

*a lifestyle resource from Food Equality Initiative*

# Free-From MAGAZINE

## CELEBRATING YOU IN 2021

There is a positive side to everything

### 4 STEPS TO DINING SAFELY IN 2021

Tips on how to order at restaurants with food allergies to make an enjoyable experience for everyone

### SAY HELLO TO ZESTFULL

Welcome to the Zesty Corner brought to you by Zestfull

### SIETE FOODS

A Mexican-American food brand, rooted in family

### REAL TEX-MEX FROM A REAL TEXAN!

Give this delicious quesadilla recipe a try using products from our partners



## LETTER FROM THE EDITOR

Dear Readers,

Congratulations! We made it to 2021! We hope you were able to celebrate safely with your loved ones. It was a hard year, but with the vaccine on its way, things are starting to look up for a change.

Here at Food Equality Initiative, we are excited for another year of learning and growth in 2021. We hope to be able to lean even more into our mission of providing safe, free-from foods for allergic individuals and people with celiac disease. We have some big things planned for 2021 and we cannot wait to get started. To begin, we are in the process

of launching 3 chapters of FEI in different cities across the United States, such as Denver, Colorado. We are also renewing our commitment to making collective impact by building and maintaining partnerships with other food allergy and celiac organizations. Furthermore, the Seven Percent Fund and Coalition will continue to have important conversations and engage within the community in an effort to end racial and economic disparities in food allergies.

As for January's magazine issue, we are striving to bring some hope and joy into the new year. We have some great things lined up for you to read. There are new

writers, new partnerships, and new opportunities. As always, we would love to hear your input. Let us know if you like what you are reading and what topics you would like to know more about.

We wish you a happy and HEALTHY new year! Happy reading!

Sincerely,  
Sofia Gillespie  
Editor in Chief, The Free-From Magazine



@FOODEQUALITY  
#FFMARKETPLACE



# Free-From MAGAZINE

*a lifestyle resource from Food Equality Initiative*

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# 4 STEP GUIDE

## to dining out safely

Alex Hoskovec

ATLAS SEASONINGS

## 2020 is over and many people are looking at 2021

**H**oping to begin the process of going back to what we used to consider “normal”. Most of us are looking forward to more gatherings with friends and family as well as in-person school and work. But generally, we cannot wait to go back to enjoying restaurants. Individuals with food allergies, however, can find ordering at a restaurant induces a sense of anxiety. Unfortunately for us, it isn’t as simple as ordering food off of the menu and waiting for

it to come. Having lived with food allergies for almost ten years now, I have some tips on how to order at restaurants with food allergies to make it an enjoyable experience for everyone.

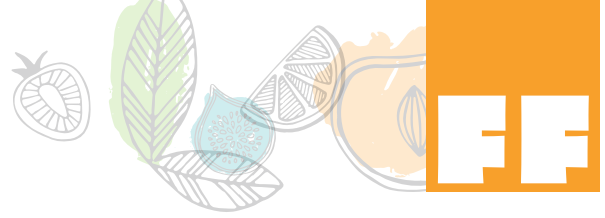
### Step #1: Do Your Research

The first step comes before I even get to the restaurant. I do my research online. Many restaurants have online menus to look over. Some even have documents listing major allergens and what foods to avoid on their menu. Check out the restaurant online and look for allergen disclaimers and FAQ sections. If they have an online menu, look for notations on the menu dictating allergen-friendly meals.

While many restaurants can tailor meals to meet allergy requirements; some places may not have the knowledge or want to change their menus to be allergen-friendly. This is okay. If that is the case, I move on to the next restaurant option.

### Step #2: Double-Check

After looking online you may have found some good information, but you are still questioning if the restaurant can cater to a certain allergy you have. Just give them a call! More often than not, the restaurant staff is friendly and willing to look up ingredients and advise if an ingredient can be excluded from a meal to cater to an allergy. Give them



a call and explain that you have a food allergy and wanted to check the menu beforehand. When you talk to them, have specific items from their menu in mind so it is easier for the staff to look up.

If the staff is unsure if something contains an allergen you will need to use your judgment on if it is worth having a potential reaction. You may have to call a couple of restaurants before you find one that you are comfortable with. Be sure to keep a mental or physical list of the restaurants that work for you so that you can easily decide where to go in the future.

### Step #3: The Plunge

The next step tends to be the most nerve-wracking part: ordering at the restaurant. I have four major allergies, so going through the list each time with the staff can feel embarrassing and make me nervous. However, we can minimize these feelings by being prepared beforehand and knowing what to do. Here are a few things I always do to be sure the visit goes smoothly:

- When we are being seated I ask for an allergen-friendly menu.
- After being seated, find the meal you would like to order and ask the staff any questions you may have about the meal and its ingredients.
- When it is time to order your

food, politely let the wait staff know what food allergies you have and answer any questions they may have.

- Once you receive your meal, if you have any concerns that something may be incorrect, let the staff know.

