

Recipes for Anti-Inflammatory Diet



Protein Smoothie 1

Choose a **protein powder** (low carb if you have diabetes, pre-diabetes, metabolic syndrome, or insulin resistance). **New Zealand whey protein is a good choice for most people, unless you are sensitive to dairy. Rice, Pea and hemp protein are other options.**

Mix in a blender for two minutes:

- 2 tbsp. protein powder
- 4-6 ice cubes
- 1 cup milk. Can be low-fat dairy (organic, grass-fed) or unsweetened hemp, coconut, almond, rice, or soy milk.
- 1 cup berries, fresh or frozen. Use less ice with frozen berries.
- 1/2 cup nuts. Your choice, just avoid peanuts. Try hazelnuts, pecans, cashews, and walnuts.

Alternatively, you could add 1-2 Tbsp nut butter

- 1/2 to 1 cup plain organic yogurt, dairy or coconut-based
- 1 tbsp. flax oil
- Pinch of cinnamon

Avocado-salmon crackers/toast

Puree **avocado, 1 garlic clove, 1 tbsp. lemon juice, 1 tsp. olive oil, 2 tsp. fresh cilantro or parsley.** Layer with **6 ounces smoked salmon.** Spread on **gluten-free toast (such as millet bread or rice bread) or crackers (rice, rye).**

Salmon and Salad with Olive Oil Dressing

Baked wild Alaskan salmon steak on top of a **baby greens salad** with **1/2 cup each raspberries and almonds.** (Can also use canned salmon, which is delicious mixed with diced celery, diced pickles, and/or sunflower seeds.)

Use olive oil dressing: Blend together **4 tbsp. olive oil, 1 tsp. mustard, 3 tbsp. balsamic vinegar, 1 tsp. honey, 1 tsp. dried herbs (rosemary, basil, oregano, thyme, etc.), plus salt and pepper.**

Perfect on any salad.

Miso Soup with Bean Sprouts and Ginger

- 6 cups hot water or veggie stock
- 2 tsp olive oil
- 3 cloves garlic, crushed
- 1 inch fresh ginger root, peeled and grated or minced
- 3-4 Tbsp miso paste (red or white)
- 4 oz bean sprouts
- 1/2 cup cubed extra-firm organic tofu (optional)

Optional: add other veggies like celery, cabbage, spinach, kale, burdock root, lotus root, etc. Fresh cilantro or parsley to garnish

In a saucepan, saute the garlic and ginger in the oil and add any veggies being used. Cook over high heat for 2 minutes. Add the tofu and cook for another minute. Add the stock and bring to a boil, then reduce heat. Cook for about 10 minutes. Ladle out about 2 cups of the hot liquid into a small bowl and whisk the miso paste into that liquid until it dissolves. Turn off the heat, then add the miso broth back into the rest of the soup. Taste and add more miso if necessary. Stir in the bean sprouts. Garnish with cilantro or parsley. *Note: miso should be added at the end of cooking- it should not be boiled.*

Cucumber Stuffed with Salmon Salad

Halve and remove seeds from **1 cucumber.** Set aside. For the salmon salad, drain a **can of tuna fish,** reserving about 2 tsp of liquid. Mix with **1 tbsp capers or diced dill pickle, 1 tbsp diced celery, 1/2 tsp apple cider vinegar, and 1 tsp olive oil.** You can adjust the liquid ingredients to your preference, adding the reserved liquid from the tuna as desired. Stuff the cucumber with the salad. Tahini is another tasty and nutritious addition.



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Hummus

- 1 can chick peas, drained
- 1 cup tahini
- 2 cloves garlic, peeled
- 1 large lemon, juiced
- 1/3 cup water
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper

Place all ingredients into a food processor or blender. **Blend until smooth, about 2 minutes.** Chill, covered, for several hours. Allow to stand at room temperature for about 30 minutes before serving.

Chicken Soup

- 2 Tbsp olive oil
- 1/2 onion finely chopped
- 1 leek, washed and sliced into thin rounds
- 4 boneless chicken thighs diced (or use chicken breasts)- cage-free, organic chicken only
- 3 1/2 to 4 cups organic chicken stock
- 1 Tbsp chopped fresh parsley, cilantro or basil (plus extra sprigs for garnish)
- 1/2 cup chopped celery
- 1/2 tsp dried thyme
- Salt and pepper
- Lemon wedge

Heat oil in a large soup pot. Add the onion and leek, cooking for about 5 minutes over low heat until soft & tender. Add chicken and cook over medium heat for 4 minutes. Pour in stock and bring to boil. Reduce heat, then add thyme and celery. **Cover the pot and simmer for 20 minutes or until chicken is tender. Stir in parsley, salt and pepper. Squeeze in a little lemon juice and serve garnished with parsley sprigs.**

