

# A Healthy Start: Living without Gluten

March 2010

## Menu:

Ginger-Sesame Guacamole with Rice Crackers  
Polenta Pizza with Turkey Sausage Ragu  
Cheesy Broccoli & Rice Gratin  
Toasted Walnut, Chickpea, Pear & Celery Slaw

## **Ginger-Sesame Guacamole with Rice Crackers**

**makes about 3 cups**

3 avocados

1 tsp grated ginger

1/4 cup toasted sesame seeds

1/4 tsp sesame oil

2 tbl soy sauce

2 scallions, sliced

2 limes, juiced

salt and pepper, as needed

rice crackers, for serving

### **\*\*\* Preparation \*\*\*\***

In a bowl, mash together the avocados, ginger, sesame seeds, sesame oil, soy sauce, scallions and lime juice. Season well with salt and pepper. Serve with rice crackers for dipping.

## **Polenta Pizza with Turkey Sausage Ragu**

**makes 8 slices**

### **For the polenta:**

1 tbl honey  
1 tbl salt  
1 cup fine cornmeal or polenta  
1/4 cup grated parmesan  
2 tbl butter

### **For the ragu:**

olive oil  
4 links turkey italian sausage  
1 white onion, diced  
2 tbl chopped garlic  
1 28-oz can crushed or diced tomatoes  
1/4 cup chopped fresh basil  
1 cup grated mozzarella

### **\*\*\* Preparation \*\*\*\***

Preheat oven to 425 degrees.

Bring a pot with 3 cups of water to a boil. Whisk in the honey and salt. Slowly whisk in the cornmeal. Switch to a wooden spoon and stir until thick over low heat. Remove from heat and stir in the cheese and butter.

Oil a 9-inch cake or pie pan and pour in the polenta. Smooth it out to create an even layer and set aside.

Heat a large skillet over medium-high heat. Drizzle with olive oil. Cut open the sausage and squeeze the meat into the pan. Cook until browned and crumbled. Add the onions and garlic. Cook for 5 minutes. Add the tomatoes and cook for another 5 minutes. Remove from heat and stir in the basil. Season with salt and pepper as needed.

Pour the ragu on top of the polenta and top with the mozzarella. Bake for about 10-15 minutes until bubbly and golden. Remove and let cool slightly before cutting into 8 wedges to serve.

## **Cheesy Broccoli & Rice Gratin**

**makes 1 9x13-inch baking dish**

2 tbl butter

1 white onion, diced small

1 head broccoli, chopped into very small pieces

2 tbl chopped garlic

3 cups cooked brown rice

1 1/2 cups greek yogurt

2 cups crumbled goat cheese, (or your favorite cheese grated)

1 tbl chopped tarragon

1/2 cup grated parmesan

salt and pepper

### **\*\*\* Preparation \*\*\*\***

Preheat oven to 375 degrees.

Heat a large skillet over high heat. Add the butter. When melted, add the onions and cook over medium heat until very soft and beginning to brown. Add the broccoli and garlic and about 1/4 cup water. Cook for a couple minutes until broccoli is bright green. Add the rice, toss to coat and remove from heat. Season with salt and pepper.

In a large bowl, stir together the rice mixture, yogurt, goat cheese and tarragon. Pour into a 9x13-inch casserole dish and top with grated parmesan.

Bake for about 20 minutes until golden on the top. Serve warm.

## **Toasted Walnut, Chickpea, Pear and Celery Slaw**

**serves 4-6**

olive oil

1 cup walnut pieces

1/4 tsp ground cinnamon

1 tbl sugar

1 can chickpeas

2 bosc pears, thinly sliced

1 heart celery, thinly sliced (outer stalks removed)

1 cup chopped parsley

1 orange, zested and juiced

1 lemon, juiced

salt and pepper

### **\*\*\* Preparation \*\*\*\***

In a skillet over medium-high heat, combine a drizzle of olive oil, the walnuts, cinnamon and sugar. Cook until fragrant and nuts begin to toast. Dump into a large bowl.

Add the chickpeas, sliced pear, celery hearts and parsley. Add the orange zest and juice, lemon juice, a bit of olive oil to lightly coat and season well with salt and pepper. Let sit 10 minutes before serving.