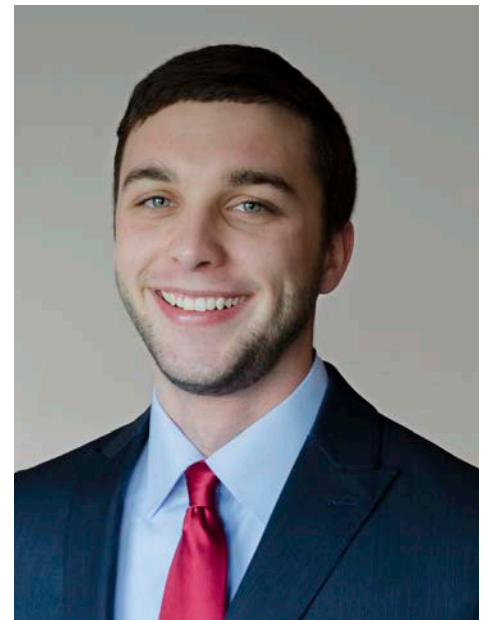
### Step #4: Always Be Prepared

One of the most important steps here is to be prepared in the unlikely event that you do have an allergic reaction. Should your allergy be severe enough that you need an epinephrine auto-injector, make sure you have it with you and have someone with you who knows how to use it. While we all hope to never have to use one, it is important to keep your safety in mind when trying new things. Over the past ten

or so years that I have lived with food allergies, I have found that being prepared beforehand is the best way to minimize stress when trying a new restaurant.

2020 has been a difficult year and it could be a while until we can eat inside a restaurant again. Because of this, many of our local restaurants have been hit hard by the pandemic. Fortunately, most of these tips apply when ordering pickup as well. Ordering at a restaurant should be an enjoyable event, even with food allergies. Once we return to “normal” give these tips a try in person! Until then, give your local restaurants a call and support them!

## Ordering at a restaurant should be an enjoyable event, even with food allergies.



#### ABOUT ALEX

Alex Hoskovec is a Kansas City native who runs a small allergy-friendly spice company, Atlas Seasonings. He has had food allergies and IBS since college and is passionate about helping others adapt to life with food allergies.

# FAMILY MEMBERS

## Suzanne and Leigh

Sarah Guthrie

**“People do not take celiac disease seriously,”**

**S**ays Suzanne, whose 8-year old daughter Leigh was diagnosed with celiac disease four years ago.\* *“There are so many people who are gluten-free by choice that everyone thinks she can ‘have a little...’ She can’t.”*

**Gluten** is a protein found in foods that contain wheat, rye, and barley. Celiac disease is an autoimmune disease in which eating gluten causes the body’s immune system to damage the small intestine, which reduces its ability to absorb virtually all nutrients.

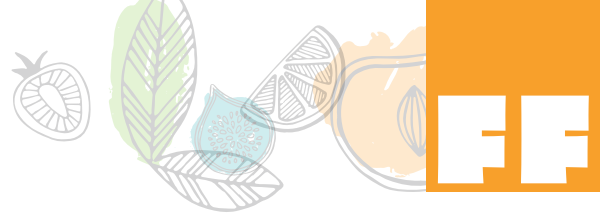
According to [celiac.org](http://celiac.org), about 1 in 100 people worldwide have celiac disease.

Ever since she was small, Leigh complained of stomach aches. Although Suzanne checked for signs of illness – fever, respiratory issue, nausea – there weren’t any symptoms. She confesses at first she was frustrated and thought Leigh just didn’t want to eat.

Finally, she told Leigh that if she kept up the complaints, they were going to the doctor. The complaints didn’t stop.

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*\*Names have been changed to preserve privacy of the individuals.*



## “Her blood work was off the charts for celiac”

Suzanne said. They were referred to Children’s Mercy where a biopsy confirmed that she had celiac disease. They also learned that the villi, the tiny hair-like projections in the intestines that help the body absorb vitamins, minerals and other nutrients from food, had been destroyed.

It was no wonder that her stomach always hurt and she didn’t gain weight.

“We were relieved to find out what was wrong,” Suzanne said. “But we were sad for her because it’s hard to have to eat differently if you are a kid.”

And then the massive food bill hit.

**“Overnight our food costs TRIPLED,” said Suzanne.**

Although finding safe food at the grocery store was not difficult, it was a huge financial burden. Suzanne, a teacher, and her husband, who works in construction, each took on extra jobs – they work four jobs between them – and juggled childcare responsibilities to make ends meet.

**“It’s very stressful because we are rarely home at the same time,” Suzanne says.**

Fortunately, Children’s Mercy included details about FEI in the packet of information she received after Leigh was diagnosed. They went immediately to a FEI food pantry and were thrilled to find so many snack items that were both gluten-free and delicious. Leigh loved it. Now they receive these snacks delivered right to their door.

“FEI saved our food budget,” Suzanne says. “We would not have what we need for her lunch box every day without FEI.” She estimates that they get 20% of the food Leigh eats from FEI deliveries.

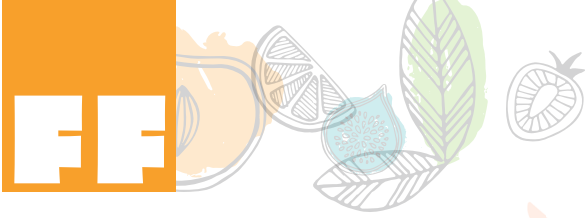
Unfortunately, higher food bills aren’t the only extra expenses. Regular lab work, doctor, allergist, and nutritionist visits are all costly. And stressful. Leigh is terrified of having her blood drawn.

