



## In Health Naturopathic Medicine – Crystal Hannan, ND

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### GLUTEN-FREE GRAINS

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 tasty and delicious.

**GLUTEN-FREE GRAINS:** Amaranth  
Brown Rice  
Coarse Cornmeal  
Millet  
Quinoa  
Wild Rice

**GLUTEN-FREE FLOURS:** Arrowroot  
Amaranth  
Brown Rice  
Garbanzo (chick pea)  
Soybean  
Potato  
Nut and Seed  
Legume

**GLUTEN-FREE PASTA:** Corn  
Quinoa  
Rice  
Soy

### 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.
- 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 have 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 Filtered water  
 ½ tsp. Sea salt (optional) or salt substitute (sodium/potassium chloride)

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 ½ 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.

- 3 cups Cooked brown rice  
 2 Tbs. Sesame or olive oil (heat resistant oils)  
 2 cups Fresh snow peas, strings removed (about ½ pound)  
 4 Scallions, thinly sliced (if tolerated, otherwise substitute zucchini)  
 ½ cup Thinly sliced fresh water chestnuts, Jerusalem artichoke or zucchini  
 ¼ cup Slivered almonds or sesame seeds  
 ¼ cup 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.

## WILD RICE

A variety of fresh vegetables cooked with rice. 1 cup Wild rice

1/3 cup Brown rice  
4 cups Stock or filtered water  
1 Carrot  
2 Large stalks of celery  
6 Green onions  
2 Tbs. Sesame or olive oil  
1 tsp. Marjoram  
1/4 tsp. Rosemary  
1/4 tsp. Thyme  
1 tsp. Sea salt or salt substitute 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 Tbs. Filtered water  
1/2 Tbs. Sesame or olive oil  
1 Medium onion, chopped fine (if tolerated, otherwise substitute zucchini)  
1 cup Mixed seeds (sunflower, sesame and pumpkin)  
3 cups Cooked brown rice  
1 Tbs. Tamari (wheat-free)  
1/3 cup Tahini (ground sesame seeds)  
1/3 cup Filtered 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 Tbs. 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 birdseed. 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 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 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)

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 Filtered 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 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 or salt substitute  
Dash Oregano and cayenne pepper  
1 ½ cups Filtered 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 that 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 as 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      Filtered 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 ½-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 occurring bitter coating that 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 Tbs.        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         Filtered water  
2 cups         Quinoa

Heat a 2-quart soup pot. Add the oil and sauté garlic and 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 4 minutes. SERVES 5.

## QUINOA AND PEA CHOWDER

2 cups	Filtered 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	Filtered water
½ tsp.	Sea salt or salt substitute
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.

## QUINOA TABOULI

2 cups	Quinoa, cooked
1 cup	Parsley, chopped
½ cup	Scallions, chopped (if intolerant substitute zucchini)
2 Tbs.	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 or salt substitute
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.

## AMARANTH

There is a story told that when the Spaniards invaded the Aztec people, a Spanish advisor suggested that if they wanted to crush this mighty culture they needed to first destroy the staff of its life. This staff happened to be the unique and exceptional nutritious amaranth. A decree was delivered that the cultivation of amaranth was forbidden. The ultimate demise of the Aztecs is outlined in history books. The amazing survival of amaranth though, is a much different story. Much to the Spaniard's annoyance and amaranth's good fortune, isolated mountain villagers kept the grain alive. The grain was "re-discovered" and has recently made it to North American Health Food Stores. The tiny grain has an unusual flavor and texture. Unlike other grains, it remains fairly sticky rather than fluffing up like rice. If you are a cooked cereal fan, this grain is for you! The grain is often ground into flour and can be added to any recipe.

