



Soaring Crane Natural Health Center

209 W Cedar Ave. Palmer, AK 99645. 907.745.3999. soaringcraneclinic.com

Gluten Free Grains

Gluten is a protein found in wheat, oats, rye, triticale, barley, and spelt. It is the glue that holds bread products together and gives them their smooth texture. However, gluten is a common allergen and many people are intolerant to wheat and gluten products. This intolerance can lead to digestive disturbances, mental/emotional symptoms, skin rashes, asthma, auto-immune diseases and a myriad of other symptoms.

With a little practice, you can learn to cook and enjoy gluten-free grains and share them with your friends. Below are recipes and suggestions for using gluten-free grains, but please, be creative and experiment with your own recipes. There are also lots of resources in your local bookstore and online for gluten free foods and celiac diets.

Gluten-free grains:

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

Millet Quinoa

Wild Rice Buckwheat

Gluten-free flours:

Arrowroot

Potato

Brown Rice

Nut and Seed

Soybean

Garbanzo (chick pea)

Legume

Gluten-free pasta:

Corn

Quinoa

Rice

Soy



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Gluten-Free Grains and Recipes

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)

Rinse rice. Bring the water to a boil. Add rice and salt and resume boiling. Reduce heat to low and simmer with the lid tightly in place for 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.



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Rice with Snow Peas

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

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	Chicken or Vegetable 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



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1 tsp. Sea salt or salt substitute Garlic to taste
½ cup Almonds or sesame seeds, raw

Chop celery and carrots in ¼ 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 simmer 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. Simmer for about 5 minutes or until seeds are lightly browned. Stir in rice, tamari sauce, tahini and water. Cook gently until heated through and sauce is thick and creamy around the rice. SERVES 4.

Millet

Millet is a delicious, mild flavored yellow colored grain and a favorite food of birds. Its protein, calcium, magnesium, iron, and lecithin levels are of significant value and its versatility in recipes is exceptional.

Basic Millet

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

Rinse the millet well with a sieve and add to boiling water. Return to a boil. Quickly lower heat, cover 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)

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



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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 oil after they have been baked for 10 minutes. 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 until 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.



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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. 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. Serve with vegetables and salad for a meal. Makes 3 cups.

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.

Curried Quinoa

2 tbsp. Sesame or olive oil
1 clove Garlic, pressed
1 Small onion, minced (if intolerant substitute zucchini)
1/2 cup Red or yellow pepper, chopped
1/4 tsp. Curry powder (or to taste)
1/2 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
1/2 cup Scallions, chopped (if intolerant, substitute zucchini)
2 tbsp. Fresh mint (or 1 tsp. dried mint)
1 clove Garlic, pressed
1/2 tsp. Basil
1/2 cup Lemon juice
1/4 cup Olive oil
Dash Sea salt
Dash Cayenne pepper or to taste



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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

Corn is a common allergen and can contribute to inflammation, so use sparingly. Also, freshly ground corn with the germ intact is best.

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 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. Serves 6.

Polenta

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

Bring water to a rolling boil and add salt. Stirring with a whisk, sprinkle the cornmeal into the water. Simmer gently, continuing 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 into a greased pie dish, add the sauce that is described below, and cut into wedges.



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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
1/2 cup	Zucchini
1/2 tsp.	Sea salt or salt substitute
3 tbsp.	Parsley, minced
1 1/2 cups	Fresh tomatoes, chopped
2 tbsp.	Olive oil

Sauté the onions in the oil until golden. Add the zucchini, seasonings and heat thoroughly. Add 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 1/2 cups	Cornmeal
1/2 cup	Millet, raw
1 1/2 tsp.	Baking powder
1/4 tsp.	Sea salt or salt substitute
1/3 cup	Honey
1 1/3 cup	Canola oil
1 1/2 cups	Nut milk, soy milk or pure water

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)
1/2 tsp.	baking soda (aluminum-free)
1/2 tsp.	Sea salt
1/4 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.