“But she is resilient,” Suzanne says. And her health is so much better. Tests show that the villi have grown back and her immune system is flaring up less and less due to her changed diet.

And there are sparks of kindness that warm their hearts. Recently there was a birthday celebration in Leigh’s class at school. Although Suzanne has made it clear that she will provide Leigh’s snacks, the parents provided all gluten-free treats for the party.

“That was really nice,” Suzanne says.





Suzanne wishes that people really understood that while adults can eat a gluten-free diet by choosing foods that are naturally gluten-free, kids want to eat what their peers eat. They want crackers, cakes, and beef sticks. They can eat a hamburger plain, but they really want it on a bun – and those safe, gluten-free buns can cost \$7.50 a bag.

Additionally, there is a level of disconnect between the public perception of food allergies and of celiac disease. “People understand that a peanut allergy can be deadly, but they think that a little gluten won’t hurt,” she says. “They don’t realize that even small amounts of gluten, or cross contamination with other foods with gluten, can cause [Leigh’s] immune system to flare up.” And that flare up is not pretty.



**“FEI saved our food budget,”  
Suzanne says.**

Suzanne says that if your family has a food allergy or dietary restriction such as celiac, it’s important to take all the help you can get. Talk to your child’s school about resources and accommodations. Find agencies such as FEI and take advantage of their services. Celiac is a life-long condition, so getting support early will pay off in the long run.



**ABOUT SARAH**

Sarah Guthrie is an award-winning writer and seasoned development professional currently employed at Sherwood Autism Center. She began volunteering for FEI in 2019, where she helps with fundraising and communications. Sarah is also a dedicated food allergy mom.





# DELICIOUS PRODUCTS FREE FROM GRAINS, ROOTED IN FAMILY.



# THE ZESTY CORNER

## Hello and Welcome!



# zestfull

**Welcome to The Zesty Corner, a place to celebrate life with food allergies.**

In this section of the Free-From Magazine, we share some helpful tips from articles published on Zestfull, an online magazine. Zestfull was started by Shahla, an allergy mom, and Kortney, an adult who only knows life with food allergies. Together they wanted to create a place of non-judgment and compassion. Zestfull shares stories of daily life with food allergies from real-life experiences, delicious and simple recipes, travelling, beauty, and nutrition.

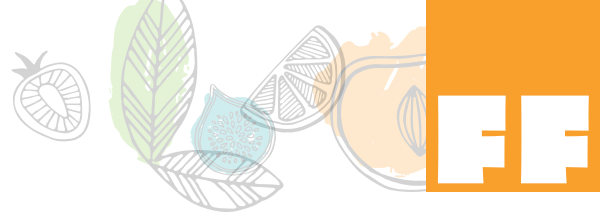
We hope to inform, inspire, and empower you to feel confident about living your best life!

## About the Zestfull Founders

Shahla is a mom of two girls who live with environmental allergies, asthma, and eczema. Their food allergies include tree nuts, peanuts, sesame and other seeds. Shahla wants to share the comfort that cooking has brought her family. She believes that everyone, regardless of dietary requirements, deserves a plate full of color and flavor.



**SHAHLA**



Kortney was diagnosed with food allergies before she was 6 months old. She manages multiple food allergies, asthma, eczema and OAS. She wants to spread joy in a community that can easily see the hard side of life with atopic disease and believes that you can have a full life with food allergies.



**KORTNEY**

## Why you should teach your children to cook

Having food allergies can make your kids feel left out or nervous about food. But it doesn't have to be that way. Food can be something that gives us control, power, and reassurance. Being able to cook or bake something delicious from scratch that is allergen-free and safe to eat is extremely rewarding.

**Teaching your children to cook sets them up for success in managing their food allergies**, not to mention an important skill for life.



- Being able to make something delicious and safe shows them that food can be joyful and it can also be a great step in gaining more self-confidence.
- Cooking empowers food allergy kids. By making and sharing safe foods they can show others that

even with food allergies, you can still eat amazing, delicious, and creative food while still staying safe.

**“spread joy in a community that can easily see the hard side of life”**

Food allergies are serious, but they don't have to limit you or give you a negative relationship with food. Being able to cook takes any form of limitation your child may feel with food allergies and gives them back that power.



What if you can't cook? Then why not learn together and start by making suntella! To find the recipe and read this article in its entirety, follow this QR code to The Zestfull website.

Original article “Why You Should Teach Your Kids to Cook” by Sophie Malik in The Zestfull.

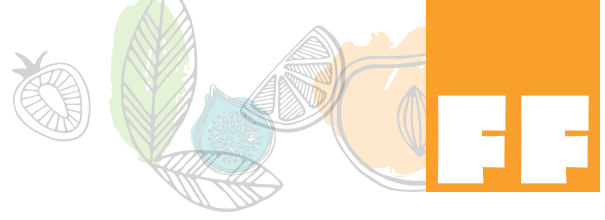


A close-up photograph of a cupcake with a dark brown, ribbed paper liner. The cupcake is topped with a generous swirl of white frosting, decorated with small white and silver edible beads. A single sparkler is stuck into the frosting, and it is actively burning, creating a bright, starburst of golden sparks that radiate upwards and outwards. The background is dark and out of focus, with some bokeh light spots. The overall mood is celebratory and festive.