## BASIC AMARANTH

1 cup        Amaranth  
2 cups       Filtered water

Bring the water to a boil. Add the amaranth, cover, and simmer over low heat for 20 minutes. For a different taste add any spice (cinnamon, nutmeg or cloves) or any herb (dill, basil, oregano, or curry). For a savory switch lightly toast amaranth in 1-2 Tbs. of sesame oil. Heat the oil and add the amaranth while stirring constantly over medium heat. The tiny grain will actually “pop” slightly. When this happens, add the correct amount of water and cook as above.

## AMARANTH PANCAKES

1 ½ cups     Brown Rice Flour  
½ cup        Amaranth flour or 1 cup Basic Amaranth (as above)  
               (If using cooked amaranth, reduce total liquids by ½ cup.)  
1 ¼ cups     Filtered water  
1/3 cup      Olive oil  
3 Tbs.       Egg white  
1-2 Tbs.     Honey  
½ tsp.        Sea salt

In a medium bowl mix all dry ingredients. Combine the liquids in a separate bowl. Mix the dry and liquid ingredients together until the large lumps are gone. Let the batter rest for 10 minutes, then pour or ladle batter onto a medium hot oiled griddle or fry pan. When the pancakes are bubbly and slightly brown around the edges, flip them over and cook until golden. Serve with flax oil and a small amount of pure maple syrup, if desired. As an occasional treat add 1 cup of strawberries or other fruit to the batter. This is not an ideal food combination (fruit is best eaten alone) but it makes a nice change!

## PUFFED AMARANTH

To puff or pop amaranth, preheat a dry skillet over medium heat. Sprinkle 2 Tbs. whole amaranth into the skillet. Gently stir the grain for a few seconds until it pops (amaranth doesn't pop like corn, but it does become enlarged and light golden). Quickly transfer the amaranth to a bowl and begin popping another 2 Tbs. in the skillet.

## SPICED AMARANTH WAFFLES

½ cup        Almonds  
¾ cup        Boiling water  
¼ cup        Honey  
2              Eggs  
1 cup        Amaranth flour (grind Amaranth grains to a fine powder)  
1/3 cup      Arrowroot flour  
2 tsp.       Baking powder (aluminum-free)  
1 tsp.        Ground cinnamon  
1 tsp.        Powdered ginger  
½ tsp.        Grated nutmeg

Grind the almonds to a fine powder in a blender. Add enough water to bring the level up to 1 cup. Blend for 30 seconds. Add honey, blend again and set aside to cool to lukewarm, then add the eggs. In a large bowl, mix the flour, arrowroot, baking powder, cinnamon, ginger and nutmeg. Pour in the liquid mixture and stir to mix ingredients. Bake according to the directions included with your waffle iron, using 1 cup of batter per waffle.

## 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 “amazing” 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).

## POLENTA

4 cups	Filtered water
1 tsp.	Sea salt or salt substitute
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. (Prepare yourself, 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

Make sure you introduce tomatoes and corn separately before you introduce them together in this recipe, then listen to your body!

2 Tbs.	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 Tbs.	Parsley, minced
1 ½ cups	Fresh tomatoes, chopped
2 Tbs.	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 causes the tomatoes to become acidic. 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, soymilk or filtered water

Preheat oven to 375° 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.        Aluminum-free baking powder  
½ tsp.        Aluminum-free baking soda  
½ tsp.        Sea salt or salt substitute  
¼ tsp.        Honey  
1 cup         Nut milk, soy milk, or filtered water  
1 Tbs.        Egg whites  
3 Tbs.        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° F oven.

### CORN CRISPS

2 cups        Cornmeal  
½ tsp.        Sea salt or salt substitute (potassium chloride)  
1 1/3 cups    Filtered boiling water  
2 Tbs.        Sesame or olive oil

Preheat oven to 400° F. Combine cornmeal and salt in a bowl. Stir in 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.

#### References:

The Health Coach: Personalized Education Program  
Thom, Dickson, ND, Coping With Food Intolerances, (Portland, OR:Jeld Publications) 1995, pp. 63-71.