



WHO WE ARE

Cookin' Docs was established by Dr. Juanita L. Merchant, Chief of Gastroenterology and Hepatology at the University of Arizona.

Cookin' Docs consists of a team of specialized GI Docs whose research is focused on a large variety of diseases.

As a team, our goal is to facilitate and help our patients comply with their dietary needs. By engaging both the physician and a chef, we aim to inform patients about their diets and give them ideas on how to comply through the use of different ingredients in meals throughout their day to day life.

Members of Cookin' Docs will receive information, meal ideas and the opportunity to network with our GI Docs and other patients through our social media platform!



“EAT YOUR GUTS OUT!”



Cookin' Docs



PLEASE VISIT US:

WWW.FACEBOOK.COM/COOKINDOCS





RATATOUILLE

- 2 Medium Eggplant
- 2 Zucchini
- 2 Yellow Squash
- 1 Yellow Bell Pepper
- 1 Red Bell Pepper
- 1 Orange Bell Pepper
- 2 Medium Onions
- 2 Garlic Cloves (Crushed)
- Basil (Dried or Fresh)
- Parsley (Dried or Fresh)
- Oregano (Dried or Fresh)
- Marjoram (Dried or Fresh)
- 1tbsp Dried Thyme
- 10 Fennel Seeds (Crushed)
- 28oz or 2x 14oz Can of Crushed Tomatoes
- Salt and Pepper to taste
- 2 tbsp. of Olive Oil

1. Dice all vegetables into small cubes
2. Sautee all vegetables in a hot skillet with Olive oil
3. Mix all herbs in with vegetables
4. Transfer vegetable and herb mixture into a large baking pan
5. Add crushed tomatoes to vegetable and herb mixture and stir
6. Bake mixture at 350F for 45mins to 1hr.

Options: You can garnish with Parmesan cheese and serve with a slice of toasted gluten free bread.

EAT YOUR GUTS OUT!!!!



CELIAC DISEASE

Celiac disease is a disorder of the small intestine in which the immune system and genetically susceptible individuals react to the protein component of a wheat kernel.

A wheat kernel is ground up to make flour, a component of many foods such as breads, cakes and pasta.

Patients typically present with watery diarrhea but also can present more obscurely with iron deficiency, anemia and/ or osteoporosis because the inflammation in the upper GI tract cannot absorb important nutrients.

In order to diagnose for celiac disease, a blood test can be taken, however a more accurate test is having a biopsy of the small intestine during an endoscopic procedure.

Did you know?

1% of the US population has Celiac disease.

