

RD NETWORK

Online community with Professional Resources for Dietitians, Business Education, Networking, Job Boards, and more.

FEATURED STORY: CONNECTING STUDENTS & RDS

PreRD - The Place Where Students Gain Virtual Opportunities

Hi! My name is Penina Langer and I just released preRD.org, a website to connect dietetic students with registered dietitians. I am currently a student at Queens College finishing up my last semester and planning to begin a combined dietetic internship and master's program at Queens College this fall. Throughout my DPD program, we were consistently encouraged to find volunteer opportunities and it was stressed to us how important this was to enhance our DICAS applications.



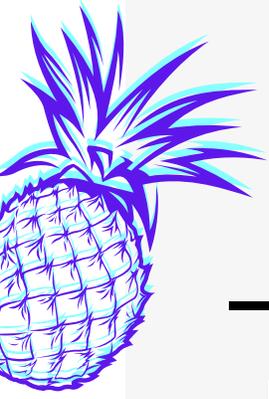
Early on, I decided that I wanted to get unique dietetic experiences since I didn't know what kind of dietitian I wanted to be. My biggest barrier was getting connected to these opportunities! I learned that this most important thing was to be persistent and to really go after the opportunities I wanted, even if it took months to get them. But something I quickly realized was that not everyone has the time or is interested in spending so much time in finding opportunities. I have also learned that dietitians were frequently looking for students to come help them out but didn't know how or where to seek out this help.

Going through these experiences and hearing the frustrations of both my friends and dietitians gave me the inspiration to start preRD. I view preRD as a way to bridge the gap between RD's and RD2Be's. My mission with preRD two-fold: I want to make it easier for students to find opportunities, and easier for dietitians to find students to help them out. The way I see it, it's a win-win for everyone. Signing up is easy for students and RD's.

Students don't need to create an account to view available opportunities. They are available to everyone for free and list the opportunity's description, and information about the dietitian, including a short bio, where they work, their area of specialty, and much more! Majority of the listings on preRD have a virtual option as well, which makes the opportunity available to you no matter where you live! Dietitians just need to fill out a short form on the website to have their listing posted.

As of our launch last week, we now have over 35 dietitians participating and have gotten more than 50 requests from students around the country expressing interest in various opportunities that are posted!

Other fun features for students include the opportunity to gain experience by writing for the student blog, and free resources including nutrition calculators (with more coming soon!).



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INGREDIENT CORNER

Cardoons

Katie Nunemaker



This thistle-like plant in the artichoke family is in season from November to June, and it's a staple in Mediterranean cuisine.

How to shop: Start by looking at local farmers' markets, certain grocery stores, or Italian markets. Look for stalks that are almost as firm as celery and light in color.

How to store: Store cardoons in plastic in the refrigerator for up to one week.

How to cook: Rinse, then remove outer stalks, discolored areas, thorns, and stringy fibers.

Recipe: Cardoon Gratin

Ingredients:

- 3 cups heavy cream
- 1 cup vegetable stock
- 1 bay leaf
- Salt, Pepper
- 3 lbs cardoons
- 1 cup gruyere, grated (or Beaufort or raclette)

Instructions:

1. Place the first 5 ingredients into a large saucepan over medium heat.
2. Wash cardoons and remove tough outer stalks, thorns, stringy fibers, and discolored areas. Cut into 2" pieces and add to saucepan.
3. Continue simmering mixture while stirring occasionally. Cook for approximately one hour, until cardoons are tender.
4. Transfer cardoons to a baking dish and preheat oven to 350F.
5. Continue cooking the cream mixture until reduced to ~3/4 c. Remove bay leaf and pour over cardoons. Sprinkle cheese on top and bake 30 minutes.