Marinated Roasted Vegetables

- 1 small acorn squash (can use butternut or kabocha), about 1 1/2 lb
- 3 parsnips
- 3 large beets, sliced into 1 inch chunks
- 1-2 cups broccoli, separated into large florets
- 1 cup cauliflower, separated into large florets
- 1-2 large yellow onions
- 4 cloves garlic
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1 Tbsp rosemary
- 2 Tbsp olive oil

Dash of gluten-free soy sauce or Bragg's Liquid Aminos Salt and pepper to taste. Scrub and cut the vegetables into large pieces, roughly uniform size. Peel and seed the squash, cutting into 1-inch squares. Peel the onions and cut in half, then cut each half into 6 chunks. Peel and slice the parsnips into 1-inch chunks. Peel the garlic cloves. Put the vegetables and garlic cloves into a large bowl. Pour the olive oil, soy sauce, oregano, thyme, rosemary, salt and pepper in with the vegetables and mix thoroughly. **Heat oven to 400 degrees.** Spread the vegetables onto baking sheets in one layer and roast for a total of about 1 1/2 hours. **Every 30 minutes, turn the vegetables so they cook evenly.** Towards the end of cooking, check them more often (every 15-20 minutes). Vegetables are done when easily pierced with a fork and golden brown.

Variations: add other vegetables such as fennel, kohlrabi, asparagus, etc. For softer vegetables such as the asparagus and broccoli, add them later in the cooking process as they cook faster.

Marinated Cucumber Salad with Dill

- 4 cucumbers, peeled and sliced into rounds
- 2 stalks celery, thinly sliced
- 2 Tbsp diced red onion
- 1 Tbsp fresh dill, chopped, or 1 tsp dried dill
- 1/2 tsp salt
- 3 Tbsp apple cider vinegar

In a large bowl, combine cucumbers, celery, onion, and dill. Mix in the vinegar, and salt gently to preserve the crunchiness of the veggies. **Cover and refrigerate for at least 30 minutes. Keeps in fridge for 3-4 days in an airtight container.**



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Fresh Baby Artichokes

When you cook baby artichokes, you don't have to trim off the thorny edges of the leaves like you do with regular fresh artichokes. To steam: place water and spices that you like (such as bay leaf, black peppercorns, coriander seed, cumin seed, garlic cloves, fenugreek, etc.) in a saucepan.

Set in a steamer basket. Bring the water to a boil and set the artichokes in the steamer basket. Cover tightly. Steam for 15 minutes or so, until the stems are tender when you stick a fork in them.

To eat baby artichokes: hold by the stem and eat. Baby artichokes are chokeless.

Edamame (fresh soybeans)

Boil salted water in a large saucepan. Pour in the contents of a 12oz bag of frozen soybeans (edamame). Boil for about 5 minutes. Drain and allow to cool.

Salt and serve cold or at room temperature. To eat, split open the pods and eat the peas inside.

Green Beans with Almonds

- 2 lb green beans, cut into 1-inch pieces
- 4 Tbsp minced fresh parsley or cilantro
- 1 Tbsp lemon juice
- 3 Tbsp slivered roasted almonds
- 1 tsp grated fresh ginger
- ½ tsp salt

Combine green beans with salt and ginger and steam or stir-fry until tender but still crispy. Remove from heat and add lemon juice. Mix in parsley and almonds and serve hot or cold. *Can also substitute string beans, snap peas, broccoli, or asparagus for the green beans.*

White Bean Spread

- 1 15 oz can white beans, such as cannellini
- 1-2 tsp dried mint or 2 Tbsp fresh mint, chopped
- 2 Tbsp fresh parsley, chopped
- 2-3 Tbsp olive oil
- 2-3 Tbsp fresh lemon juice
- 2 cloves garlic, peeled and minced
- ¼- ½ tsp salt

Pepper, to taste

Place all ingredients except parsley and mint into food processor or blender. Mix until smooth, about 1 minute, adding more olive oil and/or lemon juice for desired taste and consistency. Add in mint and parsley and pulse until just blended. Store in fridge, serve at room temperature.

Mango and Black Bean Salsa

- 1-2 mangoes, peeled and diced small. (The amount to use depends on how sweet you want the final product!)
- 1 15 oz can black beans, drained and rinsed
- 1 small red onion, diced
- 1 red bell pepper, diced
- ¾ cup cilantro, chopped
- 1 tsp chili powder

Dash of chipotle powder (optional)

Juice of 1 lime (May need to use 2 limes if you use 2 mangoes)

Salt and pepper, to taste

Combine all ingredients in a bowl. Adjust seasonings as needed.

Serve as is with tortilla chips, rice or millet crackers, or as a topping on fish or meat.



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