



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## **Many people are going Gluten-free with their diet.**

But, only those diagnosed with Celiac disease need to eliminate it completely. Consuming gluten can harm the small intestine along with other tissues and organs, making it hard to absorb essential nutrients. Although there are clinical trials under way to test new treatments, avoiding gluten is currently the only way to treat Celiac disease.



### **To succeed at going Gluten-free:**

- Stay away from foods made with wheat, rye, or barley (they are main sources).
- Read labels carefully on processed foods as they may contain “hidden” gluten (e.g. soy sauce, gravies, canned soups, nutritional bars, barley malt, and veggie burgers).
- Gluten can also be found in medicines, probiotics, vitamins, and supplements.
- Check on-package statements to know whether product was prepared in a facility which also processes products containing gluten – possible cross-contamination.
- Choose naturally Gluten-free foods such as rice, quinoa, some oats, beans, meat, poultry, seafood, and fruits & vegetables.

## **Sausage, Sweet Corn, and Rice Salad**

### **Ingredients:**

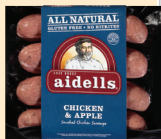
- 1 Tbsp. olive oil
- 3 Aidells Chicken and Apple Sausage links, chopped
- 2 cups uncooked fresh corn kernels

- 2 cups freshly cooked long-grain white rice

- 1 cup chopped mozzarella
- 1/2 cup pine nuts, toasted
- 5 oz. baby spinach

### **Mustard Vinaigrette:**

- 1 Tbsp. Dijon mustard
- 2 Tbsps. red wine vinegar
- 1/2 cup olive oil
- Salt and pepper (to taste)



### **Directions:**

1. Heat the oil in a heavy skillet over medium heat and fry the sausage for 4 minutes. Add the corn and cook 3 minutes longer.
2. Place cooked rice in a large bowl, and then add hot sausage mixture and mozzarella cheese. Toss lightly and add pine nuts and spinach. Mix the Mustard Vinaigrette, pour over the salad and toss.