

## Gluten-Free Recipes The Whole Family Can Enjoy

(NAPSA)—With the diagnosis of celiac disease on the rise, more American families face the challenge of protecting the diagnosed person while still satisfying the rest of the family.

If one member of a family is gluten intolerant, the entire household often needs to adapt to a gluten-free lifestyle, according to Philip Jones, professional chef, father of three and sixth generation president of Jones Dairy Farm. With limited options in the past, consumers were often forced to prepare less appetizing meals for the gluten-sensitive individual. Today, a family can sit down and enjoy the same gluten-free meal together.

Food manufacturers are helping meet this demand for gluten-free options by creating new products, reformulating existing products to remove the gluten, or appropriately labeling products that are already free of gluten.

“Five years ago there was less demand for gluten-free products,” said Jones. “Now the leading question on our consumer hotline is whether or not our products are gluten free. The problem is that gluten can be hidden in processed foods, especially those containing artificial ingredients such as MSG and citric acid. That’s why understanding food labels is critical in ensuring a gluten-free diet.”

Jones suggests that recipes suitable for a gluten-free diet can have mass appeal. He offers the following brunch recipe as an example. Additional gluten-free recipes are available at [www.jonesdairyfarm.com](http://www.jonesdairyfarm.com).

### **Southern-Style Sausage & Apples with Cheese Grits**

*Makes 4 servings*

- 2¼ cups low-fat milk**
- ½ cup old-fashioned white grits**



**Sausage can be a tasty part of a family meal that caters to the gluten sensitive.**

- 1 clove garlic, minced**
- ½ teaspoon salt**
- 1 cup shredded sharp Cheddar cheese**
- 1 package (7 oz.) Jones All Natural Golden Brown precooked sausage links\***
- 1 large red or green apple, cut into ¼-inch-thick slices**
- 2 tablespoons pure maple syrup**

**Whisk together milk and grits in heavy medium saucepan. Bring to simmer over high heat, whisking occasionally. Reduce heat to low, stir in garlic and salt. Cover, simmer 12 to 14 minutes or until thickened, whisking once or twice. Stir cheese into hot cooked grits until melted.**

**Meanwhile, cook sausage links in large nonstick skillet over medium heat until heated through. Add apple slices; continue cooking, turning occasionally, until sausage is cooked through and apple is tender, 2 to 3 minutes. Drizzle syrup over sausage and apple, cook 2 minutes or until thickened. Serve over grits.**

**\* Jones Dairy Farm sausage is gluten free; use caution if substituting other brands that may contain gluten.**