



Welcome to USAAA News, a weekly newsletter that addresses a range of topics on Autism and Asperger Syndrome, the TIP of the week, and USAAA convention updates.

November 15, 2005

A SPECIAL THANKSGIVING ISSUE

Friends Be True, And Good Health Be Yours During This Thanksgiving Holiday.
Wishing You Many Thanks From The Staff At USAAA For Your Continued Support.
Happy Holidays.

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PUMPKIN CAROB CAKE by Betsy Hicks

In medium bowl mix together:

- 3/4 cup Roasted carob powder (known as locust bean gum)
- 1/3 cup Tapioca starch
- 1/2 cup Brown rice flour (you may substitute your favorite gluten-free flour)
- 1 cup Amaranth flour (you may substitute your favorite gluten-free flour)
- 1 tsp. Cinnamon
- 1/8 tsp. Ground fresh nutmeg
- 1/4 tsp. Real salt
- 1 tsp. Baking powder (non-aluminum) or vitamin"C" powder (not buffered)
- 1 tsp. Baking soda

In large bowl whisk together:

- 4 Eggs
- 1 Can pumpkin
- 1 cup Olive oil """,
- 1 cup Maple syrup grade "c"

Sift dry ingredients into wet ingredients. Stir well. Pour into cake or muffin pan. Bake at 350 degrees. Bake cake for 1 hour. 1 hour 10 minutes; regular size muffins for 25 minutes; Texas size for 40 minutes or until toothpick comes out clean. Enjoy!

Not only yummy, but nutritious! Take a look at what a nutritional treat you've just created.



Roasted carob powder = high in calcium, fiber, and niacin (lowers cholesterol).

Tapioca starch = soothes intestinal inflammation.

Brown rice flour = high in fiber and "B" vitamins.

Amaranth = high in fiber and Iysine (an essential amino acid).

Cinnamon = an antiviral and anti-bacterial.

Nutmeg = feeds your adrenal glands.

Real salt = minerals

Eggs = rich in protein, B12, E, riboflavin, folacin, iron, and phosphorus.

Pumpkin = vitamin A, B vitamins and potassium.

Olive oil = monounsaturated fat, vitamin E, good to lower cholesterol.

Maple grade "c" syrup = minerals, lymphatic cleansing most balanced sugar (low glycemic index food resulting in low rise in the blood sugar level), formaldehyde free.

Other suggestions to add to your creation are:

Walnuts = protein, iron, B6.

Raisins = potassium, phosphorus, magnesium, iron (take advantage of the nonheme iron in raisins and use it with foods containing vitamin C such as pineapple).

Pineapple = vitamin C, manganese, bromelain, helps to metabolize carbs, and proteins!
For additional recipes and information visit <http://www.pathwaysmed.com/>

New Advisory Board Member Appointed

Betsy Hicks has been appointed to the USAAA Advisory Board. Author of *Cooking Healthy Gluten and Casein-Free Food for Children*, Betsy is a well respected diet counselor hailed as one of the most innovative teachers of diets free of gluten, casein, soy, corn, egg and much more. In addition to her professional nutritional expertise, Betsy is responsible for overseeing the day-to-day operations of and team at Pathways Medical Advocates. She develops and coordinates the marketing and public education programs offered by this innovative practice including her radio talk show for Autism One Radio,



anchor of The GFCF Diet Comprehensive Video and ongoing community lectures and workshops. The mother of a son with autism, she speaks nationally on dietary and holistic interventions for children with disabilities.

Read on...

GOLDEN ROSTED TURKEY - Gluten-Free

Recipe from Whole Foods Market:

This deliciously moist roasted turkey is surprising in its ease of preparation. Exactly what you remember from Thanksgiving dinners of old - only better. While you can prepare this turkey recipe without the brining step, we highly recommend you to give it a try as this process produces wonderfully succulent meat. When set on the table, this beautiful bird is guaranteed to elicit oohs and aahs.

- # 14 to 15 lb turkey
- # salt
- # 2 carrots, peeled if desired and roughly chopped
- # 2 stalks celery, roughly chopped
- # 2 onions, roughly chopped
- # 1 tsp dried thyme leaves
- # 2 cups chicken broth
- # 1/2 cup white wine
- # 4 TB organic butter, melted
- # black pepper to taste

Ingredient Option: use gluten-free chicken broth, if desired.

Brine the turkey overnight (12 hours) by submerging completely in a salt water solution made from a ratio of 1/2 cup table salt to one gallon water. (Or, you may brine for 4 hours using a ratio of 1 cup salt to one gallon water.) Rinse the turkey and pat it dry.

Preheat oven to 350°F.

Mix the carrots, celery and onion with the thyme leaves. Stuff the turkey cavity with the vegetables. Scatter remaining vegetables in the bottom of roasted pan.

Pour the chicken broth and white wine in the bottom of roasting pan with vegetables.

Place the turkey breast side down on a rack placed over the vegetables and broth. You may use either a flat rack or a V-rack. Brush half the melted butter all over the back of the turkey. Sprinkle to taste with black pepper. Save the remaining butter for later use.

Roast for two hours, breast side down, basting once. Remove from oven, carefully turn the turkey breast side up, using paper towels or clean rags as holders. Do not pierce the



skin with a fork to turn. Brush the entire top of the turkey with the remaining melted butter and sprinkle with black pepper.

Return to the oven for approximately another 2 hours. Test for doneness with a meat thermometer. Continue testing approximately every 15 minutes until the temperature reaches 170°F for the breast meat and 175 to 180° for the thigh.

Let the turkey rest for 30 minutes before carving. Use the drippings for gravy.

Nutritional Info

Per serving (238g-wt.): 360 calories (150 from fat), 17g total fat, 5g saturated fat, 47g protein, 1g total carbohydrate (0g dietary fiber, 1g sugar), 145mg cholesterol, 160mg sodium

ROAST TOFURKY baked with Caramelized Onion and Cherry Relish
Recipe from Turtle Island Foods:
Roast Tofurky baked with Caramelized Onion and Cherry Relish

2 tablespoons olive oil

1 large onion, sliced very thin

1 cup dried sour cherries

2 tablespoons brown sugar

2 teaspoons dijon mustard

2 tablespoons balsamic vinegar

4 tablespoons apple cider

1 Tofurky roast

Preheat oven to 350 degrees.

In a large skillet, heat olive oil on medium heat. Add onion, cherries, brown sugar and vinegar and cook, stirring occasionally, until onions are soft. Stir in mustard and apple cider, and simmer for two more minutes.



Place Tofurky roast on sheet of heavy-duty aluminum foil, and spread with the onion mixture. Wrap roast snugly with the foil. Place in roasting pan, and place on center rack of oven. Bake for 45 minutes. Uncover roast for last 10 minutes of baking.

Slice roast, and serve with some of the pan juices spooned over it.

*Can be served with Tofurky Giblet & Mushroom Gravy drizzled over it also.

TIP of the Week - DIETARY INTERVENTION

"Eliminating the use of certain foods that contain wheat, dairy, glutens, and caseins (a milk protein) has brought about marked improvement in speech and behavior for many children with ASD." (from the book, *Diagnosis Autism: Now What?, 10 Steps to Improve Treatment Outcomes; A Parent-Physician Team Approach*, by Lawrence P. Kaplan, PhD, ISBN #0976535661).

Read On

Quote of the Week

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. — John Fitzgerald Kennedy