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The SCD Sojourner

Inspiration for your journey to health on the Specific Carbohydrate Diet



New Addition to the Family

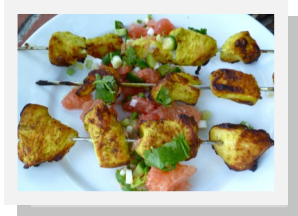
Since the last time I wrote, we have welcomed our third son into the family! He is now five weeks old, and growing like crazy...SCD mother's milk is apparently packed with everything a baby needs to thrive, because he is putting on weight at record speed. His doctor had to double check her notes to make sure she was reading his weight gain

correctly—17 oz. in 9 days!! She proclaimed this “amazing” which is always reassuring with a newborn! We're so glad he is

healthy and happy, and his two brothers are thrilled to have a baby brother! In this issue, with the travel months upon us, we'll focus on travel and restaurants, plus we hope you'll enjoy the delicious new recipe Chicken Skewers with Grapefruit Salsa. Yum! It would be perfect on the grill in this nice summer weather! Enjoy—and have a great month!



Recipe: Chicken Skewers with Grapefruit Salsa (Serves 4)



Using a sharp knife, cut top and bottom of each grapefruit away, then cut off peels. Working over a bowl, cut between membranes to release segments into bowl; squeeze in juice from membranes and discard membranes. Strain juice into another bowl. Cut segments into large pieces. Combine grapefruit, 1 Tbs. strained juice (save remaining juice for another use), cucumber, 2 Tbs. green onions, and chile in a small bowl; mix well. Stir in honey; season salsa with salt and set aside or refrigerate until later. Place chicken in a medium bowl and season with salt and pepper. In a blender, puree 1/4 cup cilantro, yogurt, oil, garlic,

For Salsa:

2 large pink grapefruit
1/2 c. finely chopped unwaxed cucumbers
3 Tbs. thinly sliced green onions, divided
1 serrano chile (remove seeds and membranes), finely chopped
1/8 tsp. honey

For Marinade:

1/4 c. plus 2 Tbs. chopped fresh cilantro
1/4 c. homemade SCD yogurt
1 Tbs. olive oil
2 garlic cloves, coarsely chopped
1 t. ground coriander seeds
1 t. turmeric

Other Ingredients Needed:

1 1/2 lb. skinless, boneless chicken thighs or breasts, cut into 1-1/2 -inch pieces
Coarse salt and freshly ground pepper

coriander, turmeric and water. Pour marinade over chicken; toss to coat. Let marinate at room temperature for 20minutes. (May be made one day ahead. Cover and chill. Let stand at room temperature for 30 minutes before continuing.) Preheat broiler or heat lightly oiled grill pan to medium-high. Thread 4 pieces of chicken onto each skewer and

transfer to a foil-lined baking sheet or the grill pan. Broil or grill, turning once and watching closely to prevent burning, until browned and cooked through, about 8-12 minutes. Transfer skewers to plates. Spoon grapefruit salsa over chicken. Garnish with remaining 2 Tbs. cilantro and 1 Tbs. green onions.

[Click here for the downloadable and printable version of the recipe...](#)

“Making healthy popsicles for you and your family is as easy as pouring extra smoothie from breakfast into popsicle molds.”

Make Healthy Popsicles with Popsicle Molds

Did you know that making healthy popsicles for you and your family on those hot summer days is as easy as pouring extra smoothie from breakfast into popsicle molds? I've been doing this with mine, and my kids love them (and so do I)! I make my smoothie with

frozen fruit from Costco, SCD yogurt, honey, and a speckled banana. Whatever doesn't fit into my cup I pour into any empty spots in a popsicle mold I keep in the freezer. You can buy these molds through our Amazon Store by clicking [here](#).

Dear Erin...

