National Celiac Association Tennessee

March 2021

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Join Us on Saturday, March 13th 1:00 pm In a Zoom meeting with Patricia Esposito, Dietitian for VU's Center for Human Nutrition

Patricia Esposito is a Registered Dietitian at The Center for Human Nutrition at Vanderbilt University Medical Center. She specializes in nutrition management for those with digestive disease and malabsorption, including Celiac Disease. Born and raised in Florida, she received both undergraduate and graduate degrees from Florida State University. Her primary career accomplishments over the past 8 years include nutrition support certification for tube feeding and IV nutrition in both the hospital and home setting. Patricia and her husband recently relocated to Nashville, TN from St. Petersburg, FL. She enjoys spending most of her free time spoiling her dog, Shelly, and enjoying the cooler weather Tennessee has to offer.

On March 13, 2021 she will discuss with us the increased risk of malabsorption in Celiac Disease. Specifically, the increased risk of vitamin and mineral deficiencies such Vitamin D, iron, and several B Vitamins. She will review the importance of following a well-balanced gluten free diet to aid in prevention and treatment of these deficiencies, along with recommendations for regular follow up with your physician.

Join Zoom Meeting
https://us02web.zoom.us/j/88507552877?pwd=RjFqY044L0tZMXVXV29PbEM1dStKZz09

Meeting ID: 885 0755 2877
Passcode: 757158

One Year since our last MeetUp Dinner!

Can you believe that it has been an entire YEAR since we had a MeetUp dinner at **Sopapilla's in Franklin?**

Last February 24th, eight of our members enjoyed a gluten-free menu that included nachos, tacos, enchiladas, tamales, table-side prepared guacamole, and other tasty treats from New Mexico. They even featured a gluten-free chocolate crème brulée for dessert, but I recall that everyone was too full to fit in dessert that evening. We sure enjoyed a variety of main dishes though!

We also learned that their tortilla chips are not usually gluten-free, but if you make reservations and request them ahead of time, they can prepare them in advance so that you can enjoy gluten-free chips as we did that evening.

We hope that we will be able to resume our restaurant-exploring with MeetUp dinners sometime later this year. In the meantime, if you have been supporting favorite restaurants by ordering take-out meals during the pandemic, please let us know what restaurants you recommend for our future MeetUps. Email your suggestions to www.nashvilleceliacs.org so we can make plans to visit them once we feel it is safe to have a group share a meal in a restaurant.

GF Take Out Meals We Can Recommend

Carol Ann Baily and several other members recommend ordering gluten-free meals from Jeanne Baird. Each week she offers two meals for 2 or for 4-6 people that include desserts. A special salad can be added to the meals each week, if desired. Contact her at: grandmasgfgoodies@yahoo.com for details about her meals that can be picked up in Nashville at Richland Park Library on Fridays at noon or in Gallatin after 3 pm on Saturdays.

For special dishes such as jerk chicken, mussels, special soups, unusual vegetables, cassoulet, chocolate pot de crème, etc, Carol Ann recommends Miel, located off Charlotte Ave at 343 53rd Ave. N. You can pick up after 5:30 and they have special Sunday meals that serve 2 or 3 featuring a main dish, salad, and vegetables. Check out their website to order at www.MielRestaurant.com .

Tori Ross recommends Midtown Café -- located at 102 19th Ave. S. Select either the rainbow trout with roasted potatoes and spinach or the blackened grouper with Gouda cheese grits and French green beans. Add crème brulée for a special treat. You can contact them at www.midtowncafe.com -- and Martin's Bar-B-Que Joint -- at 3108 Belmont Blvd and five other locations in the area. Check out their website: www.martinsbbqjoint.com In addition to pork barbecue, they have excellent Texas style beef brisket and lots of sides.

What About The Covid-19 Vaccines and those with Celiac Disease?

The Society for Study of Celiac Disease which is comprised of prominent celiac specialists and researchers say this about celiac disease and COVID-19 vaccination:

"As the safety and efficacy data on Covid vaccination has emerged, there is no evidence to suggest that people with celiac disease would be more prone to an adverse effect of vaccination. Celiac disease is not considered an allergy, and by itself does not prompt additional precaution when proceeding with vaccination. Patients with concerns about vaccination and their particular circumstance should speak with their health care provider. We will undergo Covid-19 vaccination as soon as it is offered to us, and we urge our patients to do so."

You can read the full statement here:

https://www.theceliacsociety.org/sscd_news

Here is a link to a YouTube video with Dr. Alessio Fasano from the Center for Celiac Research and Treatment at MassGeneral Hospital for Children. He addresses the technology behind the vaccines for Covid-19 and addresses questions that have come in about these vaccines from those with celiac disease.

https://youtu.be/RBXMeLsS03E

The National Celiac Association (NCA) offered 75-minute virtual presentations last fall that were focused on COVID-19 and celiac disease, healthy nutrition on the gluten-free diet, a cooking demo with Burton's Grill & Bar, and the psychology of living with a chronic disease. Over 1,000 people participated in the live presentations, with many more able to tune in later to the recordings. https://nationalceliac.org/from-the-experts-all-things-celiac/

New webinars will be offered **Thursday, April 15:** "Gluten-Free Farm to Table: Delicious, Nutritious and Affordable Options for Whole Food and **Wednesday, May 25:** "Research Roundup: Promising Therapies for Celiac Disease". **Go to** https://nationalceliac.org **for details.**

Our November Zoom meeting featured Miel Restaurant's proprietor herself, Seema Prasad, teaching side dish recipes for the holidays

Miel's chef, Jason Laiacona, had planned to demonstrate three side dishes to accompany our holiday meals. When he was under the weather that day, Miel's proprietor, Seema Prasad, stepped into the kitchen and demonstrated them for us. On Zoom, we could see her demonstrate both the preparations and the cooking of unusual vegetables to add some spark to our dinner tables.

