cover and allow to cool. While rice is cooking, blend almonds, parsley, garlic, and oil in a food processor. When rice is cool, stir with nut mixture and add pepper to taste. Garnish with cucumber if desired.

Brown Rice and Peas - Serves 4

Add 1 cup of green peas (either fresh and lightly steamed or frozen and just defrosted baby peas) to 2 cups of cooked brown rice. Top with your favorite herbs and flax oil to taste.

Black Bean Stew (4-6 servings)

1 Tbsp. olive oil

1 large onion, diced

2 medium cloves garlic, minced

2 medium sweet potatoes or yams, peeled and diced
1 medium bell pepper, diced
14.5 oz can diced tomatoes or 2 cups fresh plum tomatoes, diced
1/2 cup water
1 small hot green chili pepper
2 (16 oz) cans black beans, drained and rinsed or 3-4 cups home-cooked black beans
1 ripe mango, peeled, pitted and diced or re-hydrated dried mango
1 ripe banana cut into 1/2" slices
1/4 cup chopped fresh cilantro
1/2 tsp sea salt

In large soup pot, heat oil over medium heat, and add onion. Cook until softened, about 4 minutes; stir in garlic and cook another 3 minutes. Stir in yam, bell pepper, tomatoes, chili and water; bring to a boil. Reduce heat to low, cover and simmer until yams are tender but not soft, 10 to 15 minutes.

Stir in beans and simmer gently, uncovered, until heated through, about 5 minutes. Stir in mango and banana and cook 1 minute more, until heated through. Stir in cilantro and salt. If desired, serve over steamed quinoa.

Quinoa Mexican Style (serves 6, as a side dish)

1/2 pound onions, chopped
1 tsp. minced garlic
1/2 Tbsp. olive oil
1 cup quinoa
1 cup chicken stock
1 cup drained canned Italian plum tomatoes
1 cup tomato juice from canned tomatoes
1/2-1 whole jalapeno or serrano chili, seeded and chopped
2 Tbsp. chopped fresh coriander

Sauté the onion and garlic in hot oil in a heavy-bottom pot large enough to hold remaining ingredients. When onion is soft add quinoa, chicken stock, plum tomatoes, tomato juice and chili. Bring to boil; reduce heat; cover and cook for about 10 minutes, until quinoa is tender. Sprinkle the coriander over quinoa mixture and serve.

Spiced Lentil Casserole - Serves 4

1 1/2 cups lentils, rinsed well
2 Tbsp. sesame oil
3 cloves garlic, crushed
1 stalk celery, chopped
1 large onion, chopped
1/2 tsp. salt
1 cup shredded, unsweetened coconut
1/2 tsp. cinnamon
1/2 tsp. powdered ginger
1/2 tsp. turmeric
2 large green apples, washed and diced

Simmer lentils, covered, in 2 1/2 cups water for 30-40 minutes, until tender. While they are cooking, in a wok or heavy skillet, sauté remaining ingredients, except apples, in oil until tender. Add water as necessary. Add apples and cook 10 more minutes covered. Combine with cooked lentils in a casserole dish.

Chili Pie (6 servings)

1 cup chopped onion
1/2 tbsp olive oil
1-2 tsp chili powder
1 tsp ground cumin

1/2 garlic powder
1/4 tsp salt
1 15-oz. can red kidney beans, well drained
1 1/2 cups cooked brown rice
3/4 cup shredded cheddar cheese
3/4 cup milk
2 beaten eggs
Optional: green pepper and onion rings and salsa for garnish

Preheat oven to 350. In a large saucepan, cook onion in olive oil until softened. Stir in chili powder, cumin, garlic powder and salt, cooking 1 more minute. Stir in beans, rice, cheese, milk, and eggs. Spread in a 10 inch pie plate and bake, uncovered about 20 minutes or until center is just set. Allow to sit for 10 minutes before serving. Garnish with green pepper and onion rings and salsa, if desired.

Salads

Tahini Dressing (serves 12)

1/2 cup extra virgin or light olive oil
1/4 cup sesame tahini
2 to 3 tbsp. apple cider vinegar
1/2 lemon (juiced)
2 tbsp. reduced sodium natural soy sauce
2 tbsp. water
1 tsp. dried dill
1 tsp. dried chives, optional
Mixed greens

Combine all ingredients in a bottle with a tight lid and shake well. Pour over salad greens and veggies; toss well. Will keep for up to 2 weeks, refrigerated. Shake before each use.

Vinaigrette Dressing - 6 servings (approximately)

Note: ingredient amounts in this recipe are approximate - use more or less of certain ingredients to adapt recipe to your personal taste).