# CELEBRATING YOU

*in 2021*

**Zoë Slaughter**  
Invisibly Allergic



## There's a positive side to everything being online lately

**L**et's face it, many of you reading this have already had a pandemic birthday, and the few January and February birthdays left are about to experience it soon as well. Let's just say, it's different; but it isn't all bad. Let us embrace the fact that while the pandemic continues, we can still celebrate, distantly. And for those of us who understand that birthday celebrations can be a stressful occasion due to food allergies, celebrating distantly isn't so bad at all.

I've been all about leaning into non-food related activities the past few years and learning how to weave in new non-food traditions for all holidays, including birthdays. The more I embrace this, the more excited I feel as the dates approach.

There's a positive side to everything being online lately, and that's being able to reinvent holidays in ways that work for you. I used to be so embarrassed about wearing a mask and wiping down surfaces in public spaces while trying to keep myself safe from any food particles. Now that's the norm! I wouldn't have thought it was acceptable to stay inside my living space on my birthday, but now it's encouraged.

That means I don't have to deal with as many in-person or airborne food reactions at school, on public transit, in public spaces like parks, in restaurants, work, and more. As we slide into 2021, I'm trying to embrace birthdays with food allergies in a whole new way, where I get to decide how I want to celebrate and what works best for me. I'm also viewing everything with a new lens of appreciation. Not that I wasn't thankful before, but this pandemic has me welcoming the small things I may not have noticed before this all began. I am now living more in the present moment. I'm noticing myself feeling the breeze across my face, noticing how comforting a warm drink can be, and I've been letting myself take naps alongside my dog (which I never would've done before because my schedule was so "go go go").

## We can still celebrate, distantly.

Below are some non-food birthday traditions that have worked for me in the past. I plan to carry these beyond the years of the pandemic, because I truly enjoy them. I hope you are inspired by these fun, socially distanced, and virtual ways to celebrate your own birthday, or a loved one's, birthday this year. None involve food. Feel free to tweak them to make them your own. Here's to celebrating your birthday the way YOU want to!

### Go virtual!

If you have access to the internet, get on Zoom, FaceTime, Messenger or whatever platform you prefer and "hang out" with your closest friends and family! Pick a theme, choose a day and a time, and you could even coordinate everyone to sing Happy Birthday together over the call. I did a version of this recently and we decided to do a make-shift Karaoke party. I sang into my hairbrush "microphone" and pulled up a YouTube video of a favorite song with lyrics, and the rest was history!



### Play a game!

Create a simple scavenger hunt around your home for clues leading to a birthday gift! Other ideas could be: Jenga, Twister, cards, or board games. Games are always a fun way to celebrate at home. There are games online that can be played virtually with a group, like scattergories, and I've heard there are even free online Murder Mystery type parties now. Better get your magnifying glass out!



## A birthday movie night!

Get lots of comfy pillows and blankets, maybe even make a fort, and watch a happy movie together. Alternatively, you could watch episodes of your favorite TV shows that feature birthdays to create a theme. There are even ways to download an extension so you can watch with friends, from the comfort of their own homes, while still feeling together.

## Utilize the United States Postal Service!

If you don't live close to friends and family, mail a thoughtful card to the birthday person! I mean, who doesn't like getting mail, right? And if it's your birthday, you could ask friends and family to mail you a heartfelt birthday card this year in lieu of a purchased gift. That way you can read them all on your special day and treasure them for years to come.

## Beep beep!

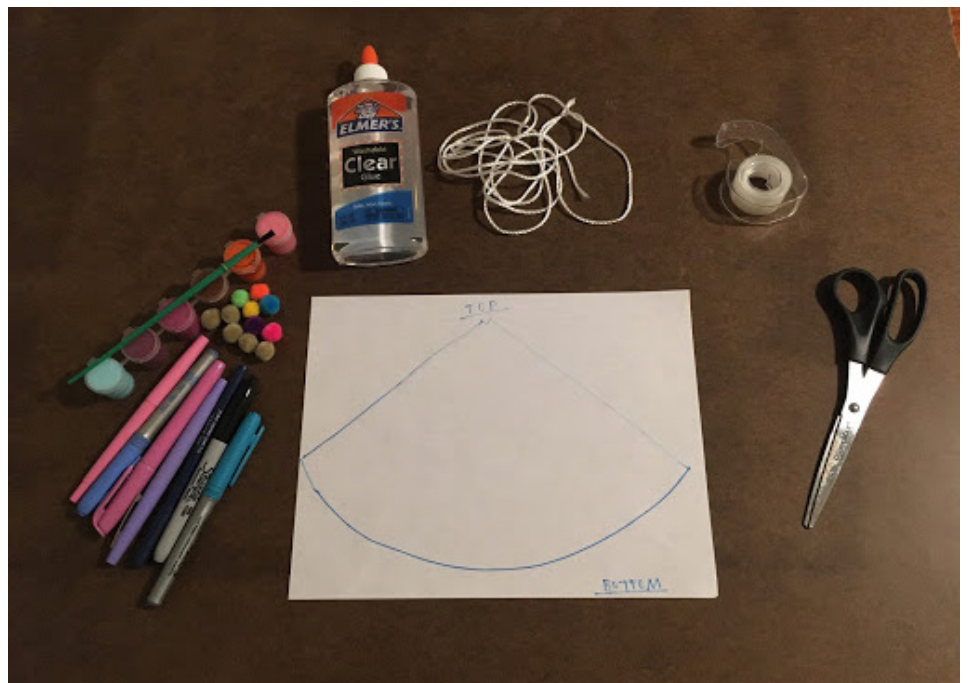
Drive by with balloons, noise makers, streamers, signs, music, or whatever you want! Whether you're the one partaking in the birthday parade, or the one receiving the outdoor surprise, this is an option

