

*a lifestyle resource from Food Equality Initiative*

# Free-From MAGAZINE

8

Gr8 Recipes to Celebr8!  
Algunas recetas en español

## HISPANIC HERITAGE MONTH: A STORY OF TAMALES

Enjoy a bilingual story of tamales  
| Disfruta de una historia bilingüe sobre tamales

## FOOD IS MEDICINE: THE VEGAN DIET

No meat, dairy, eggs, or honey

## OIL: THE INVISIBLE ALLERGEN

Chanukah traditions start with oil





## LETTER FROM THE EDITOR

Dear Readers,

Growing up, Thanksgiving was one of my favorite holidays. My family members would gather, bringing each of our assigned dishes. (We knew each other's strengths in the kitchen.) Without the stress of having to purchase presents, we would just enjoy each other's company around a table full of food that never seemed to end. And, let's be honest, the leftovers are probably the best part of all.

However, when I got older and developed more food allergies, Thanksgiving seemed more and more dangerous to me. I viewed it as a maze of traps that I needed to navigate. Did my extended family members remember my new allergies? Did they accommodate them in their cooking? How much cross-contact happened in their kitchen? I would tell myself that I just need to make it through the day and then I would be okay.

The joy of sharing food during this time was gone for me, and that was hard for me to accept. How could something that I looked forward to as a child

all of a sudden become something I dreaded? However, when I became a teacher in Latvia, the joy started to return. How did going to a country that does not celebrate Thanksgiving help me love Thanksgiving again? Let me tell you.

I was asked to host a Thanksgiving dinner for the students at the university as part of a cross-cultural exchange. Since I was the only American in town, that meant preparing all the traditional dishes myself (or at least as close as I could get with the ingredients available in Eastern Europe): brined chicken, mashed potatoes, candied sweet potatoes, stuffing, deviled eggs, creamed corn, apple pie, and fresh-squeezed lemonade. I recruited 2 locals to help me, and after cooking all day, we prepared a feast for 40! Everything was safe for me to eat and the Latvians loved it! A success all around!

That experience helped restore my confidence and comfort. Since then, I have developed some coping mechanisms that help me experience Thanksgiving and other holidays with joy. I make sure to maintain open

and direct communication with my family members. If I am unsure about something, I just do not eat it. And I have taken it upon myself to cook more offerings, because I KNOW those will be safe. (And now I know I can cook all the dishes!)

With that being said, we have compiled a whole bunch of recipes for you to try this Thanksgiving. We have some traditional dishes and some not-so-traditional dishes to share with your friends and family during this time of sharing. Be safe and be merry!

Sofia Gillespie  
Editor in Chief,  
Free-From Magazine



My first time carving the roast beast, and in front of a crowd too! Not easy, especially with a knife and a spoon.

@FOODEQUALITY  
#FOODEQUALITY



# Free-From MAGAZINE

a lifestyle resource from Food Equality Initiative

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\*Disclaimer: The recipes included in the Free-From Magazine are suggestions. They may not be free-from all Top 9 allergens. Please read carefully and make any substitutions that are necessary for your diet. Consult your doctor if you have questions or concerns. NOTE: Cooking is a science experiment and some ingredient substitutions may not produce the same results.



# BRAND SPOTLIGHT

## Rustic Scoop

Laura Cooper, owner

**Rustic Scoop™ is a new baking mix manufacturer that uses clean ingredients that are gluten free, top 9 allergen free (except coconut palm sugar), and refined sugar free. The mixes are easy to make and are delicious.**

### About us in a nutshell.

**W**e are a family that lives with multiple food allergies, celiac disease, and other health-related food restrictions. Between all five of us, there are so many things that we can't eat that it's almost easier to just tell

people what we CAN eat. What we realized is that most things were very possible in the kitchen, even with the long list of foods we couldn't eat. It just took some creativity. Rustic Scoop™ is the fruit of our determination to make the best of all of our diagnoses.

### The whole scoop.

It all started after my husband and I got married. He had been having some health issues and we knew some of them were food related. Shortly after we got married, we took several foods out of his diet, some within the top 9 allergens, and some outside. He first went gluten free, dairy free, tomato free, and garlic free.

As difficult as it was for him to eliminate those foods from his diet, I was struggling to come up with delicious recipes to serve the two of us. At that time, the internet was not full of recipes, support groups, or any of the other wonders we are used to today. We limped our way through some terrible meals, but with the restricted diet, he began to feel better.



### Fast forward many years.

Our two youngest daughters were both diagnosed with severe food allergies from the time they were infants. Their list of food allergies was long and it made eating complicated. Not long after, our youngest was also diagnosed with celiac disease, which led to my husband's diagnosis of celiac disease as well.

The biggest challenge to add to our list of "free-froms" was my husband's intolerance of cane sugar. We could not find any pre-packaged foods that fit all of our needs. This is when we really began baking and cooking everything from scratch and creating our own recipes. As time went on, we began to experiment in the kitchen with anything our hearts and bellies could dream up.

### This is where Rustic Scoop™ started.

It is a place where our intention is to feed people well, help them find healing through food, to find connection with loved ones, and to create inclusion. Having food allergies, celiac disease, and other food restrictions can be isolating and hard. We set out to prove that you can eat well with all of your loved ones with ONE meal for everyone. No more cooking separate meals for different people. ONE meal for all to share.

We have thoroughly tested our mixes on those with and without food restrictions, foodies, and novices in the kitchen to ensure our mixes are excellent and easy to make. The response has been overwhelmingly positive. Now, we get to share our mixes with all of you!

Rustic Scoop™ currently sells four baking mixes: Sandwich Bread, Pizza Crust, Chocolate Cake and Cupcake, Pancake and Waffle. Each month, we add new recipes to our blog, **The Scoop**. Each of these recipes are made with one of our current baking mixes. Here is a list of our mixes and what other creations you can make from them:

**Sandwich Bread:** Cinnamon Rolls, Pull Apart Dinner Rolls, Focaccia, Croutons

**Pizza Crust:** Hamburger and Hotdog Buns, Sub Sandwich Rolls, Yeasted Fluffy Pizza Crust

**Chocolate Cake and Cupcakes:** Whoopie Pies, Chocolate Donuts, Faux Thin Mint Girls Scout Cookies, Chocolate Zucchini Muffins

**Pancake and Waffle:** Banana Muffins, Vanilla Donuts, Fry Bread, Funnel Cake, Coffee Cake, Pumpkin Spice Pancakes, Graham Crackers, Cinnamon Apple Muffins (recipe included in this magazine)

If you ever have any questions for us, we are more than happy to answer them. We love our food allergy, celiac, and food restriction community and hope we get to serve you soon. For more information and purchasing, please visit [www.rusticscoop.com](http://www.rusticscoop.com).

Happy Baking!

For Rustic Scoop's Cinnamon Apple Muffin recipe, go to page **#40**.







## WHAT IS #GIVINGTUESDAY?

# GIVING TUESDAY

*“If you can’t feed a hundred people, then just feed one.”*

~ Mother Theresa

### What is #GivingTuesday?

**#** GivingTuesday, or the first Tuesday after Thanksgiving, is a national day of giving. It’s a chance for everyone to make a difference in large or small ways for the charities they love. In 2021, the date is November 30.

### Why the #?

Giving is not a new concept; giving any size gift is not new either. What’s different about #GivingTuesday is that this was the first time the power of social media was harnessed to move hearts and minds toward one thing—giving back. When used on social media, hashtags (#s) group similar messages together.

### Who thought of this?

#GivingTuesday was the brainchild of Henry Timms of the 92 Street Y in New York City in 2012. The Y was joined by the United Nations Foundation to create a day to do good.