1/4 cup each flax and extra-virgin olive oils
3 Tbsp. Balsamic vinegar (preferred because it has the richest flavor)
2-3 Tbsp. water
1 tsp. dry mustard
1-3 cloves fresh garlic (whole pieces for flavor or crushed for stronger taste)
Salt and pepper to taste
Oregano, basil, parsley, tarragon or any herbs of your choice, fresh or dried

Place vinegar, water and mustard in a tightly capped jar, and shake well to thoroughly dissolve mustard. Add oil and remaining ingredients and shake well again. Store refrigerated and shake well before using. Dressing will harden when cold; allow 5-10 minutes to re-liquify.

Edamame, Asparagus, and Arugula Salad – (serves 4)

1/2 lb medium asparagus, ends trimmed
2 cups shelled frozen edamame, defrosted
2 tbsp extra-virgin olive oil
1/4 lb arugula, coarse stems discarded
1/4 cup shredded or shaved parmesan
2 tsp balsamic vinegar

Cut trimmed asparagus stalks into 1/4 inch thick slices on a diagonal, leaving 1 inch tips to reserve as garnish. Blanch tips in a 3 qt pot

of water for 1 minute only. Remove from water. Toss edamame with blanched asparagus tips and raw sliced stalks with 1 Tbsp olive oil, salt and pepper to taste. Pile arugula in a salad bowl and toss with remaining tbsp olive oil, and salt and pepper to taste. Top arugula with veggies and sprinkle shredded parmesan (not grated). Drizzle with vinegar.

Quinoa Salad (Serves 8-10)

1 ½ cups quinoa, rinsed several times
1 cup fresh or frozen peas (baby peas are best, just defrosted)
any leftover veggie is fine to add - be creative (broccoli, asparagus, green beans etc)
½ cup chopped red onion
1 red pepper, chopped
1 cup cherry tomatoes
½ cup chopped black olives, optional
½ - ¾ cup diced mozzarella, optional
¼ - ½ cup olive oil
2-3 Tbsp. balsamic vinegar or lemon juice
1 or 2 crushed garlic cloves
2-4 Tbsp. fresh dill, chopped or 1 Tbsp. dried
2 Tbsp. chopped fresh parsley

Quinoa will taste bitter if not well rinsed. Bring 3 cups water or chicken or veggie broth to a boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15 minutes until liquid is well absorbed. Transfer to large bowl and allow to cool with a small amount of olive oil stirred in to prevent sticking. While cooling, mix together remaining oil, vinegar or lemon juice, dill and garlic in a small bowl. Add to quinoa with remaining ingredients when cool and toss well. Chill before serving.

Greek Mushroom Salad (Serves 6)

1 tbsp. olive oil
½ pound mushroom
3 cloves garlic, chopped fine
1 tsp. basil and marjoram
1 medium tomato, diced
3 tablespoons lemon juice
1/2 cup water
1 pinch salt
1 pinch fresh ground pepper
1 tablespoon fresh chopped parsley or fresh coriander

Heat the oil on low in a frying pan, then gently sauté the mushrooms for 2-3 minutes. Do not overcook. Sprinkle in garlic and basil, then stir-fry for a minute or two until mushrooms are well coated. Add the tomato, lemon juice, water, salt, and pepper. Stir together and cook until the tomato softens. Remove from heat and let cool. Garnish with chopped herbs.

Cabbage Salad - Serves 4-6

1 small to medium head red cabbage, thinly sliced (or use half red and half green cabbage)
8 sliced radishes, or 1 grated carrot
3 green apples, diced
1 stalk celery, chopped
½ cup chopped walnuts or pecans
dash garlic powder
2 Tbsp. olive oil
2 tsp. vinegar
1 tsp. lemon juice

Mix all ingredients in a bowl and allow to sit for an hour, stirring once or twice. Serve cold or at room temperature.

Fruity Spinach Salad - Serves 6-8

1 lb. fresh spinach, washed, dried, torn into pieces
1 pint fresh organic strawberries or raspberries, washed
½ cup chopped walnuts or sliced almonds

Dressing:

2 Tbsp. sesame seeds
1 Tbsp. poppy seeds
2 scallions, chopped
¼ cup flax seed oil
¼ cup safflower oil
¼ cup balsamic vinegar

Cut berries in half and arrange over spinach in serving bowl. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss. Garnish with nuts.