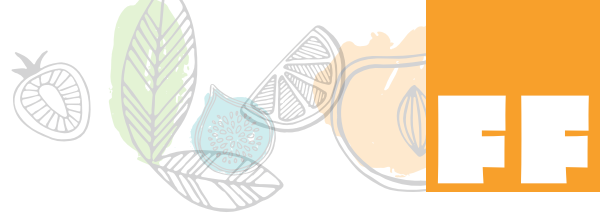


many people have been utilizing lately and I think it's so fun. I could see personalized versions of it happening, too. For example, you could also have it be a specific theme that the birthday person enjoys! Or if you live close enough, you could walk over and pull a Say Anything moment where you stand upfront and sing Happy Birthday in-person.

## Craft Time!

There are so many different birthday crafts to choose from, but here is one of my favorites. All you need is a piece of paper and a few art supplies you likely already have to make your very own paper birthday hat!





### Materials needed:

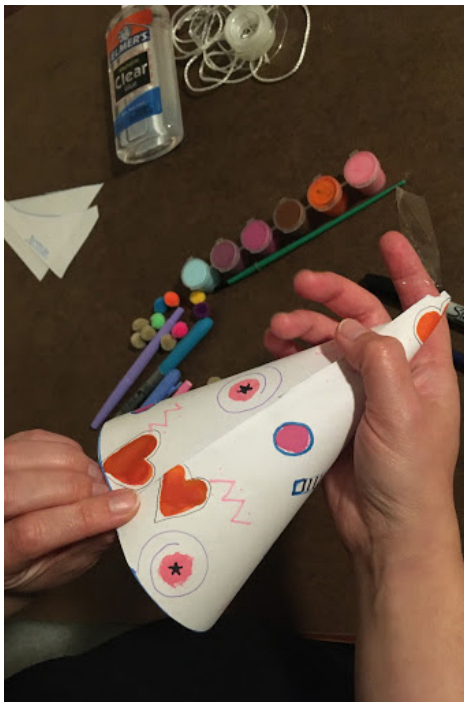
- Piece of paper at least 8x11
- Something to write with
- Scissors
- Decorations (this can be anything- crayons, markers, stickers, acrylic paint, magazine cut-outs, pom poms, glitter, etc.)
- Ribbon or string
- Tape

### Step 1:

Take your piece of paper and draw a paper hat template similar to mine shown here. The small side is going to eventually be the top of the hat, and the wide part will become the bottom.

### Step 2:

Design your hat! Decorate with anything you want to and have fun with the process!



### Step 3:

Fold it into the cone shape & tape it on the inside vertically up the seam where the two ends meet. I got help from someone at this part to make taping a bit easier. Add on any remaining decorations at this point, now that you see the final look.

### Step 4:

Take something to write with and mark a dot on opposite sides of the cone, this will become where you'll attach the string that ties under your chin. You can use a hole punch if you have one, or carefully have an adult poke the end of a pen through gently, creating a hole for the ribbon/string.

### Step 5:

Cut 2 pieces of 14" string or ribbon, the size can be depending on the person who will be wearing the hat, but approximately 14" each gives some wiggle room to make sure it fits. (You can always trim it down later if it's way too long.)

### Step 6:

Insert the ribbon/string into each hole and tie a knot inside the hat to keep the string from falling out. Try it on, tying it under your chin, and you're all finished!



## I hope that everyone has a fun, non-food-focused birthday this 2021!



### ABOUT ZOË

Zoë Slaughter resides in Louisville, KY and has a severe airborne and cross-contact reactive peanut allergy. In her free time she enjoys spending time with her rescue beagle, reading, painting and creating art, and recently started playing tennis. She started a blog called Invisibly Allergic in 2017 that is dedicated to living with severe food allergies. You can check it out here: [invisiblyallergic.com](http://invisiblyallergic.com)



## BRAND SPOTLIGHT

### Siete Foods

Kenneth Johnson

## “A Mexican-American food brand, rooted in family.”

Introducing our Brand of the Month, Siete Foods!

Siete Foods is known for their delicious grain-free tortillas. From crispy taco shells to savory tortilla chips, Siete Foods’ tortillas are the perfect gluten-free and allergy-friendly addition to your family’s kitchen table. Using ingredients like cassava, chickpea, and chia flour, Siete Foods prides themselves on providing authentic fare that is heritage inspired, while being free-from major allergens such as gluten, dairy, and soy. Their products are also vegan and non-GMO, with many being Paleo & Whole30-approved. Immerse yourself in authentic Mexican-American cuisine that meets your dietary needs with Siete Foods!

“We don’t want to offer products that are just a good substitute, we want them to be as close to the real thing as possible, so people don’t have to feel

like they’re compromising when they’re eating our foods.”