### Why this Tuesday?

The Tuesday after Thanksgiving was chosen to kick-off the giving season and to counteract four days of massive consumption – Thanksgiving, Black Friday, Small Business Saturday, and Cyber Monday.

### How did they get the word out about this new idea?

They weren’t alone. There were multiple founding partners including DonorsChoose.org, Mashable, Blackbaud, charity: water, GlobalGiving, Iraq and Afghanistan Veterans of America (IAVA), Kiva, Darden Restaurant Group, Groupon, Unilever and VENTURE3Capital. Together, they used social media platforms to get the word out.

### How long did that take?

That’s the beauty of social media – it did not take long. They announced this concept only one month before November 27, 2012, the first #GivingTuesday.

### Did it work?

Turns out, it did. That first year giving on November 27 totaled about \$10 million. The next year it jumped to \$28 million. Last year, 2020, #GivingTuesday resulted in \$2.47 billion (yes -- BILLION) in giving!

*“This groundswell of giving reaffirms that generosity is universal and powerful, and that it acts as an antidote to fear, division, and isolation,”*  
said Asha Curran, co-founder and CEO of #GivingTuesday, announcing the 2020 results.

### What can YOU do on #GivingTuesday?

The simple answer is GIVE to your favorite nonprofit, but it’s really much more than that. You can use that day to kick-off your own season of generosity whether it’s sharing a smile with a neighbor, donating to a food drive, advocating for the disenfranchised and underserved, or teaching others about the power of giving.

*“...every act of generosity counts and everyone has something to give.”*  
[www.givingtuesday.org](http://www.givingtuesday.org)





# Free-From Gala

A FOOD EQUALITY INITIATIVE NON-EVENT

PARTNERED WITH: Allergy Force

GIVING TUESDAY

Join us for our 2nd annual Free-From Gala:  
A Non-Event by Food Equality Initiative  
on GIVING TUESDAY  
**November 30th!**

In addition to the Non-Event being free-from the top 9 allergens, the Free-From Gala is:

- Free-From the price of the tux you would have rented
- Free-From those stiff, sparkly stilettos
- Free-From parking fees & Uber fares
- Free-From the hair you were going to pull out trying to figure out why Zoom isn't working

**Tickets for the event we're NOT throwing are:**

(Not actual ticket prices, just donation amount suggestions)

**General Admission Non-Ticket: \$60**

\$60 covers the cost of service for an individual for one week.

**GA Couples Non-Ticket: \$225**

\$225 covers the cost of service for an individual for one month.

**A Table of Non-Tickets: \$2700**

\$2700 covers the cost of service for an individual for one year.



**PURCHASE TICKETS**

## OIL: THE INVISIBLE ALLERGEN

Cindy Kaplan

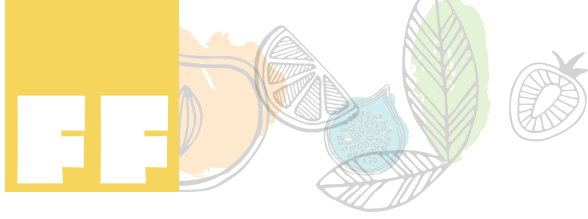
ALLERGY EPISODES

**There are many rich Chanukah traditions, like lighting the menorah (a candle holder with spots for 8 candles), playing the top-spinning game dreidel, and eating foods deep fried in oil, like latkes (potato pancakes) and sufganiyot (jelly donuts).**

**O**il, in fact, is the basis for one of Chanukah's most celebrated miracles -- when the Jews reclaimed their ancient Temple after it was vandalised by the Assyrian-Greeks, they went to light the oil lamps in the Temple's large menorah, an important ritual, but only found enough oil to last one day. Lo and behold, a miracle occurred and the oil lasted for eight days, which is why oil plays a central role in the eight-day holiday.

While I love that there's a holiday dedicated to eating deep fried foods, I have to be very careful about the oils used on Chanukah and year round, because of my food allergies. Traditionally, Chanukah goodies are made with olive oil, as that was the oil used in the Temple. I'm not allergic to olive oil, thankfully. But I am allergic to cottonseed oil, a mainstay in many processed foods, as well as flaxseed, nuts, fish, and avocados, which can all be used to make oils. For many, oils derived from **peanuts**, soy, sesame, corn, or sunflower can pose an issue as well.





## There's nothing simple or straightforward about oils and allergies.

According to the **FDA's labeling policy**, highly refined oils derived from Top 8 (soon to be 9) allergens do not fall under allergy labeling requirements, nor do ingredients derived from those oils. This is because **highly refined oils** do not have enough protein present to trigger an allergic reaction in most food allergic individuals. The key word there, though, is "most." Some individuals may be highly sensitive to even the smallest amount of protein, or may have concerns about the **cross-contact in a peanut oil processing plant** (the facility, after all, will contain peanuts if they're being used to make oil!). It's best to consult your doctor to determine whether or not you or your food allergic family member can safely consume highly refined oils derived from an allergen.

## Refined vs. Unrefined oils

Even if you get your doctor's go-ahead to eat products containing highly refined oils, there are still oils on the market that are not highly refined. It's not always so easy to tell, but some words can clue you in: cold-pressed, expelled, extruded, gourmet, or crude oils are not highly refined. These can contain small amounts of protein and trigger a reaction.

This is where it can get confusing. As food allergy sufferers, we tend to think that ingredients that won't kill us are healthy (for obvious reasons). And the word "refined" typically has a very positive meaning, like someone who is very elegant. So you might think that healthy products or meals prepared by excellent chefs in high-end restaurants would use refined oils. However, **the refining process for oils involves using chemicals to purify the oil** and break it down, and the end result often yields oils that are considered by some to be less healthy and cook poorly at high heats. Many healthy-eating advocates and chefs prefer unrefined oils.



How do you figure out which oil is used in the food you're planning to eat? For packaged food items, you can call the company to see if they can share information on the oils in their product. It's not always easy to get through to a larger company or to get a clear answer, but it's always worth trying. Because highly refined oils are highly processed and cheaper, most major food brands probably use them in their products, but the only way to be sure is to ask. It's also worth noting that since the FDA launched its temporary labeling guidelines due to COVID, companies are able to swap out similar minor ingredients without changing their ingredient labels or notifying consumers of the change. Because "safe-for-me" oils like palm and canola can be swapped out with cottonseed oil, I've avoided most packaged foods since May of 2020, unless they advertise the oil used as a part of their marketing (like "olive oil flavored potato chips").

**Some words can clue you in: cold-pressed, expelled, extruded, gourmet, or crude oils are not highly refined.**

## At restaurants, ask the chef what kind of oil they use.

This is a critical question to ask before you order anything, as oil is an invisible allergen -- the only way you'll know if the food you eat used an oil you're allergic to is by having a reaction, which is not recommended. Make sure you're given a clear response: vegetable oil typically means soybean oil, but it can refer to any oil derived from a vegetable. If you can eat highly refined oils, make sure to find out whether the oil used is highly refined or unrefined. Be sure to ask about oils used in any of the sauces, deep fryer, dressings, or marinades - some chefs might just think about the oil they use to sauté the dish, without thinking about the oils in any packaged items they might rely on.

When you eat a meal prepared by a friend, ask them about the oils they use as well. Most amateur chefs don't think much about the oils they use and they might not realize it's an issue for you. In my case, cottonseed oil is ordinarily sold direct-to-consumer, but it is hidden in a lot of packaged foods, including some brands of margarine. I've found that many of my friends don't realize that margarine is made up of multiple ingredients and oils, as opposed to being its own entity. Similarly, many home cooks don't know that vegetable oil is usually derived from soy, or that rapeseed oil is the proper name for canola oil.