Hello Erin:

I have had my son on SCD since June 17th of this year...and it is working. He was one of those very horrific cases and it took a long time to diagnose him with severe CD. He is 17 and missed nearly two years of HS. Currently, he is back in school...living a full life...and here is the really amazing part...he is being recruited by several colleges for baseball, however all recruiting coaches pose the same issue...he needs to gain 15 pounds. He is one very resistant teen...but is abiding by this diet because he knows how well it is working. That brings me to these three questions: 1. I am confused with jar and canned tomatoes. I find many (I just recently purchased jarred from supermarket that was grown locally) that seem perfectly legal. Nothing on ingredient list to indicate otherwise. Is there something I am

missing? I know you are encouraged to only use your own sauce (I recently also purchased a jar on Digestive Wellness) but they seem fine based on what I read... anything underlying? and 2. I just started making yogurt with heavy cream and whipping cream because of the calorie content...It is very, very creamy and I use it for frozen yogurt as well. It was difficult to find it without the carageenan and polysorbate-80 but I was able to locate it in Whole Foods and Wegmans. Is there anything I am missing here? If the ingredients are only cream is this okay? I sometimes mix it with whole milk and goats milk as well. I don't ever read about getting extra calories this way so I feel like I am missing something. Lastly, I buy only organic spices. I mostly use Simply Organic. The onion powder and garlic powder do not list any illegals. Am I still to assume

Prepared Products: What's New?



We recently found some delicious

juice at Costco: Philippine 100% Pure Mango Juice. It's great on the go, or to take on picnics and in lunches. I hope you can find it at your local Costco!

it has starch even though not listed?

Thanks for your note! I'm so glad to hear that your son has been so successful with the SCD, and that he is faithfully sticking to it! On canned/jarred tomatoes, I don't know that there is much of a difference between the two as far as legality. The main question about prepared tomato products is that there may be traces of illegals from the equipment they are processed on, if it is shared with the types of sauces that contain tomato paste, sugar, etc. I had one mom write in about her son who suddenly wasn't responding well to the diet, and didn't know why...she sent me a list of what he was eating and one of the items was Hunt's Tomato Sauce. It didn't have any illegals listed, but I advised she

(Dear Erin, continued...)

take that out of his diet, and he immediately got better! So, I do recommend that people make their own tomato sauces to be on the safe side.

On making the yogurt with cream, it sounds like you're doing everything right! You're avoiding illegals in it and that's the thing to watch out for with the cream yogurt.

Yes, I'd still assume that that brand of onion powder and garlic powder is illegal. I always avoid them because they have starches added to de-clump the mixture of spices. (Also avoid curry powder and chili powder; anything with powder in the name...) We have discovered that some brands of granulated garlic are legal, so it's worth a try to check the ingredients with the company.

For a sample letter to send to companies to verify legality, [click here](#).

I hope that helps you out!

Take care, Erin

Travel Tips

The summer is almost here, and with it come many opportunities for travel and adventure. It may seem a bit daunting to think of traveling while following the SCD, but it can definitely be done with just a little planning ahead. I have enjoyed many trips cross-

country by car and plane, vacations to Hawaii, as well as camping—all while on the SCD. Did you know that we recently added an article about travel on the website? It contains tips and ideas for traveling in various ways while on the SCD. [Click here to read more!](#)

Restaurant Review: Smashburger

A couple of years ago, my husband's co-workers told him about a restaurant that he just *had* to visit. Always on the lookout for restaurants where I can order something SCD-legal, he discovered that I could eat their pure beef, with grilled onions, tomato, lettuce, and even sliced cheddar cheese! We tried it out, and it was so delicious that it has now become a weekly Friday night tradition to go to Smashburger for din-

ner. I honestly have never tasted a burger so delicious! The beef is smashed flat and cooked at high heat, creating a truly unforgettable flavor.

Smashburger is growing fast, opening up locations all over the country. Check their [website](#) to see if you have one near you.

When you visit, you can order a 1/3 lb. or 1/2 lb. beef patty with no bun, sauce, or seasonings except salt & pepper. Legal items you can add are lettuce, tomatoes, grilled onions, grilled mush-

Need More Travel Resources?

If you're looking for ideas and menus to use while camping or backpacking this summer, see our [May/June Magazine](#)...you're sure to get lots of practical information that will make your vacation more relaxing and enjoyable, and your food menu more creative.



SMASHED FRESH. SERVED DELICIOUS

rooms, bacon, and cheddar cheese.

They also serve Veggie Frites, which are fried carrots, asparagus, and green beans. Ask for no seasonings and then season with salt & pepper. They are fried in oil with their fries, but I've had no problem with them causing symptoms since the French fry pieces sink down to the bottom of the oil. Enjoy!