



LAKEWINDS
FOOD CO-OP

\ **2016** /
GLUTEN
FREE
IDEA
GUIDE





KNOW YOUR GLUTEN-FREE GRAINS

Hunting for gluten-free grains and flours in the bulk bins can feel daunting. But Lakewinds is here to help. Learn how to tell your barley from your buckwheat (one has gluten, the other doesn't) with this handy guide. Remember: due to the risk of cross-contamination, only packaged grains can be labeled as Certified Gluten-Free.

Gluten-Free Grains

Amaranth, Buckwheat, Corn, Millet, Oats**, Quinoa, Rice, Sorghum, Teff, Wild Rice

Grains that Contain Gluten

Wheat (Spelt, Kamut, Farro, Durum and Semolina), Barley, Rye, Triticale, Oats**

How to use these grains

Most gluten-free grains can be cooked and eaten as a hot cereal. They also work great as a base for a salad, bowl or entrée. Their nutty flavor is interchangeable with wheat in many sweet and savory dishes.

Cooking directions: In a medium saucepan, combine 1 part grain and 2 parts water or broth. Bring to a boil, reduce, and simmer until liquid is absorbed. Cook up a few cups at a time and store in the fridge for a week's worth of cereals, salads, soups and sides!



*** Oats are naturally gluten-free, but are often cross-contaminated with wheat during growing or processing. Some companies offer Certified Gluten-Free Oats. Celiac patients are advised to check with their health care practitioner to learn if oats are acceptable and safe for your diet.*



BACON / AVOCADO TOMATO GRAIN BOWL

BY: AMANDA PAA

Cook book autor of "Smitten with Squash"

Serves 4

The best of the BLT in a nutritious grain bowl!

1 cup dry millet (or quinoa) rinsed
1 3/4 cup water
1/4 teaspoon salt
1/3 cup "The Salad Girl" Lemon Herb Dressing
6-8 slices of cooked bacon, chopped
1 medium tomato, chopped
1 large avocado, sliced or diced
1 small package of micro-greens
fresh basil, finely chopped

In a medium pot, bring water and salt to a boil. Add millet, and cook for 16-18 minutes, until grains are soft but not mushy. (Taste to test if done.) Most of the water should be absorbed, but drain to be sure. Add millet back to pot and put a lid on, letting steam for 5 minutes. Fluff with a fork.

Stir dressing into the warm millet. Taste, and adjust salt if needed. Divide millet, bacon, avocado, tomato and micro-greens between bowls. Drizzle with additional salad dressing and minced basil.



PLEASE *Your Pickiest* EATERS

When it comes to food, kids present special challenges. As if busy schedules, constant hunger, and fickle tastes aren't enough, add in a food allergy and mealtime can feel like a losing battle.

Despite kids' demanding appetites, satisfying their tastes and health needs is easy when you have good inspiration. We're serving up breakfasts and lunches they'll love – portable, fun, healthy and made without gluten.



BREAKFAST

Three-Ingredient GF Berry Muffins

2 ripe bananas
4 eggs
Berries of choice

Preheat oven to 375, grease muffin tin. Mash bananas, whisk in eggs. Drop 2-3 berries in each muffin compartment, pour banana egg mixture on top. Bake for 12 minutes.



Chocolate Avocado Banana Smoothie

1 ripe avocado
1 ripe banana
1 tbsp. unsweetened
cocoa powder
1/2 tbsp. honey or agave (to taste)
1 cup milk of choice
1/2 cup ice

Blend and serve.
Makes two servings.

LUNCH



Corn Tortilla Quesadillas

GF corn tortilla w/melted cheese
Cherry tomatoes
Sliced bell peppers
Guacamole
Side of berries

Chicken Salad Wraps

Lakewinds Deli Chicken Salad
Hydroponic lettuce leaves
Sliced cucumbers
Side of pears, rice crackers



Ham Apple Cheese Wraps

Slice of cheddar cheese & an apple slice wrapped with ham
Side of Gluten-Free pretzels
Side of carrots or green peas



**PROTEIN + FRUIT + VEGGIE
+ GOOD FAT + PREPARED GF SNACK**

GLUTEN-FREE TO GRAB & GO



Eating nutritious, clean food on a time-crunched schedule isn't easy. But for people with special dietary needs, it's even harder – with most take-out meal options off the table. On those days when you realize, “Ugh! I have NO time to make dinner,” Lakewinds has you covered. Our delicious “Lakewinds to Go” meals are prepared in-house using local and organic ingredients – with many entrées made without gluten. The selection varies, but here are a few of the scrumptious possibilities. All you have to do is heat and eat. **\$6.99 - \$25.99 per lb**

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CHICKEN ENCHILADAS & RICE

Tender, pulled chicken with organic bell peppers and onion in a corn tortilla.

ITALIAN MEATBALLS WITH LINGUINI & GREEN BEANS

Herbed beef and pork sausage meatballs with parmesan cheese and marinara sauce.

MANGO CURRY TOFU WITH RICE & KALE

Seasoned, baked tofu sautéed in a mango-curry sauce with brown rice.

LEMON SALMON WITH RAW KALE SALAD

Marinated, roasted salmon and kale with almonds, parmesan and a light citrus dressing.

CHICKEN TIKKA MASALA WITH RICE AND KALE

Marinated, grilled chicken in a zesty masala cream sauce.