## Check beauty products.

If you're allergic to any oils, you also need to consider beauty and bodycare products. Consult with your doctor to determine the risks for contact with any oils derived from your allergens. If you must avoid certain oils, make sure to read the labels of any shampoos, conditioners, soaps, deodorants, body oils, and lubricants, not just when you're buying them, but also when you go to a salon or spa. Almond oil is increasingly common as skincare products lean into "all-natural" manufacturing, and I've found that avocado oil, one of my allergens, is on the rise in many products.

Oil is one of my most complicated allergens, but it's also one that inspires the most gratitude. I've learned a lot about this seemingly minor ingredient as I've managed my allergies, and I get excited whenever I find a product with safe oils. It feels like a miracle every time. The kind of miracle that's best celebrated with some deep fried goodies.

For Cindy's Latke recipe, go to page #38.



### ABOUT CINDY

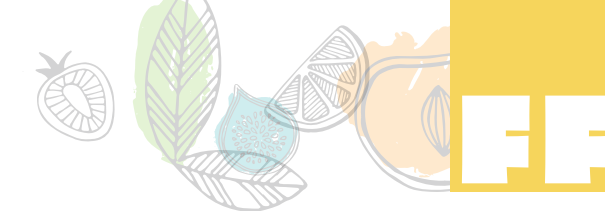
Cindy Kaplan is a writer, producer, and entrepreneur navigating life in Los Angeles. She blogs about life with 35+ allergies at [www.allergyepisodes.wordpress.com](http://www.allergyepisodes.wordpress.com) and <https://medium.com/@cindyf.kaplan>.



# FOOD IS MEDICINE:

## The Vegan Diet

Jora Enge



## Growing up, no one ever expected that one day I would become a vegan.

**E**ven with all the health-conscious efforts of my parents, I was a picky, stubborn kid. Both my parents knew their way around the kitchen, and every dinner my sister and I were treated to a full plate, balanced by the quintessential food pyramid. On the regular, I was served plenty of veggies and fruits, paired with a pork chop, chicken breast, or steak. Occasionally, we made a Subway sandwich run, but stayed away from fast food joints such as McDonald's and the like. But even with a "perfectly balanced plate" put in front of me every night, did I eat a perfectly balanced diet? Not a chance.

### My parents had their hands full.

Because I refused to eat my vegetables, I was regularly suffering from stomach pain. My mother was constantly reaching for the ginger teas and homemade kombucha to ease my ailments. Around the age of 8, the climax of my stomach issues was a trip to the hospital experiencing acute pain. The diagnosis? I was constipated from my efforts of avoiding my daily salad serving. Luckily, I wasn't dealing with any other major health concerns. Needless to say, my mother was less than enthused, which resulted in my forced veggie increase at that time. However, even with my diet being balanced for once, I still was not feeling well. I was tired all the time, my joints were swollen, and my stomach was routinely upset.

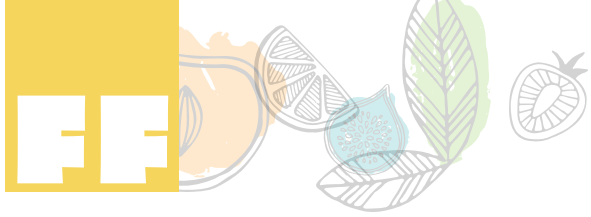
So when I got to college I thought, if I am not feeling well eating the "healthy" food, why don't I try the other stuff? I considered it my first taste of freedom: high fructose corn syrup and beer. I realized you can buy a whole box of twinkies for \$2.99 at the grocery store and the \$19.99 ice cream cake was oh so accessible. I was pulling all-nighters (never thought I would hear that phrase again), while having the erratic diet of a trash panda. I remember those times fondly, mostly because I was still benefiting from a young, fast metabolism. A week of jogging would have me shedding my added on fluff, from my not so great cake and pizza diet.

During this age, food to me was nothing more than a fleeting enjoyment. I didn't care if certain foods were followed by a terrible bloat and many trips to the bathroom. I only cared about the moment of happiness from tearing through Cici's pizza buffets; it was a fleeting fancy that turned my digestive tract into a warzone. I didn't care until my weight became the target for my nutrition decisions.

### But even with a "perfectly balanced plate" put in front of me every night, did I eat a perfectly balanced diet? Not a chance.







## Steak Fajitas

Around the age of 26, my weight started increasing quickly and I felt like I was living in a fog. (And, I couldn't really blame it all on my long-term relationship with my boyfriend at the time.) I'm not really sure if my aches and stomach pain were worse, or if I was just getting fed up being in some form of pain 24/7, but fajita steak quesadillas were starting to hit me a little differently. My usual favorites were beginning to show their true colors in damage to my body.

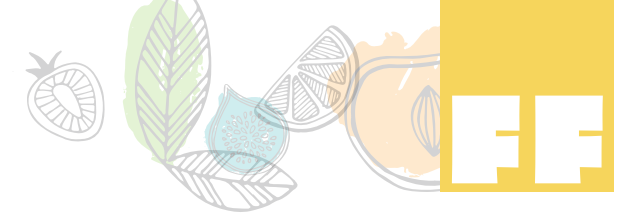
I finally came to the decision that the gym needed to become a new part of my daily schedule. Crash diets began to make an appearance, as I struggled shedding the weight for the first month. I was becoming impatient and at my wits end, the weight was holding on as hard as I held onto my obsession with grilled cheese sandwiches and steak.

No amount of sweat and 3-day diets were doing the trick, so I decided to try a vegetarian diet. I was sure I found the

culprit to all my weight and pain: meat. Once I dropped the meat, I noticed a change: I was not feeling so heavy. Sure, my physical weight stayed the same, but my head no longer felt foggy and I was getting some energy back.

However, it was not enough. I was sure that without meat the weight would start sliding right off. But, it continued to stay put. In replacing meat with more dairy products, my stomach was in a constant state of turmoil, and my joints were inflamed to the point that physical activity became difficult.

One day at work, while complaining of my continuing pains, my coworker suggested, "Try out the vegan diet, just for two weeks, you have nothing to lose." On the contrary, I had my weight to lose! I never thought I would be someone willing to give up my lovely cheddar, but I was desperate. Little did I know the change in my body, after 10 days, would make cheese a distant memory.



## Food Becoming My Medicine

I went all in. I was checking food labels in the store, adding another hour to my shopping trip, just to make sure dairy and eggs never touched my lips for the full two weeks. I saw it as a test of my self-control, and though it was challenging I found a way. Restaurant trips became slightly more complicated, but the flexibility of some great restaurant staff really assisted in this diet becoming a life change. I got back in the kitchen and started experimenting again. I found great ingredient replacements through online research and received millions of recipes from my vegan coworker.

I learned cooking vegan was as easy as replacing one or two ingredients with a similar-tasting choice. Instead of eggs, I was using flax seeds, pumpkin puree, or coconut oil. Instead of dairy, I grabbed avocado, miso paste, and nutritional yeast for the creamy cheesy taste.

The results? The weight finally started sliding off, my joints felt brand new, and my mind regained a very distinct clarity. After just two weeks, I felt like I was placed into a new body. Excitement was an understatement; I felt like I finally got that click that I had been waiting for. I was never officially diagnosed with a food-related illness, but I finally accepted that me and animal products just weren't supposed to work out. No matter how many times I tried to make that relationship work, we weren't meant to be.

My newfound health opened my mind to so many possibilities, and instead of mourning my loss of meat, dairy, and eggs, I was celebrating and exploring a new world

**If you listen to your body and give it what it needs, food can be the most powerful medicine.**

of food: sushi avocado rolls, Taco Tuesdays, and delicious baked goods. I don't feel like I'm missing out; the payoff of feeling comfortable in my own body is so much greater than missing a 5-minute, mouth-heaven moment. Plus, with so many small food brands emerging with options for diet restrictions, like vegan or gluten free, there are so many options to feed my big foodie heart and soul.

