

# Gluten

## What is gluten?

- A complex of two proteins: glutenin and gliadin
- Makes up the majority of wheat's protein content

## Where is gluten found?

- Wheat
- Rye
- Barley
- Other less common grains

## Who needs to eat "gluten-free?"

- Celiac Disease
- Non-Celiac Gluten Sensitivity
- Wheat Allergy

# Salt-Free Seasoning

Limit sodium to no more than 2,300mg per day or 1,500mg if have high blood pressure

## Cooking Tips:

- Avoid adding salt during cooking
- Taste before seasoning
- Use herbs and spices instead of salt

## Common Herbs

- Basil
- Oregano
- Rosemary
- Dill
- Thyme
- Cilantro

## Common Spices:

- Cinnamon
- Cumin
- Turmeric
- Curry Powder
- Paprika
- Ginger

# Progressive Food Demo

June 8	Salad
June 15	Appetizer
July 6	Soup
July 27	Main Entrée
August 17	Dessert

Catch all five courses this summer!  
Demos start at 11:00am.

## On The Move Nutrition, LLC

At OTMN, Jessica provides one-on-one nutrition counseling and group nutrition programs in active settings to make learning nutrition fun and supportive.

## Contact

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**On The Move**  
N U T R I T I O N



Registered Dietitian Jessica M. Jurcak  
&  
Chef Andrew Kisner  
present:

# The Old Brooklyn Farmers' Market Progressive Food Demo

A 5-course meal demonstrated  
in 5 segments

**Mixed Herb  
Bruschetta  
with  
Balsamic  
Chicken**

*Appetizer Course*

## Ingredients

### Chicken

- 1 Medium chicken breast
- 1 tsp Mrs. Dash salt-free seasoning
- 1 Tbsp olive oil
- 1 Tbsp unsalted butter

### Bruschetta

- 1 French baguette
- 4 Roma tomatoes
- 1 Clove garlic, minced
- ¼ Cup fresh basil, chopped
- ¼ Cup fresh thyme
- ½ Cup Parmesan cheese, grated
- 2 Tbsp olive oil
- ¼ Cup balsamic vinegar



## Recipe Prep Info

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Serves: 6

## Instructions

### Chicken

1. Preheat oven to 450°F.
2. Season chicken breast.
3. Heat a skillet over medium heat and melt butter and olive oil. Sear chicken breast on both sides to create a crust.
4. Transfer skillet to oven for 10-12 minutes, or until chicken reaches 165°F internally.
5. Chop to serve as savory garnish for bruschetta.

### Bruschetta

6. Slice baguette into 12 one-inch slices. Brush with olive oil.
7. Mix together garlic, basil, thyme and paprika. Sprinkle bread with seasoning mix and Parmesan.
8. Toast bread in oven for 5 minutes.
9. Wash and dice tomatoes. Combine in a bowl with chopped chicken.
10. Top each bread slice with ¼ cup tomato-chicken mixture.
11. Sprinkle each with balsamic vinegar.

## Nutrition

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>2 Slices</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 0mcg	0%
Calcium 962mg	70%
Iron 1.44mg	8%
Potassium 235mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Additions & Substitutions

- To make gluten-free:
  - Use a gluten-free bread
  - Mix all ingredients with brown rice or quinoa
  - Use a thin slice of chicken or a lettuce leaf in place of bread
- Ditch the chicken for a vegetarian dish.
- Ditch both the chicken and Parmesan for a vegan dish.