




PART THREE



Anti-Inflammatory Recipes for Life

Now that you have two weeks under your belt, are you ready to make anti-inflammatory eating a daily part of your life? In this section we have provided simple, five-ingredient recipes using whole foods for breakfast and brunch, vegetarian and vegan, fish and shellfish, poultry and meat, and anti-inflammatory snacks and desserts! Many of the recipes can be made ahead and stored in single-serving portions for quick weekday meals.





CHAPTER FIVE



Breakfast and Brunch

Green on Green Smoothie [90](#)

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Whole-Grain Toast with Chickpea Paste,
Avocado, and Grilled Tomato [95](#)

Savory Breakfast Sausage [96](#)

A little advance planning will yield a tempting breakfast you won't mind waking up early for. In this recipe, brown rice, milk, and vanilla get a long, slow cook in the slow cooker. You can serve this for Sunday brunch or make it the day before, then serve either cold or warm. Suggested toppings include fresh fruit, chopped apples, yogurt, or toasted nuts.

CINNAMON BROWN RICE PUDDING

SERVES 4 TO 6 / PREP TIME: 5 MINUTES / COOK TIME: 2½ TO 3 HOURS

SOY-FREE	1 cup uncooked brown rice	⅛ teaspoon salt
GLUTEN-FREE	3 cups unsweetened coconut or almond milk	1 teaspoon vanilla extract
NUT-FREE	¼ cup maple syrup	1 teaspoon ground cinnamon

VEGAN

PALEO

MEDITERRANEAN

1. In a slow cooker, combine the brown rice, milk, maple syrup, and salt and mix well.
2. Cover and cook on high until the rice is tender, 2½ to 3 hours.
3. Stir in the vanilla and cinnamon, and serve.

RECIPE TIP: To add sweetness, stir ½ cup raisins or dried cranberries into the rice before cooking it. Store leftovers in the refrigerator for up to a week, or freeze in convenient individual-size servings for longer.

NUTRITIONAL INFORMATION PER SERVING (4 portions): Calories: 250; Total Fat: 4g; Total Carbohydrates: 50g; Sugar: 12g; Fiber: 2g; Protein: 4g; Sodium: 720mg



CHAPTER SIX



Vegetarian and Vegan

Roasted-Butternut Squash Soup with
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Green Pasta Salad *104*

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Vegetable Curry *106*

Whole-Wheat Penne with White Beans,
Chard, and Walnuts *107*

Either butternut squash or pumpkin purée can be substituted for the Roasted–Butternut Squash Mash in this recipe. Winter squash and sage are two flavors that go well together, and a topping of yogurt and pomegranate seeds rounds out this mouthwatering dish.

ROASTED–BUTTERNUT SQUASH SOUP WITH SAGE AND POMEGRANATE SEEDS

SERVES 4 / PREP TIME: 10 MINUTES / COOK TIME: 10 MINUTES

SOY-FREE	2 tablespoons extra-virgin olive oil	½ cup unsweetened coconut milk (optional)
GLUTEN-FREE	2 shallots, finely chopped	1 teaspoon salt
NUT-FREE	1 garlic clove, minced	¼ teaspoon freshly ground black pepper
PALEO	2 cups Roasted–Butternut Squash Mash (page 57)	8 fresh sage leaves
MEDITERRANEAN	2 cups vegetable or chicken broth	⅓ cup pomegranate seeds ¼ cup yogurt (optional)

1. In a Dutch oven, heat the oil over medium-high heat.
2. Add the shallots and garlic and sauté until softened, 3 to 5 minutes.
3. Add the butternut squash and broth and stir to combine.
4. Bring to a boil, reduce to a simmer, and cook for 3 to 5 minutes to heat through.
5. Add the coconut milk (if using) and season to taste with salt and pepper.
6. Garnish with the sage leaves, pomegranate seeds, and yogurt (if using) and serve.

RECIPE TIP: Store leftover soup in a covered container in the refrigerator for up to a week or in the freezer for several months.

INGREDIENT TIP: Many stores sell pomegranate seeds when in season. If you can't find pomegranate seeds, dried cranberries are a good substitute.