As I've grown into my 30s, my eating habits have become more informed and refined. I occasionally deal with stomach issues, but it has become easier to pinpoint and eliminate the issue as I have learned to listen to my body. Contrary to popular belief, adapting a healthy vegan diet only made me love food more.

So from one foodie to another, if you are not careful, food can be a drug. But if you listen to your body and give it what it needs, food can be the most powerful medicine.

For Jora's Cashew Cheese recipe, go to page #36. For Jora's favorite Vegan Eggplant Parmesan recipe, go to page #34.



### ABOUT JORA

Vegan diet foodie, Jora Enge is a pursuer of good food and healthy options. Jora is a Dallas photographer for clients needing anything from product photography to portraits and events. Being in the utmost physical health is important to keep up with clients and day-to-day schedules.





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[www.foodequalityshop.threadless.com](http://www.foodequalityshop.threadless.com)



# A Story of Tamales

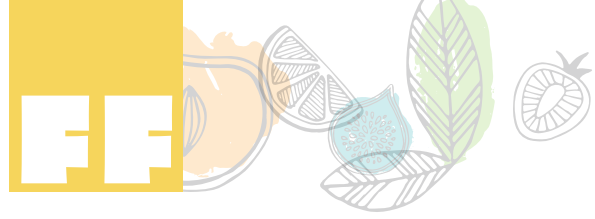
Kimberly Colula

En Español También



For a tamale recipe, go to page #32.





# Latin America is a large, diverse region, full of rich cultures, ancient traditions, and delicious food.

## Hispanic Heritage Month

**T**here are the pupusas from El Salvador, a fried handmade corn tortilla stuffed with cheese, beans, or pork. Arroz con gandules from Puerto Rico which is fried rice mixed with pigeon peas and pork. Honduras has carne asada, a popular barbecued meat dish. A traditional Guatemalan meat stew is called pepian. Then, we have my personal favorite, the classic Mexican tamales.

Growing up in the United States, we sometimes do not realize the identity crisis most Hispanic and Latinx young people go through. Moments like Hispanic Heritage Month are a time when part of our identity is not suppressed but celebrated. It not only gives us a sense of pride, but also allows us to gain confidence in being able to create spaces wherever we go in our endeavors. Hispanic Heritage Month becomes an opportunity to share with others and empower your community members in the rich diversity of Hispanic and Latinx food and culture.

## My Food Story

My parents come from humble beginnings, they both grew up in small, rural agricultural towns in Puebla, Mexico where they worked all week caring for their farmland and animals and had small simple meals that consisted mainly of beans, tortillas, and to spice things up, a good salsa. When there was a big celebration like a marriage or a birthday, they would eat festive dishes like mole (a sauce consisting of a variation of dried peppers and spices like cinnamon and cloves, served with either chicken or turkey and rice), pozole (a stew made of hominy and pork), and of course tamales.

My parents, loyal to their culture, made sure my siblings and I were exposed to these important dishes growing up in the United States. Our everyday meals would be simple meals prepared with fresh ingredients and from scratch everyday. They would range from eggs sauteed with tomatoes and slices of jalapenos to boiled beans with herbs like epazote, “gorditas” which are thick handmade tortillas topped with salsa and cheese and served with rice.

Sharing a meal together as a family everyday was my parents’ way of teaching my siblings and I the value of sharing with others the fruit of your work. For us, the food we ate was like a form of communication stating ‘this is what I have, it may not be much, but I share it with you with love.’



## When tamales were on the menu, I knew something important was going on.

Food always brought us together through the good or the bad. For my family, our favorite traditional meal is tamales. If you got a new job, there were tamales to celebrate. If you earned good grades in school, there were tamales for you. If there was a birthday, it’s a great excuse to gather and have tamales. If there was a loss in the family, tamales were shared to comfort. When fundraising was needed, we would sell what we knew best: tamales.

Depending on which region of Mexico you are in, tamales come in different colors, shapes and sizes. The wrapping needs to be resistant, flexible, and most importantly, accessible- because when you are making tamales, you are making a lot of them. The main wrappings used are corn husks or banana leaves. The tamale dough consists of nixtamalized corn (corn that has been soaked in limewater). And the filling is traditionally a meat with either a green or red sauce depending on your combination of ingredients, like dried red peppers, green jalapenos, and green or red tomatoes. Honestly, the possibilities of fillings are endless. I have eaten tamales filled with black beans, deer meat, traditional mole, jalapenos slices, and cheese.

Tamales can also be eaten as a dessert. A popular variation of tamales is where you add sugar or condensed milk to sweeten the dough along with an optional food coloring (usually pink) for aesthetic purposes. The filling can be a variation of raisins, pineapple, nuts, and coconut. These are traditionally wrapped in corn husks.

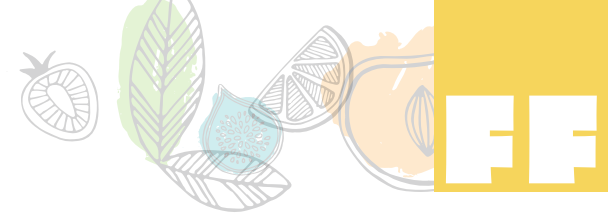
Making tamales takes a lot of work. You need time and patience to make and wrap each of them individually and then wait for them to cook. So the joy and excitement that comes afterwards with sharing a piece of my heritage with others and seeing how they enjoy them brings a fulfilling feeling to me personally.



## Something for everyone.

Something great about tamales is that they are naturally gluten free and they can be vegan friendly by filling them with your favorite veggies or beans. Food allergies among children of all races or ethnicities are increasing in the United States. In order to share our dishes with others, we can list the ingredients used for each dish so that they are clearly visible for our food allergy community members navigating through what to eat. When preparing meals try to be conscious about cross contamination by washing utensils between uses. Although in reality we are not going to be able to accomodate everyone we can be aware and educate ourselves about common dietary restrictions like what gluten free means and not be shy about getting to know if your guests have dietary restrictions so that we can also accommodate them and make them feel welcome and included.

Our culture is beautiful, we are a joyful heritage full of love and known for its hospitality. Together we can work towards creating more inclusive environments for our food allergy community, so there is something for everybody. And, that in itself is a celebration.





# Una historia de tamales

Kimberly Colula

**América Latina es una región grande y diversa, llena de ricas culturas, tradiciones ancestrales y comida deliciosa.**

## Mes de la Herencia Hispana

**T**enemos las pupusas de El Salvador, son una tortilla de maíz frita, hecha a mano, rellena de queso, frijoles o chicharrón. Arroz con gandules de Puerto Rico que consiste en arroz frito mezclado con gandules y carne. Honduras tiene su carne asada, un platillo popular de carne a la parrilla. El pipián es un guiso de carne tradicionalmente guatemalteco. Y luego tenemos mi preferencia personal, los clásicos tamales mexicanos.

Al crecer en los Estados Unidos, a veces no nos damos cuenta de la crisis de identidad que atravesamos la mayoría de los jóvenes hispanos y latinos. Momentos como el Mes de la Herencia Hispana son momentos en los que parte de nuestra identidad no se suprime sino que se celebra. No solo nos da un sentido de orgullo, sino que también nos permite ganar confianza en poder crear espacios dondequiera que vayamos. El Mes de la Herencia Hispana se convierte en una oportunidad para compartir con otros y empoderar a los miembros de su comunidad en la rica diversidad de comida y cultura hispana y latina.