THE GF KID'S PACK • \$4.99

Need a kid-friendly lunch to grab and go? Lakewinds' Deli offers a Kid's Pack that is made without gluten and includes lentil crackers, turkey, Tillamook Cheddar cheese and seasonal fruit. Everybody's happy.



MEET DR. NOODLES

A new local product available at Lakewinds, Dr. Noodles by Brenda looks, feels and tastes like pasta – but it's made from nutritious garbanzo beans. Better yet, we get it from right next door in Wisconsin. Paired with pre-washed greens and a few pantry staples, it's part of a quick and delicious dinner. What's not to love?

GF PASTA *with* BROWNED BUTTER & SPRING GREENS

8 cups mixed spring greens
1 tbsp. kosher salt
1 package Dr. Noodles Fettuccini
6 tbsp. unsalted butter
1 cup toasted walnuts
1/4 cup of grated Pecorino or Parmigiano
Salt and freshly cracked pepper to taste

Melt butter over medium heat in a pan large enough to fit the pasta and greens. When the butter begins turning brown, turn off the heat. Boil pasta till al dente. Fill colander with the greens and drain pasta directly over them to pre-cook. Bring the brown butter back up to temperature over medium or medium-high heat, then add pasta and greens to the pan. Add toasted walnuts and toss to coat. Grate cheese over top and toss again.

Enjoy!



THINK L♥CAL

EAT GLUTEN-FREE

Supporting local farmers and producers is a promise Lakewinds makes to all our customers and owners, including Gluten-Free eaters. From our produce department to our meat counter to our deli, you'll find a wealth of gluten-free offerings sourced close to home: like hydroponic tomatoes from Living Water Gardens and Future Farm, and local meats from Blooming Prairie, T.C. Farms (formerly True Cost), and Ferndale Farms.

Looking for locally made gluten-free products? Here are a few of our faves from local producers.

Sunrise Creative Gourmet Pasta

Hand-cut pasta made from butternut squash or brown rice flour with real vegetables and spices.

True Dough Flatbread (Frozen)

Organic flatbread made from locally sourced ingredients when possible, including sorghum and garbanzo flour.

Fahlstrom Farms Baking Mix

Brownie, cookie, pancake and biscuit mixes made from rice, tapioca and potato starch flour.

Whole Me Paleo Granola

Crunchy, sweet granola clusters made with coconut, cashews and honey.

Belle Amour Macaroons

Sweet treats made with raw ingredients, coconut, vanilla, maple syrup and more.

Prairie Kitchen Cookies

Individually wrapped cookies made with oatmeal. Flavors include Raisin-Walnut and Chocolate Chip-Pecan.

K'ul Chocolate

"Bean to bar" low-ingredient artisan chocolates with great flavors like Maca & Fruit and Saltsation.



HAPPY GATHERINGS

• HOLD THE GLUTEN •

Wondering what to make for a gluten-free party guest? Don't stress: Take the easy route with custom cakes from Lakewinds made without gluten. The Lakewinds Bakehouse can create the perfect cake for any occasion: graduation parties, weddings, birthday parties, office celebrations and more.

Check out our bakery case for all kinds of treats made without gluten, including cupcakes, chocolate mousse cake and carrot cake. These items tend to sell out fast, so pre-order your cake to ensure a perfect celebration.



BIRTHDAY CAKE

Order a cake for that special birthday someone with their favorite flavors and no gluten.



WEDDING CAKE

Wow your guests with a gorgeous wedding cake made to match any diet need.



CHOCOLATE MOUSSE CAKE

Rich, creamy chocolate mousse cake – no one would guess it's made without gluten.



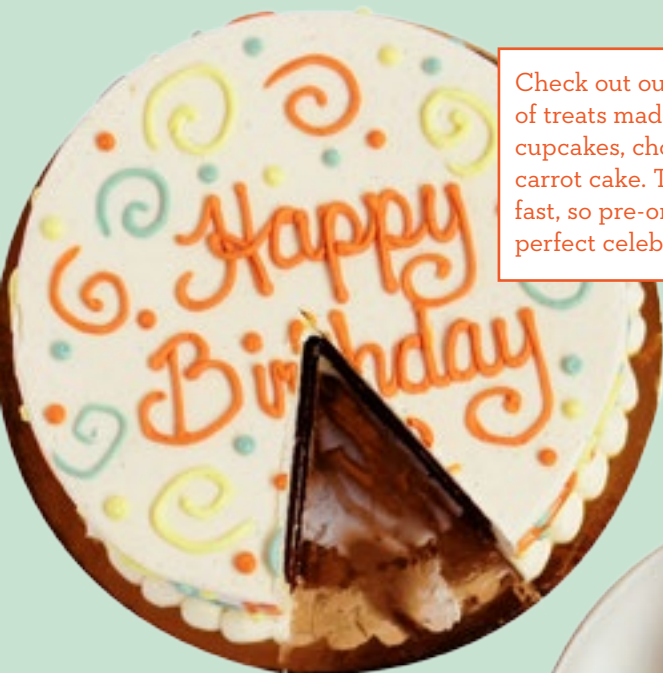
CUPCAKES

Include everyone at your party with cupcakes tailored to your guests' special diets: vegan, dairy-free or gluten-free.



GRADUATION CAKE

Celebrate your graduate with a personalized cake made sans gluten.



Just a reminder that our bakery makes other products that contain wheat, therefore we are unable to verify that our products are 100% gluten-free. Due to the risk of cross-contamination, only packaged items can be labeled as Certified Gluten-Free.

