

Focus on a Gluten-Free Diet

'For the Health of It!'

Flour is a staple ingredient in most baked goods, yet some people cannot enjoy the standard cookie, because of the gluten contained in them. Gluten is a protein found primarily in wheat, barley and rye. If a person has gluten intolerance, this protein can cause digestive problems such as gassiness, abdominal pain or diarrhea. Other symptoms can include headaches, asthma, sneezing, a runny or stuffy nose, and even fibromyalgia. Celiac disease is a problem some people have with foods that contain gluten. Celiac disease is defined by celiac.org as an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. Unfortunately, over two million Americans are undiagnosed and are at risk for long-term health complications.

Below is an easy recipe for a twist on a potato salad. If you do not need to follow a gluten-free menu, you can use the non-gluten free products.

- 3 pounds fresh new potatoes
 - 1 pound gluten-free bacon
 - 1 pound fresh green beans
 - 1/2 cup thinly sliced green onions
 - 1/4 cup finely chopped fresh parsley
 - 1 teaspoon salt
 - 1 teaspoon gluten-free dry mustard
 - 1 teaspoon dried, crushed tarragon leaves
 - 1 minced clove garlic
 - 1/4 cup tarragon vinegar
 - 1/4 cup gluten-free chicken broth
 - 1/2 cup light olive oil
 - Freshly ground pepper, to taste
1. Fry bacon until crisp and drain on paper towels. When cool crumble.
 2. Slice unpeeled potatoes 1/4-inch thick and boil just until tender, but not soft, about 15 minutes. Drain. While potatoes are boiling, cut green beans into 2-inch pieces and steam for about 7 minutes, or just until tender.
 3. Place cooked potatoes, green beans, sliced green onions and parsley in a large bowl.
 4. In a medium bowl combine light olive oil, gluten-free chicken broth, tarragon vinegar, minced garlic, dried tarragon, dry mustard, salt and pepper. Whisk until combined. Pour dressing over vegetables and use a large spatula to gently coat vegetables. Add crumbled bacon and gently combine. Serve chilled