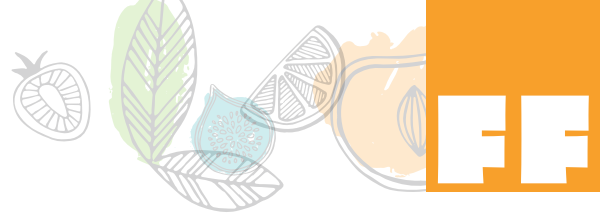
**Their Mission.** Siete Foods’ Mission is four-fold:

- to boldly build the leading healthy Mexican-American food brand,
- to value humility, foster diversity, love people always,
- to operate with a family first, family second, business third attitude,
- to positively impact the lives of underserved communities through education, entrepreneurship, and wellness.

“Siete means “seven” in Spanish. The number seven is significant to us because there are seven members in the Garza family, the original siete.”

Siete started as a small, family-owned business out of Laredo, Texas in response to co-founder Veronica Garza’s dietary limitations. Being together at the table and enjoying authentic Tex-Mex cuisine was tradition for her family. However, her dietary limitations did not





make that easy, with many dishes containing grain and wheat-based ingredients. The Garza family decided to join Veronica in her journey of only consuming healthy, safe, non-inflammatory foods that were equally as delicious. Veronica then decided to make grain-free tortillas for her family, which got her Grandma Campos' stamp of approval;

**"I knew we had something really special when my Grandma Campos told me that my tortillas tasted better than the homemade flour tortillas she'd made for decades!"**

Inspired by the original seven members of the Garza family, Siete foods was born, with their logo even sporting a Heron, translating to "Garza" in Spanish. Siete has since grown to have products such as dairy-free cashew "queso" in addition to their traditional tortillas. Passionate about creating healthy, authentic foods that bring your family together,

**Siete Foods' products can be found at your local Target, Walmart, and Hy-Vee in addition to Sietefoods.com!**

**From their Familia to Yours.** Food Equality Initiative is dedicated to increasing health and ending hunger for those with food allergies and celiac disease. Together with Siete Foods, we are increasing the diversity of free-from foods available in your food delivery box.

## **"Juntos es Mejor," Together is better!**

A "Junto es Mejor" culture, Spanish for "Together is better" is a big part of Siete Foods, and you can be a part of it! Follow them on IG, Twitter, and Facebook @SieteFoods. Can't get enough Siete? Check out Sietefoods.com for bulk and bundle deals that are perfect to share with your familia! Their website also has great recipes, product info, and a blog featuring all things "Siete." We even included a recipe that uses Siete Foods' Cassava Chia Flour Tortillas in this magazine, but you can also check it out on our blog on Foodequalityinitiative.org. Came up with your own great recipe? Share it on social media and tag @FoodEquality and @SieteFoods so we can share!

**Together is better, and with Siete Foods your family can enjoy authentic Tex-Mex free from gluten, dairy, and soy.**





# CHICKEN/PORK QUESADILLAS

SIETE & A Dozen Cousins



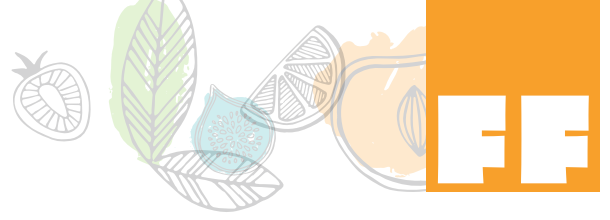
My name is Amelia and I am a born and raised Texan. Not surprisingly, one of my favorite flavor combinations is Tex-Mex. What is Tex-Mex, you may ask? The term Tex-Mex stands for Texan and Mexican, and describes a type of popular cuisine which originated along the southern border states of the US. Basically, it is a blend of Mexican, Spanish, and American foods.

## INGREDIENTS FOR HOMEMADE TACO SEASONING

- 1 1/2 tsp chili powder
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1/2 tsp crushed red pepper flakes
- 1 tsp dried oregano
- 1 tbsp paprika
- 1 tbsp ground cumin
- 1 tsp sea salt
- 2 tsp black pepper
- 1/4 tsp cayenne pepper

Here is the recipe for my famous quesadillas!





## TOPPING IDEAS

- Sour cream
- Pico de gallo
- Salsa
- Tomato and lettuce
- Guacamole

You can double or triple this to make a bigger batch and keep it fresh in tupperware for a couple of weeks.

## INGREDIENTS FOR QUESADILLAS

2 - 3 boneless, skinless chicken breast  
1 cup of shredded pork roast (optional)  
1 cup of shredded mexican mix cheese or your favorite dairy-free cheese  
Refried beans - for this I used A Dozen Cousins Classic Refried Pinto Beans and their Refried Black Beans  
Flour tortillas - I used the Siete Cassava and Chia tortillas  
Yellow onions sliced  
Bell peppers and mushrooms (optional to taste)  
1 tablespoon of butter - vegan or dairy-free, you can also use coconut oil  
Olive oil or avocado oil to be sprayed or brushed onto the chicken



## DIRECTIONS

### MEAT

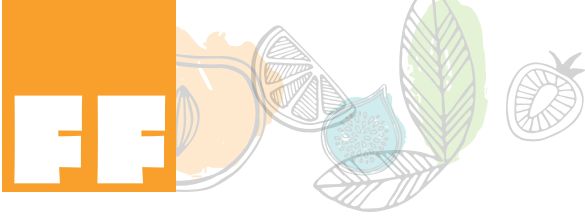
I use boneless skinless chicken breast and I also had some pulled pork from a pork roast I made a few weeks before and froze. I did not add the taco seasoning to the pork, but you most certainly can.