Non- Vegetarian Main dishes

Turkey Loaf (serves 4-5)

1 beaten egg
¼ cup mushrooms, sautéed
½ cup shredded carrot
¼ cup orange juice
¼ cup whole oats (*)
2 Tbsp. parsley
Salt and Pepper
¼ tsp. poultry seasoning
1 pound ground turkey

Mix ingredients, shape into loaf and place in 9 inch pie plate. Bake at 350 degrees for 35 minutes. Serve immediately

*There is controversy concerning the gluten-free status of oats; Do not use this recipe if you are concerned that you may react.

Turkey Stroganoff Skillet (serves 6)

1 pound ground turkey
12 ounce can V-8 juice
10 ounces chicken broth
¾ cup water
½ cup mushrooms, sautéed
2 tsp. minced onion
1 tsp. dried parsley
1 tsp. Worcestershire
½ tsp. thyme
1/8 tsp. pepper
¼ pound rice noodles (any shape)
1 cup yogurt

In a large skillet, brown turkey. Stir in remaining ingredients, except yogurt. Bring to boil; cover and simmer 15 minutes. Stir in yogurt and serve with green vegetables and salad.

Baked Turkey Stew (serves 4)

2 stalks celery, thinly sliced
1 medium red or green pepper, chopped

1 medium onion, chopped
1 clove garlic, minced
2 Tbsp. olive oil
4 tsp. rice or flour
1 Tbsp. chili powder
¼ tsp. dried thyme, crushed
¼ tsp. dried rosemary, crushed
1/8 tsp. ground red pepper
1 14 1/2 ounce can stewed tomatoes
1 12 ounce can V-8 juice
1 1/2 cups chopped cooked turkey or chicken (good use for leftovers)

Sauté celery, pepper, onion, and garlic in olive oil until tender. Stir in remaining ingredients, except for turkey or chicken. Cook and stir until bubbly. Add turkey or chicken. Transfer to 1 ½ quart casserole. Cover; bake in 375 oven for 15-20 minutes or until heated through. Season with salt and pepper. Serve over cooked brown rice.

Fish Creole (serves 4)

1-2 Tbsp. olive oil
1 onion, chopped
½ cup thin sliced celery
¼ cup chopped green pepper
1 garlic clove, minced
2 Tbsp. fresh parsley (2 tsp. dried)
1 bay leaf
¼ tsp. rosemary, crumbled
1 28 ounce can tomatoes with liquid
1 pound fish fillets, cut into bite-size pieces
2 cups cooked brown rice

Heat olive oil in a large saucepan and lightly sauté the onion, celery, pepper and garlic until soft. Add parsley, rosemary and tomatoes. Simmer, uncovered about 20 minutes. Add fish fillets in small pieces and simmer until cooked through, about 5-10 minutes more. Remove bay leaf. Serve over hot cooked rice with a green salad.

Lamb-Zucchini Casserole (6-8 servings)

1 lb boneless lamb
1 cup chopped onion
1 clove garlic, minced
2 pkg (10 oz. each) frozen spinach, thawed and well-drained
3/4 tsp dried basil, divided into 1/2 tsp and 1/4 tsp
dash nutmeg
1 - 1 ½ cups shredded mozzarella
2/3 cup chicken or vegetable broth
1 tsp corn starch
2 small zucchini, thinly sliced
¼ cup parmesan cheese
Preheat oven to 350

In a large skillet, brown lamb, onion and garlic. Drain fat. In a bowl, combine thawed spinach, first 1/2 tsp basil and dash nutmeg and add to meat, mixing well. Stir in mozzarella. In a separate cup, combine broth and corn starch and mix well. Add to lamb mixture and spread all in a casserole dish, approximately 10x6". Arrange zucchini slices on top and sprinkle with parmesan and remaining basil. Bake covered for 30 minutes at 350 degrees. Uncover and bake 5- 10 minutes more. Allow to sit for 5 minutes before serving.

Pineapple Salmon (4 servings)

2 cups unsweetened pineapple juice
4 tsp wheat-free tamari (soy sauce with reduced salt)
4 salmon steaks (5-6 oz.)

In a small saucepan, bring pineapple juice to a boil; lower heat to medium and cook until juice is reduced to 1 cup. Transfer to a small bowl and allow to cool. Mix in soy sauce. Place salmon in shallow casserole dish and pour the pineapple marinade over; turning occasionally. Allow to sit for 2 hours.

