

Blue Sky FHT Newsletter

Focus on Gluten

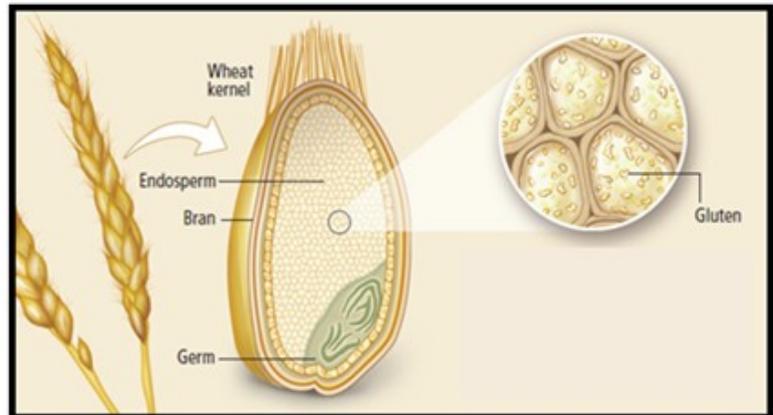
October 1, 2016

WHAT IS GLUTEN?

Gluten is a protein found in many grain products, such as wheat, rye and barley.

WHY IS GLUTEN IN SO MANY FOODS?

Gluten is used in many processed foods to give texture and structure to the final product.



WHO NEEDS TO AVOID GLUTEN?

People with celiac disease must avoid gluten because even in small amounts, gluten can damage the intestines when it is consumed. Some people may have an intolerance to gluten and have unpleasant side effects, like gas or bloating. If you have a gluten intolerance, you may not have to avoid gluten completely, but just watch the amount you eat.



Naturally Gluten Free Choices

- Fresh fruits and vegetables
- Milk, many cheeses (NOT blue cheese)
- Rice, Quinoa, potatoes, sweet potatoes
- Fresh meat, nuts/seeds, legumes and eggs

If you are having trouble balancing your gluten free diet, ask for a referral to see a Registered Dietitian.



Nutty and Fruity Quinoa Salad with Maple Vinaigrette - serves 8

Ingredients:

- 1 cup of quinoa rinsed
- 1/2 cup of sliced almonds
- 1/2 cup of coarsely chopped apple
- 1/2 cup of coarsely chopped dried apricots
- 1/4 cup of toasted unsalted sunflower seeds
- 1/4 cup of dried cranberries
- 1/4 cup of raisins
- 2 tbsp of finely chopped fresh mint

Directions:

1. In a medium saucepan, cook quinoa, let cool.
2. Maple Vinaigrette Dressing: In a jar, combine maple syrup, vinegar, mustard, oil and 2 tbsp (30 mL) water. Seal and shake until well blended.
3. Transfer quinoa to a large bowl. Add almonds, apple, apricots, sunflower seeds, cranberries, raisins and mint; toss to combine. Pour in vinaigrette and toss gently to coat.

Maple Vinaigrette Dressing

- 1/3 cup of pure maple syrup
- 1/4 cup of cider vinegar
- 1/4 cup of honey mustard
- 2 tbsp of canola oil

Nutrition Information Valeur nutritive

per 1 serving

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	233
Fat / Lipides	8.3 g
Saturated / saturés 1.1 g + Trans / trans	
Cholesterol / Cholestérol	
Sodium / Sodium	29 mg 1%
Carbohydrates / Glucides	36 g
Fiber / Fibres 4 g 16%	
Sugars / Sucres	
Protein Protéines	6 g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	
Calcium / Calcium	4%
Iron / Fer	22%

Find other great gluten free recipes at:

<http://www.cookspiration.com/recipe.aspx?perma=D64F599D22E&g=12>