

We took special orders for rolls and pies for Easter in April as we did for Thanksgiving and Christmas. The next holiday coming up will be Memorial Day.

See you at the store for all your gluten-free needs.

The Bell Family

New at the store this month

**Chebe** mixes, unusually different, unusually good, **Ener-g** - lasagna, **Terra Chips** - blue potato chips and sweet potato chips, **Arico** cookie bars, delicious!

A Special St. Patrick's Day

We have a tradition at our house that we eat green on St. Paddy's Day. I make green pork chops, green milk, green potatoes, and serve either broccoli, peas, or asparagus as a vegetable. Green salad or green jello is also always a hit.

Creamy Pork Chops

Pkg. of pork chops  
2 recipes cream mushroom soup or  
2 cans Health Valley Cream of Mushroom soup.  
Green food coloring if using.

St. Paddy's Day treat Note: You'll need to use the recipe and not the canned creamed soup as the color will not be green otherwise.

Pam your fry pan. Cook pork chops until browned. Layer pork chops in a casserole dish with cream of mushroom soup. Bake at 350 for 45 mns.

Cream of Mushroom Soup  
(and variations)

½ c brown rice flour  
2 Tbs. butter or gf margarine  
1 cup milk

Melt the butter in a sauce pan. Stir in the rice flour and when mixed, it should not be crumbly. Add more butter if it is. With a wire whip, stir in milk, slowly. Then add water to desired consistency. Salt to taste.

For cream of mushroom: add one can mushroom pieces and stems.

For Cream of Celery: add ½ cup cooked celery.

For Cream of Chicken: add 1 cup cooked cubed chicken.

St. Patrick's Day Jello

1 box jello, green  
1 cup cottage cheese  
1 cup whipped cream  
1 cup pineapple  
1 cup marshmallows

Blend together with a spoon adding the jello dry. Chill one hour and serve. Drain pineapple before adding.

A Note of Sadness

On February 28, 2006, Phil Augason of the Blue Chip Group passed away. Phil and his family have been instrumental in making mixes and flour blends that have been such a blessing in our lives. Our hearts go out to Phil's family in their loss of a great friend, father, husband and grandpa. Thank you for giving so much to the celiac community.

Coupon good through May 28, 2006

50% off any one item in the store. Not to include specialty order or bread items

Against the Grain, 2292 West 5400 South  
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