Remove from marinade and sauté salmon in a large, non-stick skillet over medium high heat for about 5 min on each side, being careful not to overcook. While salmon is cooking, cook remaining marinade in small saucepan over medium-low heat, for about 5 more minutes, until it is again reduced by half. Brush top of each salmon steak with marinade and serve immediately. Yields

Cold Salmon with Raita (serves 8)

2 pounds salmon fillets (about 1 ½ inches thick)
1-2 tbsp olive oil

Preheat oven to 275 degrees. Place salmon skin side down in ovenproof pan. Brush with olive oil. Roast uncovered until it flakes with a fork, about 25-30 minutes. Do not allow it to overcook. Serve at room temperature. Make a day ahead and refrigerate, but bring to room temperature before serving. Serve topped with Raita or use in other salmon dishes.

Raita: (yields 3 cups)

1/8 tsp. salt
1 cucumber, chopped into small dice
1 tomato, chopped into small dice
1 medium carrot, grated
¼ cup chopped onion
1 cup plain, low fat yogurt
2-3 tbsp. chopped fresh cilantro or mint OR 1 tsp. ground cumin (optional)

In a mixing bowl, mix cucumbers, carrots, and tomatoes with salt and allow to sit for 15-30 minutes. Drain well. Combine with yogurt and optional ingredient, if desired, and chill for 20 minutes. Serve with salmon.

Desserts/Breads

Baking Powder Biscuits - *Makes one dozen*

1½ cups brown rice flour
½ cup tapioca flour
4 tsp. baking powder
1/8 tsp. salt
3 Tbsp. Safflower or sesame oil
1 cup applesauce, unsweetened

Preheat oven to 425 degrees. In a medium-large mixing bowl, stir together dry ingredients. Sprinkle oil on top and mix well with a pastry blender or fork, until consistency is crumbly. Mix in applesauce and stir until blended. Spoon heaping tablespoonfuls onto ungreased cookie sheet. With spoon, lightly shape into biscuit. Bake 15-18 minutes until slightly browned. Serve warm for best flavor, but may be lightly reheated in a microwave.

Rice Pudding - *Serves 4* (can be used for dessert or for breakfast!)

1 cup uncooked short grain brown rice
1¼ cups coconut milk
1¼ cups water
½ tsp. salt
1 Tbsp. brown rice syrup
1 tsp. cinnamon
Chopped almonds or sunflower seeds or other nuts of choice (optional)

Combine water and coconut milk in heavy pot; bring to boil, adding rice and salt. Simmer, covered (do NOT stir) for about 45 minutes or more, until liquid is mostly absorbed and rice is soft. Remove from heat and allow to cool for 15 minutes. Stir in

brown rice syrup and cinnamon and top with nuts or seeds as desired.

Crispy Rice Squares - 2 dozen

1 tsp. cold pressed canola oil
½ cup brown rice syrup
2 Tbsp. sesame tahini, or almond butter
3 tsp. vanilla extract
2 cups crispy brown rice cereal
2 cups puffed rice
2 cups puffed millet or Perky's Nutty Rice
½ cup pumpkin or sunflower seeds
½ cup currants, chopped dried apple or dates

Heat oil in a large pot; add rice syrup and tahini or almond butter. Stir until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients and mix well with a wooden spoon. Press into an ungreased 13x9" pan and press mixture flat. Let mixture set at room temperature or refrigerate. Cut into squares. Store in an airtight container.

Applesauce Bread – Yields 14 slices

1 cup teff flour
1 cup oat or rice flour (use rice flour if you are not sure of oats)
1 tsp. baking soda
½ tsp. cinnamon
¼ tsp. salt
¼ tsp. nutmeg
1 cup unsweetened applesauce
1 Tbsp. safflower or sesame oil
½ cup brown rice syrup or fruit juice concentrate
Egg Replacer to equal 1 egg (*refer to recipe on page 27*)
3-4 Tbsp. Apple butter
1 tsp. pure vanilla extract

Combine the dry ingredients in a large bowl. Combine the wet ingredients in a small bowl and mix into the dry ingredients. Pour into oiled 9 inch square pan. Bake at 350 degrees for 30 minutes.

Gingerbread – 9 squares

Adapted with permission from "Gluten-Free, Sugar-Free Cooking" by Sue O'Brien, to be published in February 2005 by Thorson's, London.

½ cup pecans or walnuts, finely chopped
½ cup agave nectar or fruit sweetener
¼ cup canola oil
2 eggs
1 tsp vanilla
1½ cups brown rice flour
½ tsp salt
1 tsp baking powder
1 tsp baking soda
2 tsp ginger
1½ tsp cinnamon
¼ tsp nutmeg
1/8 tsp cloves
½ tsp orange rind
1 cup unsweetened applesauce

In a large mixing bowl, combine the agave nectar and oil. Beat on high speed until thoroughly blended. Agave nectar is

preferred. Add in the eggs, one at a time. Be sure to beat well between eggs. Add in the orange rind and vanilla and continue to blend together. Set aside.