## Mi historia de comida

Mis padres provienen de orígenes humildes, ambos se criaron en pueblos pequeños en Puebla, México, donde el trabajo cotidiano trataba de cuidar sus tierras de cultivo y animales. Ellos comían pequeñas comidas simples que consisten principalmente en frijoles, tortillas y para condimentar las cosas, una buena salsa. Cuando había una gran celebración como un matrimonio o un cumpleaños, comían platillos festivos como el mole (una salsa que consiste en una variación de chiles secos y especias como canela y el clavo, servida con pollo o pavo y arroz), pozole (un caldo de maíz y carne de puerco), y por supuesto los tamales.

Mis padres, leales a su cultura, se aseguraron de que mis hermanos y yo fuéramos expuestos a estos platillos fundamentales mientras crecíamos en los Estados Unidos. Nuestras comidas diarias eran comidas sencillas recién preparadas con ingredientes frescos. Variando entre huevos rancheros con jitomate y rajas de chile, frijoles de olla con hierbas como el epazote, las gorditas que son tortillas gruesas hechas a mano preparadas con salsa y queso.

Al compartir una comida en familia todos los días, mis padres nos enseñaron a mis hermanos y a mí el valor de compartir con los demás el fruto de tu trabajo. Para nosotros la comida que compartimos era como una forma de comunicación que decía “esto es lo que tengo, puede que no sea mucho, pero lo comparto contigo con amor”.

## Quando había tamales era porque había algo importante

La comida siempre nos unió a través de lo bueno o lo malo. Para mi familia, nuestra comida tradicional preferida son los tamales. Si conseguiste un nuevo trabajo, había tamales

para celebrar. Si sacabas buenas notas en la escuela, había tamales para ti. Si era tu cumpleaños, era un buen pretexto para reunirse y comer tamales. Si había una pérdida en la familia, los tamales se compartían para consolar. Cuando se necesitaba recaudar fondos, vendíamos lo que mejor sabíamos: tamales.

Dependiendo de la región de México en la que se encuentre, los tamales vienen en diferentes colores, formas y tamaños. La envoltura debe ser resistente, flexible y lo más importante, accesible, porque cuando estás haciendo tamales, es probable que vas a hacer bastantes. Las envolturas principales que se utilizan son hojas de maíz u hojas de plátano. La masa de tamales se compone de maíz nixtamalizado (maíz empapado en agua de cal). Y el relleno es tradicionalmente una carne con salsa verde o roja, dependiendo de su combinación de ingredientes, como chiles rojos secos, jalapeños verdes y tomates verdes o rojos. Honestamente, las posibilidades del relleno son infinitas. He comido tamales rellenos de frijoles negros, carne de venado, mole tradicional y rajas con queso.

Los tamales también se pueden comer como postre. Una variación popular de los tamales en donde se agrega azúcar o leche condensada para endulzar la masa junto con un colorante alimentario opcional (generalmente rosa) con fines estéticos. El relleno puede ser una variación de pasas, piña, nueces y coco. Estos se envuelven tradicionalmente en hojas de maíz.

Hacer tamales requiere mucho trabajo. Se requiere de tiempo y paciencia para hacer y envolver cada uno individualmente y luego esperar a que se cocinen. Así que la alegría y la emoción que viene después al compartir una parte de mi herencia con los demás y ver como los disfrutan, personalmente me da un sentimiento de satisfacción.

## Algo para todos

Algo genial de los tamales es que son naturalmente libres de gluten y pueden ser aptos para veganos si los llenas de tus verduras o frijoles favoritos. Las alergias alimentarias entre los niños de todas las razas o etnias están aumentando

en los Estados Unidos. Para compartir nuestros platillos libremente con los demás, podemos enumerar los ingredientes utilizados para preparar cada platillo y así sean claramente visibles para los miembros de nuestra comunidad con alergias alimentarias al navegar y decidir que van a comer. Al preparar las comidas, trate de ser consciente de la contaminación cruzada lavando los utensilios entre usos. Aunque en realidad no vamos a poder complacer a todos, podemos ser conscientes y educarnos sobre las restricciones alimentarias comunes, por ejemplo entender lo que significa sin gluten, no sea tímido y pregunte si sus invitados tienen restricciones alimentarias para que también sea posible acomodarlos y hacer que se sientan bienvenidos e incluidos. Nuestra cultura es hermosa, somos una herencia alegre, llena de amor y conocida por su hospitalidad. Juntos podemos trabajar para crear entornos más inclusivos para nuestra comunidad de alergias alimentarias, para que haya algo para todos. Y eso en sí mismo es una celebración.



### ABOUT KIMBERLY

Kimberly attended Kansas City University of Medicine and Biosciences and received a masters in Biomedical Sciences. She loves to hike, read, and learn about new ways to empower communities.

Kimberly asistió a la Universidad de Medicina y Biociencias de Kansas City y recibió una maestría en Ciencias Biomédicas. Le encanta caminar, leer y aprender sobre nuevas formas de empoderar a las comunidades.





# PAINTED ROCK MASTERPIECE

A Craft You'll Be Thankful You Did

Zoë Slaughter

INVISIBLY ALLERGIC

**Do you want to have some fresh and fun decorations for your friends and family to admire?**

Put on your creativity hat and head outside for a moment! Many of us have a variety of objects you can paint and use as home decor available right outside of our front doors. Pick up some rocks that fit nicely in the palm of your hand. I suggest grabbing at least 5-6.

Next, we're going to paint our rock collection. Grab some acrylic paint, and pick your color palette. Might I suggest a fall theme, or a metallic color to give it some wow-factor? Personally, I love trying to paint simple insects, leaves, or pumpkins! The options are endless, but don't let that intimidate you! I have included some fun painted rocks as inspiration. If you're brave and have it on-hand, you can even use glue and glitter to create another layer of texture to your art! Whatever your method is, after you're finished, you can enjoy these items for months to come! Happy scavenging and crafting this holiday season!

**W**ell, I suggest this activity; once you're done with this craft, you'll have a creative and original centerpiece for your holiday table.

## Some creative ideas to get you going!





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# RECIPES!

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# Peruvian Chicken Minestrone

Dulcebella

Makes 6 servings



## INGREDIENTS

4 Boneless chicken pieces, breasts or thighs  
 1 Onion, diced  
 3-4 Tbsp Cooking oil  
 2-4 Garlic cloves, minced  
 2 Anaheim or jalapeno chilies, diced  
 1 cup Basil, fresh  
 Salt, to taste  
 1 tsp Black pepper  
 ½ tsp Cumin  
 1 cup Water  
 36 oz Broth (Proper Good Chicken or Kettle and Fire)  
 ½ cup Lima beans, frozen  
 1 cup Mixed vegetables, frozen  
 20 oz Pinto beans (2 bags of A Dozen Cousins Mexican Cowboy Pinto Beans or 2 cans of your choice beans)  
 2 Medium potatoes, peeled and cubed  
 6 oz Gluten-free shells (Banza or the pasta of your choice)  
 Proper Good Spicy Seasoning or other spice seasoning, to taste

## DIRECTIONS

- Get all your ingredients ready:
  1. Mince the onions and the garlic
  2. Cut the chili peppers. You can take the seeds out if you don't want it to be too spicy
  3. Peel and cube the potatoes
  4. Remove the skin from the chicken
  5. Wash and rinse the basil.
- In a soup pot over medium heat, add oil then add onions. Stir until lightly browned. Then, add the garlic, salt, pepper, cumin, basil, and chilis and keep stirring until the garlic browns.
- Blend in the onion mix with water and bring it back to boil. Reduce heat and let simmer. Let it simmer in medium heat until it forms a paste. Stir constantly to prevent burning.
- Add the chicken broth and chicken. Put the lid on the pot and let the chicken cook for 45 min to 2 hours on a medium-low heat.
- After the chicken is cooked, add the potatoes, beans, and frozen lima beans. Let it come to a boil again. Reduce heat to simmer for 20 minutes.
- Add the mixed vegetables, the shells pasta, and the seasonings. Stir to prevent the pasta from sticking to each other. Put the lid on again and let it cook for 6 min or until the pasta is ready. Serve hot.





