

GLUTEN-FREE NEWS

FROM *Hiller's*

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HILLER'S: YOUR BEST SOURCE FOR GLUTEN-FREE

Hiller's: The premier source for Gluten-Free Everything

Pizza, beer, noodles, bread..... The list of products containing gluten, a protein in wheat, rye, barley and oats that gives the crumbly texture to bread, is long. And for the 1 in 133 Americans diagnosed with Celiac Disease – and untold others who suffer gastric distress, bloating, gas, headaches and other ailments when they ingest gluten – finding good food to eat is an arduous task.

It has long been my mission to make Hiller's the place to go for gluten-free shoppers. We sell thousands of gluten-free products. You'll find them in every aisle and they include baked goods, beer, pizza and pasta.

With Hiller's as your partner, food can once again become your friend. And you don't have to spend hours in the grocery, squinting at labels, uncertain as to whether gluten might be hidden somewhere inside. Hiller's makes it easy to find good gluten-free food. Just imagine a life that no longer requires giving up all of the foods you've missed for so long!

Look for our special shelf tags, designating products free of gluten. If you can't find something on our shelves, let us know and we'll get it. It's hard enough to find quality foods. Let Hiller's be your partner in gluten-free living. At Hiller's, you can find everything on your list and walk away happy.

Yours truly,

Jim Hiller

GLUTEN-FREE WEBSITES & RESOURCES

Gluten-Free Girl, Shauna James Ahern
www.glutenfreegirl.blogspot.com

Tri-County Celiac Support Group
www.tccsg.com

American Dietetic Association
(800) 877-1600 www.eatright.org

Gluten Intolerance Group
of North America
www.gluten.net

National Foundation for
Celiac Awareness
www.CeliacCentral.org

A CUSTOMER'S PERSPECTIVE: MIRIAM COHEN

Five years ago I learned that I have celiac disease. I'll never forget the words of my doctor, "the good news is that we know what your problem is – the bad news is that you will have to be on a gluten-free diet forever!"

In those days there were very few resources available to explain a gluten-free diet. The internet was my best source. Today, the diet has become a household word and people are opting to follow the diet just because it makes them feel better. Fortunately, more and more food products are available for the gluten-free consumers.

Hiller's Markets has been my gluten-free source since my early diagnosis. I appreciate the distinctive labels they created to highlight the food throughout the store. On behalf of their gluten-free customers, I applaud Hiller's efforts to provide us with the widest variety of high quality, great tasting gluten-free foods.

Now, if only they could find a gluten-free replica of the Sanders bumpy cake!

GLUTEN-FREE RECIPES



CHICKEN AND SWEET POTATO CHILI

- 1 to 2 sweet potatoes, peeled and cut into 1/2 inch chunks*
- 2 teaspoons canola oil*
- 1 cup chopped onion*
- 3/4 pound boneless, skinless chicken breasts (cut into bite sized pieces)*
- 3 cloves garlic minced*
- 3 teaspoons chili powder*
- 1 -14 1/2- oz. can fire roasted tomatoes, undrained*
- 1 -16 oz can kidney beans*
- 1/2 cup chipotle salsa*

1. Place sweet potatoes in large saucepan. Add enough water to cover sweet potatoes. Bring to a boil. Reduce heat and simmer 5 minutes or until almost tender. Drain mixture with colander and set aside. Add oil to a second pan. Add onion, cook over medium heat 5 minutes.
2. Add chicken, garlic and chili powder to onions, cook 3 minutes, stirring frequently. Add tomatoes with their juices, beans, salsa and partially cooked sweet potatoes, bring to a boil over high heat. Reduce heat, simmer uncovered 10 minutes until chicken is cooked through.

LENTIL SOUP

- 1 cup dried lentils*
- 4 cups water*
- 1 onion chopped*
- 2 cups chopped fresh tomatoes*
- 2 cups corn kernels, fresh or frozen*
- 1 teaspoon dried basil*
- 3 cloves garlic, minced*
- 1 teaspoon salt*

Directions:

Rinse the lentils. Combine rinsed lentils and the water in large pot. Bring to a boil, reduce heat, cover and simmer until the lentils are soft (about 30 to 40 minutes). Add the other remaining ingredients and simmer for another 20 minutes.



G.F. CUCINA'S

A Michigan-based company located in Sterling Heights, G.F. Cucina's is a dedicated gluten-free restaurant offering a variety of entrees and side dishes.

G.F. Cucina's completed the requirements to qualify for the Celiac Sprue Association's Recognition Seal Program. The use of the CSA Seal on menu items means that G.F. Cucina's has agreed to adhere to CSA's standards in representing these items to be free of wheat, barley, rye and oats (WBRO), their derivatives and crosses in product, processing or packaging.

All dishes are made entirely from scratch, and include a variety of items such as soups, Italian entrees, pizza, calzones, and comfort food classics such as chicken strips, BBQ and Buffalo Wings, and a delicious, home-style meatloaf. We're excited to add C.F. Cucina's to our extensive selection of gluten-free offerings.



RUMI'S PASSION

Hiller's is pleased to present another local company with a new line of gluten-free products. Rumi's Passion is a gluten-free line of baked goods from Steve Ciric, former owner of Westwood Bakery, Superior Bread and Wildflowers.

Its new, certified gluten-free bakery in Northville will offer a wide selection of gluten-free products, from sweet treats to decorated cakes for weddings and birthdays.

Their mission is to develop gluten-free baked goods that will be delicious for Celiacs and non-Celiacs, as well. Judging by the items we've tasted here at Hiller's, they're definitely delivering on that promise!