I like to keep avocado oil in a small spray bottle and spray the meat a little before sprinkling on the seasoning. You can be as liberal with the seasoning as you want to. Personally, I like to have a crispy crust made of the seasoning on my chicken.

Place the chicken breast into a pan and spray with oil on both sides, sprinkle seasoning on both sides. Cover with foil and place in a preheated oven (425 degrees fahrenheit) on the middle rack for 35 minutes or until a meat thermometer hits 165 degrees fahrenheit in the thickest part.

While your chicken is baking, get your veggies ready!

Take chicken out of the oven after 35 minutes and remove the foil. Put back in the oven for 5 more minutes to toast the seasoning a little. Make sure it is cooked by using a meat thermometer or cutting into one and checking for any signs of pink. If it's pink, put it back in the oven until it is a uniform white inside.



Let the chicken sit in its juices for a few minutes with foil loosely covering it. This will keep the meat from getting too dry.

## VEGGIES

Caramelized Veggies:

- Any or all of these veggies: Onion, mushrooms (I use baby portabello), bell peppers.
- Coconut oil or dairy-free butter
- A teaspoon of the taco seasoning

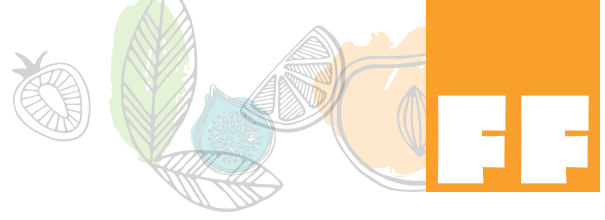


Stir fry the veggies with a tablespoon of butter (dairy free or vegan) or you can use coconut oil, until onions are a nice caramel color and translucent and the other veggies are soft and caramelized. You can sprinkle a little bit of the taco seasoning into the veggies while they are cooking.

## BEANS

For the beans I used the A Dozen Cousins refried black beans for the pork quesadillas and the classic refried pinto beans for the chicken. I like to put a tablespoon or two of water in the beans and heat them up then stir; it helps with spreading onto the tortilla.





## ASSEMBLY

Cut or pull apart the chicken and pork. Place your meats, veggies, cheese and beans in separate containers.

Spread a small spoonful of the beans on your tortilla.

Place a small pile of meat on one side of the tortilla.

Place some veggies on top of the meat.

Sprinkle as little or as much cheese on top of the meat and veggies.

Fold the tortilla in half and place on a hot griddle. (Greasing the griddle is not necessary.) I keep the griddle on medium heat.

Cook on each side till the cheese is nicely melted and the tortilla is browned on both sides.



### ABOUT AMELIA

Amelia is the marketing and creative director for Food Equality Initiative. She is a trained graphic designer, illustrator and artist who comes from a professionally artistic family. A mother of twins, she loves cooking and trying out new recipes.



## TURKEY DUMPLING SOUP

Hungry Harry's



### INGREDIENTS

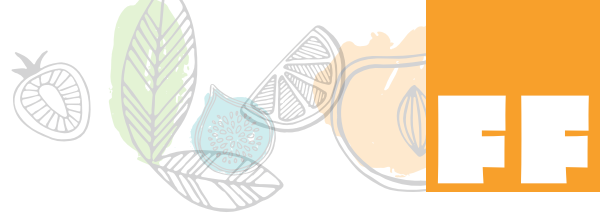
#### SOUP

1 lb leftover turkey, diced or torn into bite-sized pieces  
 2 quarts turkey or chicken stock  
 1/2 cup chopped carrots  
 1 cup chopped onions  
 1/2 cup chopped celery  
 1/2 cup fresh or frozen peas  
 1/2 cup peeled and chopped yukon gold or red potatoes  
 1/2 tsp dried parsley  
 salt and pepper, to taste  
 1 tbsp rice bran oil

#### DUMPLINGS

2 cups Hungry Harry's All Purpose Flour  
 4 teaspoons baking powder  
 1/2 tsp salt  
 1/2 tsp ground black pepper  
 1 egg, beaten  
 2 tbsp melted coconut oil  
 3/4 cup rice milk (or milk of choice)





## DIRECTIONS

Heat a 4 quart soup pot to medium heat on the stove with 1 tablespoon rice bran oil. Cook the carrots, onions, and celery with a pinch of salt until soft and translucent, about 5 minutes. Add the turkey, stock, parsley, peas, and potatoes, and simmer until the potatoes are tender, about 20 minutes.

While the soup is cooking, make the dumpling batter. Combine the dry ingredients in a medium bowl. Stir in the egg or egg replacer, coconut oil. Drop teaspoons of milk into the bowl until you've made a stiff but moist batter. Form into dumplings. Drop dumplings into the soup, and cover.

Cook for another 15 - 20 minutes on medium low heat. Serve warm, it's like a second Thanksgiving!