# Menestron de Pollo Peruano

## Dulcebella

Rinde 6 porciones



### INGREDIENTES

4 Piezas de pollo sin hueso  
 1 Cebolla picada en cuadritos  
 3-4 Cucharadas de aceite  
 2-4 Dientes de ajo picado  
 2 Chiles anahein o jalapeño picados  
 1 Taza de hojas de albahaca  
 ½ Cucharada de sal  
 1 Cucharita de pimienta negra molida  
 ½ Cucharita de comino molido  
 1 Taza de agua.  
 ½ Taza de habas (lima beans)  
 1 Taza de vegetales mixtos congelados  
 2 Bolsas de frejoles A dozen Cousins Mexican Cowboy Pinto Beans o 2 latas de frejoles de su preferencia.  
 2 Papas peladas y cortadas en cubos  
 6 Oz. de Pasta sin gluten como penne ó cualquier pasta de su preferencia  
 36 Oz. Caldo de pollo de marca Proper Good Chicken broth, Kettle and Fire ó agua.  
 ½ Cucharita de sazónador Proper Good Spicy Seasoning

### PREPARACIÓN

- Prepara todos los ingredientes:
  1. Pica la cebolla y los ajos,
  2. Pica los chiles en trozos. Si no quieres que piquen quítales las semillas
  3. Pela y pica las papas,
  4. Limpia las piezas de pollo y remueve la piel,
  5. Lava y escurre la albahaca.
- En una olla para sopa pon a calentar el aceite y dora la cebolla por 2 min sin dejar de mover. Luego agrega el ajos, la sal, la pimienta, el comino y la albahaca. Sigue moviendo por 1 o 2 min mas hasta que se dore el ajos.
- Licua la mezcla de cebolla, ajos y albahaca con 1 taza de agua y regrezalo a la olla a que se continúe cocinando a fuego medio hasta que se forme una pasta. Cuidado: no dejes de moverlo porque se puede quemar.
- Anade las piezas de pollo y el caldo de pollo. Tapa la olla y dejalo cocinar a fuego medio-bajo por al menos 45 minutos o hasta 2 horas.
- Agrega las papas, los frejoles, las habas y dejalo que se cocine a fuego lento por otros 20 minutos.
- Agrega, los vegetales congelados, el sozonador y la pasta. Mueve todo para evitar que algo se pegue. Vuelve a tapar la olla y dejalo cocinar a fuego bajo por 6 min o hasta que la pasta este cocida. Sirve caliente.







## SWEET POTATO HONEY CORNBREAD CAKE

Gristle & Gossip



**Who doesn't love cornbread and cake? This recipe combines the best of both worlds, and it's gluten-free. As my recipe calls for a few different ingredients, the outcome was more cake-like than crumbly, mealy cornbread. The result is just as delicious as your grandmother's!**

Cornbread and sweet potato-based recipes are very popular during the Fall months. Usually, around late October/November, everyone is sharing their family recipes for cornbread. This is my first attempt at making a GF version of something with such a specific texture. The light and crumbly texture of cornbread is very distinct.

My sweet potato honey cornbread cake recipe produces a soft, slightly sweet, and moist cake. Making it the perfect side dish or after-dinner treat. My husband and I enjoy it for breakfast with our coffee and tea.

### INGREDIENTS

- 1 cup Gluten-free flour Bob's Red Mill 1 to 1
- 1 cup Cornmeal
- ½ cup White sugar
- 1 tsp Cinnamon
- ½ Tbsp Baking soda
- ½ Tbsp Baking powder
- ¼ cup Unsweetened applesauce replaces 1 egg
- 1 cup Full fat coconut milk chilled
- ½ tsp Salt
- ½ cup Plant-based butter melted
- 2 cups Sweet potato puree canned or fresh
- ⅓ cup Honey

### DIRECTIONS

- If using fresh sweet potatoes you will want to bake them at 400° for 30 minutes. Once they are cooled puree them in a blender and measure out two cups for your recipe. Any leftover potatoes can be frozen for up to a month or refrigerated for 1-2 weeks.
- Preheat oven 375° F and spray cake pan with coconut oil.
- Blend together dry ingredients (gluten-free flour, cornmeal, sugar, baking powder, baking soda, salt, and cinnamon).
- Add in wet ingredients starting with sweet potato. Mix applesauce, melted plant-based butter, and honey. Lastly, add the dairy-free milk.
- Pour mixture into greased 9-inch cake pan.
- Bake at 375° for about 40 - 45 minutes. Insert a toothpick into the middle of the cake to check for doneness.





# GLUTEN-FREE SOURDOUGH STUFFING WITH SAVORY CHICKEN

Renia Butler - Gristle & Gossip

Prep Time: 10m

Cook Time: 45m

Servings: 8



This delicious gluten-free sourdough stuffing is the perfect addition to your holiday dinner table. Made with gluten-free sourdough bread, chopped chicken, and tons of fresh herbs. In addition to being gluten-free, this holiday stuffing is also dairy-free, soy-free, and egg-free. If you've ever wanted to try sourdough bread in a unique and creative way, this is the recipe for you. This allergen-free stuffing is so scrumptious your family and friends will never know it's gluten-free!

## INGREDIENTS

1 loaf Gluten-free Bread SRSLY sourdough bread (or 8 cups of bread cubes) Dried and chopped into cubes  
 1½ Butternut squash chopped into cubes  
 2 cup Chicken broth {vegetable broth - vegan option}  
 1 cup Fresh cranberries  
 ½ cup Plant-based butter (soy-free) (I like Melt or Earth Balance )  
 1 cup Celery (about 3 stalks), diced  
 1 cup Onion, diced  
 6 Garlic Cloves, minced  
 2 tsp Fresh parsley, finely chopped  
 2 tsp Fresh thyme, finely chopped  
 2 tsp Fresh sage, finely chopped  
 2 tsp Fresh rosemary  
 1 Tbsp Cajun seasoning  
 1 Tbsp Salt-free Italian medley, herb seasoning  
 salt & pepper to taste  
 1 cup Chicken (optional) cooked and chopped

## DIRECTIONS

- Preheat oven to 425° and prepare 4 QT pyrex baking dish by spraying with non-stick coconut oil.

### PREPPING BREAD CUBES:

**Dried bread is required for this recipe. If your bread is not completely dry follow this step.**

- Bake your bread cubes for 25 minutes at 225° on a parchment-lined baking sheet.

### PREPARE YOUR VEGETABLES

- Dice your fresh onion and celery. Set aside.
- Chop the butternut squash into cubes. Set aside.
- Mince your fresh garlic, and finely chop your fresh parsley, sage, thyme, and rosemary. Set aside.
- In a large skillet, melt your butter over medium heat. Add your onions and celery for 5 minutes. Vegetables should be soft and translucent. Sprinkle with a pinch of salt.
- Stir in herbs, seasoning, and garlic. Saute for 3 minutes until fragrant.
- Stir in butternut squash and saute for 5 minutes, ensuring that squash is coated in butter and herbs.
- Add bread cubes and mix until evenly coated with butter and herbs. Season with salt and pepper.
- Add chicken broth (or veggie broth) and chopped chicken (optional) to the pan and stir until broth is fully absorbed by the bread. About 3-4 minutes.
- Turn off the heat and stir in fresh cranberries.
- Transfer the stuffing mixture into the large baking dish and top with salt and pepper. Bake for 30 minutes, covered. Then remove the foil covering and bake for an additional 15 minutes.







