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Weekly Newsletter

Kristen Matthews, Member Publication Coordinator

Peanut Allergy Friendly
Recipe.....1-2

Peanut Allergy Friendly Recipe

By: Pratigya Singh

What is a Peanut Allergy?

A peanut allergy is a reaction that occurs when your body mistakenly identifies peanuts as harmful substances. When you eat peanuts, your immune system overreacts and releases chemicals like histamine into your blood. These chemicals can then affect different organs and tissues within the body such as the skin, eyes, lungs, intestinal tract, airways etc. and can cause a serious life-threatening reaction.

- It is one of the most common food allergies.
- More than 3 million people in the US report having an allergy to peanuts, as well as it causes more deadly anaphylaxis than any other food allergy.
- About 20% of people outgrow their peanut allergies, however if you've had the allergy since childhood, it is more likely to stay since peanut allergies are more persistent.

Tip for eating with a peanut allergy:

Best way to ensure peanut free food is to first read the food label. Look on the label for phrases such as:

- "May contain nuts"
- "Produced on shared equipment with peanuts"
- Always read ingredients thoroughly and look out for other words for peanuts such as: Arachic oil, beer nuts, earth nuts, natural flavors, monkey nuts, hydrolyzed pea protein.
- Avoid processed foods in general as all additives and specific ingredients may not be listed
- When eating out request to see allergy list before ordering
- Use apps such as "Allergy Eats"
- Verify that the kind of oil used for frying is not peanut oil.

What to do in case of a severe reaction:

- Administer EPI pen if available
- Seek immediate medical attention
- Dial 911

Nutrients lost when avoiding peanuts:

Protein is a good source of protein and is high in Vitamin B6, Iron, and Magnesium. Therefore, it is important to get enough of these nutrients from other foods.

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Rainbow Salmon Quinoa Salad with Almond Honey Mustard Dressing (3-4 Servings)

By: Pratigya Singh

Ingredients

- 8 oz. salmon
- 3 cups chopped iceberg lettuce
- 2 cup quinoa (cooked)
- 2 cups grapes
- 1 cup blueberries
- 2 cups mandarin oranges
- 1/2 cup feta cheese
- 2 cups croutons
- 4 Tbsp chopped almonds
- 8 Tbsp dried cranberries
- 1/2 Tsp ground black pepper
- 1 Tsp chili powder
- 3 Tsp olive oil

Dressing Ingredients

- 3 Tbsp almond butter
- 1 Tbsp dijon mustard
- 3 Tsp olive oil
- 1/2 Tbsp honey
- 2 Tbsp orange juice
- 1/2 Tbsp garlic powder
- Pinch of salt



Calories: 719
Total Carbohydrate: 89.1g
Total Fat: 28.6g
Protein: 32.9g

Heat the oil in a large skillet over medium high heat. Sprinkle the salmon with pepper and chili powder. Saute in oil for a few minutes, flipping the salmon now and then to cook through and get a nice golden brown color on both sides. When the salmon is cooked, remove from heat and set aside.

Cut and prep all the vegetables and fruits. When the salmon is cool enough to handle, cut into bite size pieces. Place the salad ingredients in a large bowl. You can either place everything as pictured, or toss everything together. Refrigerate to chill.

For the dressing, puree all the dressing ingredients in a food processor until smooth or mix by hand. Taste and adjust to your preferences. Pour dressing over salad and serve.