Meanwhile, preheat the oven to 350 degrees, spray a 9x 9 inch square pan with a non stick spray. Sift together the dry ingredients and add the nuts. Add some of the dry ingredients to the wet ingredients, a little at a time, blending well. Add in ¼ cup of the applesauce, blend, then add in more flour. Continue this process until you have added all of the ingredients.

Pour the batter into the prepared pan and bake for 20-25 minutes, or until the gingerbread is done. Check for doneness by inserting a toothpick, or touching lightly on the center. Freezes well.

Carob and Pumpkin Seed Bars (16 bars)

These bars will look like a brownie but have a different taste since this is a no-flour dessert! They are nevertheless delightful for those who haven't had dessert in a while.

2 eggs, separated
½ cup apple juice concentrate
1 tsp. vanilla extract
¼ tsp. ascorbic acid (vitamin C) crystals (purchase in health food store)
3½ tbsp. carob powder, sifted NOT packed
1/8 tsp. salt
1 cup pumpkin seeds, ground into meal in food processor
¾ cup walnuts or pecans, coarsely chopped

Oil an 8x8-inch square pan. Cut a square of wax paper to fit bottom, lay it in place and oil it. Put egg whites in a separate bowl from yolks and set aside. Put yolks in a medium bowl and add salt, vanilla, and ascorbic acid crystals. Whisk a few minutes until light. Gradually add juice, then carob powder, while continuing to whisk. Using a spoon, stir in seed meal and nuts for 1 minute. Preheat oven to 350 degrees. Beat egg whites with a mixer, for 1 minute on low, then 1 minute on medium, then 2 minutes on high, until stiff and shiny. Spoon one-quarter of the whites into the batter and stir until white disappears. Fold remaining whites carefully into batter with a rubber spatula, until all white is gone. Scrape batter into prepared pan and bake for 20 minutes, or until top springs back when touched lightly. Use a knife to loosen the edges, then turn out onto a cooling rack. Peel off wax paper before continuing to cool. Cut into squares when cool.

Berry Freeze (serves 4)

1 lb. frozen strawberries, slightly thawed (or 1 pt fresh berries, frozen slightly)
¾ cup part skim ricotta
3 tbsp. all fruit strawberry jam
Fresh strawberries for garnish (optional)
Blend slightly frozen berries in food processor. Slowly add ricotta and then jam, blending all the while. Serve immediately, garnished with a fresh strawberry, if desired.

Poached Peaches with Strawberry Sauce (serves 4)

1 can (6 oz.) frozen unsweetened apple juice concentrate, thawed
1 cup water
1 tbsp. finely grated lemon peel
1 tsp. vanilla extract
4 medium size ripe peaches or nectarines (pears will be a winter alternate)
4 sprigs fresh mint for garnish (optional)

Strawberry sauce (recipe below)

In a medium saucepan, mix apple juice, water, lemon peel, and vanilla; bring to boil and reduce heat. Cover and simmer for 10 minutes. Add peaches (or other desired fruit) and poach, partially covered over low heat for 7-8 minutes. Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches, cut in half lengthwise and remove pits. Spoon strawberry sauce into 4

dessert plates, making a little pool. On each plate, arrange 2 peach halves in the center and garnish with mint.

Strawberry Sauce (excellent for any poached fruit) (yields 1 $\frac{3}{4}$ cups)

2 cups fresh strawberries, hulled and washed

$\frac{1}{4}$ cup orange juice (unsweetened)

Pinch each of ground cinnamon and nutmeg

Combine all ingredients in blender or food processor. Process until smooth.

Baked Apple - *Serves 6*

$\frac{1}{3}$ cup golden raisins

2 Tbsp. apple juice

6 cooking apples, cored

$1\frac{1}{2}$ cups water

$\frac{1}{4}$ cup frozen unsweetened apple juice concentrate

2 tsp. pure vanilla extract

1 tsp. cinnamon

1 tsp. arrowroot

Remove peel from top third of each apple and arrange in a small baking dish. In a medium saucepan, combine other ingredients and bring to a boil, stirring frequently. Reduce heat and simmer 2-3 minutes, until slightly thickened. Distribute raisins, filling centers of each apple. Pour sauce over apples and bake, uncovered, at 350 degrees for 1 to $1\frac{1}{2}$ hours. Baste occasionally and remove from oven when apples are pierced easily with a fork. Spoon juice over apples and serve warm.