She first showed us Butter-poached Radishes with baby leeks. Radishes! She selected a variety of different radishes, cutting the large ones in half and simmered them in butter for approximately 10 minutes. She then took them out of the butter and added baby leeks (scallions may be substituted) and braised them for a couple of minutes before adding them to the serving dish with the radishes. She even suggested that the remaining butter could be used for other dishes.

She roasted rutabaga and potato chunks in a 350º oven for about 25 minutes and mashed them in a food processor or blender until smooth. She mixed one cup of hot hibiscus tea with one cup of sugar and reduced it on low heat to a syrup and then added to that syrup cooked, cooled, and peeled chestnuts for a few minutes. This chestnut-hibiscus glaze then tops the mash. She suggested using any leftover glaze in a cocktail or to sweeten tea or other drinks.

Delicata squash looks somewhat like acorn squash, but it is light yellow striped with orange. It's easy to use because the skin is thin and edible and it is not as hard to slice as other squashes. Cut in half and remove the seeds. Cut into moon shaped slices. Drizzle the slices with grape seed oil or butter and roast for 12-18 minutes in a 350º oven and layer the slices attractively on a serving plate. She created a brown butter sauce with 1 ½ C of unsalted butter over medium heat. When the solids begin to brown, she controlled the heat by lifting the pan from the burner and moving it around and then putting the pan back on the burner. This must be constantly monitored until the butter turns an amber brown. Then add ½ C chopped hazelnuts that have been toasted and the brown skins removed. Drizzle the brown butter hazelnut sauce over the delicate squash slices and garnish with black cherries soaked in brandy.

After Miel's demonstration, those of us on the Zoom call shared a few of our holiday favorites: Flourless Chocolate Crinkle Cookies, GF Chestnut-Cranberry Dressing, GF Pumpkin Bread Pudding, GF Green Bean Casserole with Crispy Shallots (better than that traditional green bean casserole!), No-Baked Pumpkin Chiffon Pie, Roasted Vegetable Stock, Creamy Root Vegetable Soup. **The Pumpkin Bread Pudding** is delicious all winter. Cut 8 cups of a gf white sandwich bread (or gf baguettes). Combine 2 C heavy cream, 4 eggs, 1 ¼ C sugar, ½ C pumpkin puree, ¾ t vanilla extract, ½ t ground cinnamon, and ¼ t ground ginger and whisk until smooth. Add the bread chunks and let soak at least 2 hours, turning every 30 minutes to absorb 90% of the liquid. Line a 9 X 13 pan with parchment paper. Toss into the mixture ½ C dried cranberries and put into the prepared pan. Bake at 300º oven for 30 minutes. Center should still jiggle in the center. Cool for a couple of hours. Serve with whipped cream, ice cream, or caramel sauce.

Discover new allergen-friendly products, get free samples and coupons, enter giveaways, and watch classes!

The Online Nourished Festival is March 20-21 and free to attend.

Click below to register.

https://live.nourishedfestival.com/coming-soon

If you still have our November NCAT newsletter, go to pages 4 and 5 for our report on last fall's Nourished Festival. There were programs on gluten-free products and demonstrations of gluten-free baking products. I found it so useful, that I wrote up my notes from the programs I attended that filled two whole pages of the newsletter!

You will be able to sign up for coupons and free samples of products from Schar's baked goods, Namaste baking mixes, MyBread pita, breadsticks, rolls, etc., and Beauté Minerals gluten-free makeup, as well as recipes from the Simply Gluten Free magazine. You can participate in as many of the presentations as you can fit into your weekend schedule. I highly recommend it. *Carol Ann Baily*

Upcoming Events for NCAT-- May 15th NCAT Meeting with Dr. Dawn Adams, Director of the Center for Human Nutrition; September 11th Meeting; Holiday Potluck on November 13!

We are happy to announce that Dr. Dawn Adams, Director of Vanderbilt University Medical Center's Center for Human Nutrition, and our new Physician Advisor for our NCA Tennessee chapter, has agreed to speak to us about upcoming clinical trials related to celiac disease.

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT). **We need your input, however.**

We have set a date for the September meeting, but we need some ideas for a program. **What would you like to hear about or learn from this program? Give us your ideas. We'll find a speaker.**

Put November 13 on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year! We sincerely hope that we can resume our in person potluck this year. We will let you know the details in future newsletters.

www.nashvilleceliacs.org