



The Dietitian's DISH



Blend Freely with **BLENDABELLA!**

Cutting out foods containing or contaminated by sources of gluten is necessary for individuals living with health issues like Celiac Disease or Gluten Intolerance.

Whether you're striving to live gluten-free out of necessity or not, finding foods that are gluten-free is not always easy.

Fresh fruits and vegetables, as well as other foods like quinoa, are naturally gluten-free. If you're looking for a quick and easy way to fuel up without the gluten, try a Mexican Quinoa Salad made with a jar of **Giorgio's BLENDABELLA**.



It comes in 3 flavors that are vegetarian-friendly and gluten-free. Each jar of **BLENDABELLA** contains diced portabella mushrooms, vegetables, and herbs. Mushrooms are a nutritional powerhouse packed with Vitamin D, Selenium, Potassium and other antioxidants.



Try it as a flavorful addition to your favorite foods!



Mexican Quinoa Salad

Ingredients:

- 1 cup uncooked quinoa, rinsed (in a fine mesh colander)
- 2 cups water or broth
- 1 jar Zesty Mexican **BLENDABELLA**
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped

- 3/4 cup chopped red onion
- 1 cup finely chopped cilantro
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 Tbsp. red wine vinegar
- 2 garlic cloves, pressed or minced
- 1/2 tsp. fine sea salt
- Freshly ground black pepper (optional – to taste)

Directions:

- **Cooking the Quinoa:** Combine rinsed quinoa and water or broth in a medium saucepan. Bring the mixture to a boil, and then lower the heat to maintain a gentle simmer. Cover and cook until the quinoa has absorbed all of the liquid, about 15 minutes. Remove from heat and let the quinoa rest for 5 minutes.
- In a large serving bowl, combine Zesty Mexican **BLENDABELLA**, cucumber, pepper, onion and cilantro. Set aside.
- In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended then set aside.
- Once the quinoa is mostly cool, transfer to the large serving bowl and toss in the dressing. Season with black pepper (optional).