# HOT TAMALES USING CORN FLOUR

Mely Martínez - Mexico in my Kitchen

**Prep Time: 45m**

**Cook Time: 1 hr**

**Servings: 16 Tamales**



## INGREDIENTS

### For the Dough

3 cups Of masa harina for tortillas

1 ½ cup of Lard

2 ½ cups Of the broth where you cooked the meat

1 tsp Of baking powder

Salt if needed, broth has already salt added

### For the Meat

¾ Pound of pork shoulder cut into cubes

2 Garlic cloves

¼ White onion

1 Bay leaf

4 cups Of water

1 tsp Of salt

### For the Sauce

2 Ancho Peppers, cleaned, deveined, and seeded

3 Guajillo Peppers, cleaned, deveined, and seeded

2 Small garlic cloves

½ tsp Of fresh ground cumin seeds

1 Tbsp Of vegetable oil

Salt and black pepper to season

16 Large corn husks plus more for the steaming pot

## DIRECTIONS

- In a medium-size pot, combine the pork meat, garlic, onion, bay leaf, and 1 teaspoon of salt. Cover with the water. Bring to a boil, reduce heat. Simmer partly covered, occasionally skimming and discarding fat from surface, about 1 hour or until meat is tender enough to shred. Remove onion, garlic, bay leaf, and discard. Skim the broth and when the meat is cool enough to handle, shred into bite-size pieces and set aside.
- While the meat is cooking, soak the dry peppers in a medium-size pot with warm water for about 20 minutes. Drain the peppers and place in the blender with the garlic cloves, cumin, and ½ cup of water. Process until you have a smooth sauce. Heat the vegetable oil in a medium-size skillet over medium heat, add the dry peppers sauce, 1 cup of the meat broth and cook for 8 minutes. Add shredded pork and season with salt and ground black pepper. Add more broth if needed. Simmer until heated through, about 5 more minutes.
- Place corn husks into a large bowl or pot. Pour enough boiling water over the husks to cover. Place a metal lid or heatproof dish on the husks to keep them submerged. Soak for about 45 minutes. Remove, drain, and set aside.
- In a large bowl, beat the lard by hand or with an electric mixer until it is light. Add baking powder and the masa-harina and gradually the stock until dough is very light. If your dough looks dry add more broth or water. Taste and add salt if needed.
- Continue to beat until dough is well combined, light and smooth. To make sure your dough is light enough, place a small amount in a glass

with water. It will float when it's ready.

- Now comes the fun part: assembling the tamales. Place a small amount of the dough in the center of a corn husk. Using the back of a spoon spread the dough and top it with 1 ½ tablespoons of the meat filling. Fold the sides of the husks. Fold bottom toward the center. Place tamales standing up in your already prepared tamale steamer cover with a layer of corn husks and a dish towel, cook for 1 hour and 15 minutes. Add more water to the steamer if needed during that time. For more pictures and instructions to assemble and cooking the tamales check this post "Chicken in green sauce Tamales"
- To check for doneness, remove one of the tamales and if the husk can easily be removed from the dough, they are ready. But if the dough sticks to the husk, place back into the pot and cook for 15 more minutes.

Enjoy with a warm cup of Atole.

If you don't eat pork, take a look at this recipe for [chicken tamales in green salsa](#).





# TAMALES CON HARINA DE MAÍZ

Mely Martínez - México en mi Cocina

Prep Time: 45m

Cook Time: 1 hr

Servings: 16 Tamales



## INGREDIENTES

### Para la masa

3 tazas Harina de maíz para Tortillas o 750 gramos de masa fresca

1 - ½ taza de manteca de cerdo

2 - ½ tazas de caldo donde cocinaste la carne. Si usas masa fresca vas a necesitar menos caldo.

1 cucharadita de polvo para hornear

Sal si es necesario el caldo ya ha añadido sal

### Para la carne

500 gramos carne cerdo cortado en cubos.

2 dientes de ajo

¼ cebolla blanca

1 hoja de laurel

4 tazas de agua

1 cucharadita de sal

### Para la salsa

2 chiles Ancho limpios sin semillas y desvenados.

3 chiles Guajillo limpios sin semillas y desvenados.

2 dientes de ajo pequeños

½ cucharadita de semillas frescas de comino molido

1 cucharada de aceite vegetal

Sal y pimienta negra a la temporada

16 hojas de maíz grandes y algunas de más para la olla de vapor

## PREPARACIÓN

### Para la salsa

- En una olla de tamaño mediano, coloca la carne de cerdo, el ajo, la cebolla, la hoja de laurel y 1 cucharadita de sal. Cubra con el agua. Lleva a ebullición, luego reduce el fuego. Cocina a fuego lento parcialmente cubierto, de vez en cuando quita la espuma que se forma en la superficie del caldo y desecha la grasa de la superficie, cocina aproximadamente 1 hora o hasta que la carne esté lo suficientemente suave como para deshebrar. Retira la cebolla, el ajo, la hoja de laurel y deséchela. Cuela el caldo y cuando la carne esté lo suficientemente fría como para manejar desmenuzarla en trozos de tamaño bocado y deja a un lado.
- Mientras la carne se está cocinando. Remoja los chiles secos en una olla de tamaño mediano con agua tibia durante unos 20 minutos. Escurra y coloca en la licuadora con los dientes de ajo, el comino y ½ taza de agua de remojo. Calienta el aceite vegetal en una sartén mediana a fuego medio, agrega la salsa de chiles secos, 1 taza de caldo de carne y cocine durante 8 minutos. Agrega la carne de cerdo desmenuzada y sazone con sal y pimienta negra molida. Añada más caldo si es necesario. Cocina a fuego lento hasta que se caliente, unos 5 minutos más.
- Coloca las hojas de maíz en un tazón o recipiente grande. Vierta suficiente agua hirviendo sobre las hojas para cubrirlas. Coloca una tapa de metal o plato resistente al calor en las hojas para mantenerlas sumergidas. Remoja durante unos 45 minutos hasta que estén suaves y se puedan doblar fácilmente. Retira, escurre y reserva.
- En un tazón grande, bate la manteca con la mano o con una batidora eléctrica hasta que

esté muy esponjosa y ligera. Añada el polvo de hornear y la harina de maíz y poco a poco la masa hasta esta sea muy ligera. Si la masa parece seca agrega más caldo o agua. Prueba y añade sal si es necesario.

- Continúe batiendo hasta que la masa esté bien mezclada, ligera y suave. Para asegurarte de que su masa sea lo suficientemente ligera, coloca una pequeña cantidad en un vaso con agua. Flotará cuando esté lista.
- Ahora viene la parte divertida, armar los Tamales. Coloca una pequeña cantidad de la masa en el centro de una hoja de maíz. Usando la parte posterior de una cuchara esparce la masa y colocas 1 ½ cucharada del relleno de la carne. Dobla los lados de las cáscaras y dobla la parte inferior hacia el centro. Coloca los tamales de pie en su ya preparada olla de vapor, cubra con una capa de hojas de maíz y una servilleta de cocina, cocina durante 1 hora y 15 minutos. Añada más agua a la olla de vapor si es necesario durante ese tiempo.
- Para comprobar que ya esten cocinados, retira uno de los tamales y si la hoja de maíz se puede quitar fácilmente de la masa estarán listos.
- Pero si la masa se pega de la hoja, llévalo de nuevo a la olla y cocina durante 15 minutos más.

Sirva con una taza caliente de Atole.