## **THREE BEAN CHILI**

### **Every Body Eat**

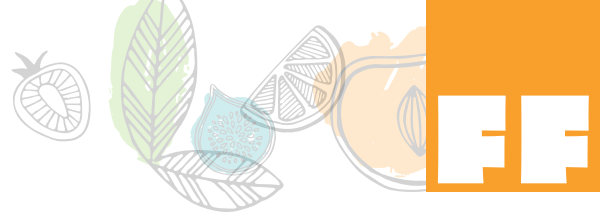


### **INGREDIENTS**

1 tbsp olive oil  
 1 medium onion, chopped into small pieces  
 1-2 chile peppers of your choice, finely chopped  
 3 cloves garlic, minced  
 2 tbsp chili powder  
 2 tsp ground cumin  
 1 tsp dried oregano  
 1 1/2 tsp table salt or 2 1/2 t kosher or coarse salt  
 1 12-oz bottle beer  
 1 28-oz can crushed tomatoes (fire-roasted if you can find them)  
 1 1/2 cup mixed dried beans  
 3 1/2+ cup water







## DIRECTIONS

Heat oil in the bottom of a medium-sized heavy pot or Dutch oven (if finishing on the stove), in the pot of your pressure-cooker (if using one), or in a large skillet (if finishing in a slow-cooker).

Once warm, add onion and cook for 5 minutes, until translucent. Add the fresh peppers and cook for 3 more minutes.

Add garlic, chili powder, cumin, oregano, and salt and cook for 2 minutes, until browned and deeply fragrant.

Add beer and scrape up any bits stuck to the pot. Boil until reduced by half, or, if you're nervous about alcohol content, until it has all but disappeared.

### IF FINISHING ON THE STOVE

Add tomatoes, dried beans, chile peppers, and the water. Bring mixture to a full boil and boil for one minute, then reduce heat to a very low, gentle simmer. Place a lid on your pot and cook for 2 1/2-3 hours, until the beans are tender, stirring occasionally. Add an additional 1/2 cup water if the mixture seems to be getting dry, though we didn't need it in most of our test batches. If you prefer a slightly sloshier chili, add the extra water from the get-go.

### IF FINISHING IN A PRESSURE-COOKER

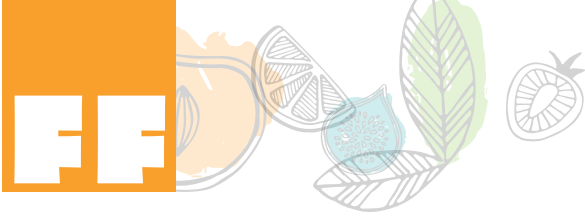
Follow the directions from your pressure-cooker manufacturer. Estimated 20-22 minutes on high; small black and red beans can finish in 22-25 minutes, but pinto, kidney, and most others can take 35-40 minutes from dried in the InstantPot.

### IF FINISHING IN A SLOW-COOKER

Scrape onion, spice, and beer mixture into a slow-cooker and add tomatoes, dried beans, chile peppers, and the water. Cook on HIGH for 6-7 hours, until beans are tender. Add an additional 1/2 cup water if needed, but you probably will not find it necessary.

Crumble **Every Body Eat Fiery Chile Lime™ thins** on top (or use as scoops), diced onions, cilantro, or your favorite chili toppings!





# **7% SEVEN PERCENT FUND™**

*A Food Equality Initiative Coalition*

**“BLACK CHILDREN [ARE] 7% MORE LIKELY TO HAVE FOOD ALLERGIES COMPARED TO WHITE CHILDREN.”**

- Academic Pediatrics March 2020

The 7 Percent Fund and Coalition was created by Food Equality Initiative (FEI) to address economic and racial disparities in food allergies. The fund will bring key stakeholders together to close the

gap through strategic partnerships with industry and community partners. Activities will center on the organization’s three pillars of access, education, and advocacy.

## **THE FOUNDERS**



# CONTRIBUTIONS

## From you!

### Feedback Opportunity

We hope you like what you read here and that it reflects your experience as an individual with food allergies. If it does not, then we would like to change that. This magazine is for you so we want to make sure we live up to our promise that it is tailored for you. We welcome your ideas and feedback, so send your questions and comments to:

[MARKETING@FOODEQUALITYINITIATIVE.ORG](mailto:MARKETING@FOODEQUALITYINITIATIVE.ORG)

### Call for Writers

Got a great idea for an article? Have some food allergy news? Want to share a wild experience from your own food allergy story? We want to hear it! The best way to make your voice heard and your experience known is to write about it! We are looking for writers from all backgrounds to contribute to this publication. If you are feeling particularly inspired to write about a topic or theme within the broad field of food allergies, contact Sofia Gillespie, editor in chief of the Living Free-From magazine at

[SOFIA@FOODEQUALITYINITIATIVE.ORG](mailto:SOFIA@FOODEQUALITYINITIATIVE.ORG)

### Business Deal

If you own a small (or large) business and are looking for places to market, we have space for advertisements in the following sectors: health food, allergen-friendly food, cost-efficient lifestyle, homemade goods and services, and/or sustainability. Contact us at:

[MARKETING@FOODEQUALITYINITIATIVE.ORG](mailto:MARKETING@FOODEQUALITYINITIATIVE.ORG)

to learn how you can purchase ad space in our future publications. Feel free to pass this information along to any business owners that you know who might be interested.





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