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**PISTACHIO-FILLED GLUTEN-FREE RECIPES NOW FEATURED ON THEGREENNUT.ORG**

*TheGreenNut.org Partners with Simply Gluten-free Inc. to Offer Specially Developed Recipes by Chef Carol Kicinski*

**FRESNO, Calif. (August 30, 2010)** – With more than 3 million Americans suffering from celiac disease and other gluten allergies,<sup>1</sup> TheGreenNut.org has teamed up with Simply Gluten-Free Inc. to offer unique gluten-free pistachio recipes created for the popular [Web site](#)'s health-focused recipe section. New recipes will be added monthly to help the nation's growing population of people with gluten allergies or intolerance live a healthy lifestyle while continuing to enjoy delicious and simple meals.

Carol Kicinski, founder of [Simply Gluten-Free, Inc.](#), will specially create 18 tasty and healthy recipes to be shared monthly on TheGreenNut.org starting this September. Kicinski created Simply Gluten-Free, Inc., in November 2007 to share her philosophy of living a gluten-free life without giving up her love for food.

"When I found out I was gluten intolerant, I went through a period of loss," says Kicinski. "No more hot-out-of-the-oven pizza or fresh homemade pasta. But then I took a step back and started to look at food in a different way. Instead of concentrating on all the foods I can't eat, I started to look at all the delicious foods that I still **could** eat – and one of my favorite ingredients quickly became pistachios!"

One of the ways Kicinski keeps her recipes gluten free while continuing to enjoy food is by incorporating ingredients that are healthy, nutrient-packed and full of flavor. Pistachios are not only great tasting, but also contain fiber and protein, two elements that create a satisfied, full feeling.

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<sup>1</sup> National Institutes of Health Consensus Development Conference Statement, 2004

## Why Gluten-Free?

The Mayo Clinic reported in January 2010 that gluten intolerance is no longer considered “rare” in the U.S. In fact, thousands of Americans are diagnosed each month with a gluten intolerance, allergy or celiac disease. Celiac disease, better known as a gluten allergy or intolerance, is a hereditary disease that does not allow people to eat gluten, a protein found in wheat, rye and barley. In people with celiac disease, gluten damages the lining of the small intestine, making it difficult for the body to absorb nutrients from the food they eat.

Pistachios are naturally gluten-free and contain more than 30 necessary vitamins and minerals – a great choice for people with gluten allergies or intolerance. Not only are pistachios gluten free, but they are also a [heart-healthy snack](#) and can often take the place of many products that contain gluten. Here are some quick tips on how to use The Green Nut in place of products containing gluten:

- Coat chicken in ground pistachios as a delicious substitute for breading or frying.
- Curb your salt craving with heart-healthy pistachios instead of munching on potato chips.
- Sprinkle pistachios on a salad in place of croutons for a deliciously satisfying crunch.
- Avoid sauces by adding flavor with a layer of crushed pistachios on top of fish.

## TheGreenNut.org

Providing gluten-free recipes is one more way that TheGreenNut.org is helping people “Go Green with Pistachios for Better Health.” TheGreenNut.org is a consumer-friendly Web site, created by USA pistachio growers to tout the healthy and wholesome benefits of eating pistachios, the *only* Green Nut. TheGreenNut.org also offers [recipes](#) from *Prevention* and *EatingWell* magazines, Livestrong.com and various other partners.

In addition to nutritious and delicious recipes, TheGreenNut.org offers consumers nutritional research surrounding pistachios, quick tips on incorporating pistachios into a healthy diet and nutritional advice from The Green Nut Ambassadors, some of the nation’s leading authorities on health, including [Dr. Oz Garcia](#), [Keri Glassman, MS, RD, CDN](#), [Alyse Levine, MS, RD](#) and [Constance Geiger, PhD, RD, CD](#).

Health-conscious eaters can also receive regular updates from The Green Nut by joining the [monthly newsletter](#), following [@thegreennut](#) on Twitter, or liking [TheGreenNut](#) on Facebook.

The Green Nut™ and TheGreenNut.org is a nutrition awareness campaign sponsored by the Western Pistachio Association (WPA). Based in Fresno, California, the WPA is a voluntary association representing pistachio growers throughout the country. Founded in 1980, it is the only voluntary organization representing U.S. pistachio growers' interests. It is governed by an 18 member board elected from a variety of states with the shared goal of increasing national awareness about the nutritional benefits of U.S. grown pistachios. For more healthy tips, visit [www.thegreennut.org](http://www.thegreennut.org), or follow The Green Nut on Twitter at <http://twitter.com/thegreennut>.