## VEGAN EGGPLANT PARMESAN

### Minimalist Baker

**Prep Time:** 45m

**Cook Time:** 30m

**Servings:** 2



### INGREDIENTS

1 medium Eggplant (as narrow as possible)  
 1/4 cup Unbleached all-purpose flour (or other flour of choice – GF for gluten-free eaters)  
 1 cup Panko bread crumbs (GF for gluten-free eaters)  
 2 Tbsp Vegan parmesan (plus more for serving // or substitute 1 Tbsp nutritional yeast per 2 Tbsp vegan parmesan)  
 1 tsp Dried oregano (or substitute 2 tsp fresh per 1 tsp dried)  
 1/4 tsp Sea salt  
 1/2 cup Unsweetened plain almond milk (or other neutral milk)  
 1 tsp Cornstarch  
 2 Tbsp Olive oil (or sub avocado oil)

### PASTA + SAUCE

8 ounces Pasta (such as linguini, but any kind will do, including veggie noodles or gluten-free)  
 2 cups Marinara sauce

### DIRECTIONS

- Slice eggplant into thin rounds slightly less than 1/2 inch thick, and sprinkle each side liberally with sea salt. Arrange in a circular pattern in a colander and place in the sink to draw out the bitter taste of the eggplant.
- Let rest for 15 minutes, then rinse and arrange on a clean absorbent kitchen towel. Top with another clean dish towel and lay a baking sheet

on top. Place something heavy on top, such as a cast iron skillet, to thoroughly dry for at least 10 minutes.

- In the meantime, preheat oven to 400° F (204 C) and line a baking sheet with foil and spritz with nonstick spray. Also, if making pasta, bring water to a boil in a large saucepan.
- Prepare your dipping stations by placing almond milk + cornstarch in one bowl; flour in another bowl; and bread crumbs + sea salt + oregano + vegan parmesan (or nutritional yeast) in another bowl.
- Once thoroughly dry, dip eggplant slices in flour, then milk mixture, then breadcrumbs. Arrange on the baking sheet and pop in oven to bake for a total of 20-30 minutes.
- **IMPORTANT STEP:** While the eggplant is in the oven, bring a large skillet to medium heat. Once hot, add 2 Tbsp olive oil (or sub avocado oil // amount as original recipe is written // adjust if altering batch size) and pull 3-4 eggplant rounds out of the oven at a time and sauté to give them extra crisp and texture. Cook for about 2 minutes on each side (or browned) and then return to oven to continue crisping. Do this in batches until all rounds are browned.
- While eggplant is browning and in the oven, prepare marinara. I prefer adding my tomato sauce and spices to a serving bowl and microwaving to warm, but you could also heat it on the stove. Set aside.
- Once done cooking, drain pasta and cover with a towel to keep warm. Set aside.
- To serve: Plate pasta and eggplant slices. Put the marinara in a dish as a dipping sauce. Additional vegan parmesan cheese makes an excellent topper.
- Leftovers don't really reheat well, so it's best when fresh. See notes for additional tips on crispy eggplant!

\*Disclaimer: The recipes included in the Free-From Magazine are suggestions. They may not be free-from all Top 9 allergens. Please read carefully and make any substitutions that are necessary for your diet. Consult your doctor if you have questions or concerns. NOTE: Cooking is a science experiment and some ingredient substitutions may not produce the same results.







## CASHEW CHEESE SAUCE

Jora Enge



### INGREDIENTS

- 1 cup Raw cashews, soaked for 1 hour or overnight)
- 2 cups Hot water
- 1/2 cup Oil (Vegetable oil or grapeseed)
- 1 Tbsp Lemon juice
- 2 Tbsp Red bell pepper, chopped
- 1 cup Nutritional yeast 1 1/2 tsp Sea salt
- 1/2 tsp Onion powder
- 1/2 tsp Garlic
- 3/4 tsp Cumin
- 3/4 tsp Chili powder
- 1-2 tsp miso paste, optional for extra cheesy flavor

### DIRECTIONS

- Combine all ingredients in a blender or food processor. Then, cook the mixture in a saucepan on low heat for 10-15 minutes. Stir often.
- Can be stored in fridge for up to 4 days.

#### Ways to enjoy this cheesy sauce!

- Nacho cheese sauce - pour over corn tortilla chips and pile on your favorite nacho toppings
- Queso - you can add rotel and ground beef and keep it warm in a crockpot
- Veggie dip
- Bread dip
- Fondue







## LATKE RECIPE

Cindy Kaplan

Servings: 4



### INGREDIENTS

6 Medium Yukon gold potatoes, boiled until a fork can easily go through  
 3 Eggs  
 Salt & pepper, to taste  
 Extra virgin olive oil (or whatever oil you can have!)

### DIRECTIONS

- Chop potatoes into chunks and place in food processor. Process until soft and mushy, like the texture of applesauce. Transfer to a bowl. Add in 3 eggs and stir until smooth and thick (depending on size of potatoes, you may need to add an extra egg.) The texture should look like batter. Add salt and pepper to taste.
- Heat oil in frying pan on medium-high heat. The entire base of the pan should be covered in a thin layer of oil. When sizzling, add spoonfuls of batter to pan. Heat 2-3 minutes on each side, until golden brown. Transfer to paper-towel lined plate to drain.
- Serve plain or with applesauce or sourcream.







## Cinnamon Apple Muffins

Rustic Scoop



### INGREDIENTS

- 1 Rustic Scoop™ pancake and waffle mix
- 1 cup Granulated sugar (we prefer coconut sugar)
- 2 tsp Ground cinnamon
- ½ cup Butter, or alternative butter of choice
- ½ cup Unsweetened applesauce
- 1 cup Milk of choice
- ½ cup Egg whites, 6 Tbsp Aquafaba (garbanzo bean water), or powdered egg replacer for 2 eggs
- 2 tsp Vanilla extract
- 2 Apples, peeled and chopped into small cubes

### Crumble Topping

- 1 cup Gluten-free oats
- ½ cup Coconut sugar
- 1 tsp Ground cinnamon
- 6 Tbsp Butter of choice, chilled

### Cinnamon Vanilla Glaze

- 1 ½ cups Powdered sugar
- 2 tsp Milk of choice, or to desired thickness
- ¼ tsp Salt
- ½ tsp Vanilla extract
- ½ tsp Ground cinnamon

### DIRECTIONS

- Peel and slice apples, chop them into small cubes, and place them in a bowl of water with 1-2 teaspoons of lemon juice. (The lemon juice helps them to not brown, but is not required for the recipe.)
- Preheat your oven to 350° F. Prepare muffin pan and spray 18 muffin papers with non-stick spray (avocado oil doesn't work) or a bread loaf pan with non-stick spray.

- In the bowl of a stand mixer, put the Rustic Scoop™ Pancake and Waffle Mix, sugar, and cinnamon. Mix on medium speed until well combined.
- Next, add the butter and mix on medium speed until the butter is in small pea sized pieces.
- Add the rest of the liquid ingredients and mix on medium speed until well combined.
- Drain your chopped apples, pat them dry with a paper towel, and add them to the batter. Using a spatula, fold in the apples until they are well incorporated throughout the whole batter.
- Get your prepared muffin pan or bread pan. For muffins, use a large cookie scoop, approximately 1/2 cup, fill each muffin paper with batter.

### Crumble Topping Directions

- Place all of the dry ingredients into a bowl and combine well with a spoon. Next, add the butter and cut it into the dry ingredients using two knives or a pastry knife. Once you have filled each cupcake paper with batter, evenly spread the crumble topping on top of each of them. If you are making a loaf, place the crumble all over the top of the loaf prior to baking and gently pat.

### Baking Directions

- For cupcakes, bake on 350°F for approximately 20 minutes or until a toothpick comes out clean. Once the muffins are done baking, place them each on a cooling rack.
- For bread, fill your bread loaf pan with all of the batter and smooth the top with your spatula. Bake your loaf on 350°F for 45 minutes or until a toothpick comes out clean.

### Cinnamon Vanilla Glaze Directions

- After the muffins (or bread) have cooled completely, you can top them with the cinnamon vanilla glaze. Mix ingredients together in a small bowl. Drizzle using a spoon or pastry bag.

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