NUTRITIONAL INFORMATION PER SERVING (including coconut milk and yogurt): Calories: 200; Total Fat: 16g; Total Carbohydrates: 11g; Sugar: 4g; Fiber: 2g; Protein: 4g; Sodium: 820mg

CHAPTER SEVEN



Fish and Shellfish

Elegant White Fish Soup *110*

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Miso Baked Salmon *116*

Quinoa Salmon Bowl *117*

Shrimp Coleslaw *118*

Grilled Shrimp with Mango-Cucumber Salsa *119*

This dish offers a great opportunity to use up leftover rice and vegetables. Carrots, celery, broccoli, peppers, cauliflower, you name it—throw it into this potpourri! If you're avoiding soy and nuts, omit the soy sauce and toasted almonds. If salt is a concern for you, omit the soy sauce to lower the recipe's sodium content.

SMOKED TROUT FRIED RICE

SERVES 4 / PREP TIME: 10 MINUTES / COOK TIME: 10 MINUTES

GLUTEN-FREE	2 tablespoons toasted sesame oil	½ cup chicken or vegetable broth
MEDITERRANEAN	4 scallions, thinly sliced	4 cups cooked brown rice
	1 teaspoon minced fresh ginger root	1 teaspoon low-sodium soy sauce (optional)
	1 garlic clove, minced	8 ounces smoked trout, flaked
	⅓ teaspoon red pepper flakes	¼ cup toasted slivered almonds (optional)
	2 cups baby spinach	

1. Heat the sesame oil in a large skillet over high heat.
2. Add the scallions, ginger root, garlic, red pepper flakes, spinach, and broth. Sauté until the spinach has wilted, about 2 minutes.
3. Add the rice and stir to combine. Stir in the soy sauce (if using) and the trout.
4. Garnish with the almonds, (if using) and serve.

SUBSTITUTION TIP: This recipe can be made with leftover white rice instead of brown. Store in the refrigerator for up to 5 days.

NUTRITIONAL INFORMATION PER SERVING (including soy sauce and almonds): Calories: 430; Total Fat: 15g; Total Carbohydrates: 49g; Sugar: 2g; Fiber: 5g; Protein: 26g; Sodium: 2670mg

CHAPTER EIGHT



Poultry and Meat

Comforting Chicken Stew *122*

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Ginger Turkey Burgers *124*

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Garlic-Mustard Steak *127*

Our favorite way to eat these savory burgers is on a bed of lettuce with ripe tomatoes, thinly sliced red onions, and pitted olives. But you can also enjoy them the traditional way, inside a bun with lettuce, tomato, and a juicy, anti-inflammatory pickle.

GINGER TURKEY BURGERS

SERVES 4 / PREP TIME: 10 MINUTES / COOK TIME: 10 MINUTES

SOY-FREE	1½ pounds ground turkey	2 teaspoons minced fresh ginger root
GLUTEN-FREE	1 large egg, lightly beaten	1 tablespoon fresh cilantro
NUT-FREE	2 tablespoons coconut or almond flour	1 teaspoon salt
PALEO	½ cup finely chopped onion	¼ teaspoon freshly ground black pepper
MEDITERRANEAN	1 garlic clove, minced	1 tablespoon extra-virgin olive oil

1. In a medium bowl, combine the ground turkey, egg, flour, onion, garlic, ginger root, cilantro, salt, and pepper and mix well.
2. Form the turkey mixture into four patties.
3. Heat the olive oil in a large skillet over medium-high heat.
4. Cook the burgers, flipping once, until firm to the touch, 3 to 4 minutes on each side. Serve.

RECIPE TIP: Store leftovers in the fridge for a week or freeze for longer.

SUBSTITUTION TIP: The flour used in this recipe helps the burgers keep their shape; if you're not sensitive to gluten, you can use bread crumbs instead.

NUTRITIONAL INFORMATION PER SERVING: Calories: 320; Total Fat: 20g; Total Carbohydrates: 2g; Sugar: 1g; Fiber: <1g; Protein: 34g; Sodium: 720mg

CHAPTER NINE



Snacks and Sweets

Kale Chips *130*

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Spiced Nuts *132*

Coconut-Mango Lassi *133*

Avocado Fudge *134*

Caramelized Pears with Yogurt *135*

Slightly sweet, with a touch of cinnamon, these pears are delicious served over yogurt and topped with the crunch of nuts. Try nuts instead of syrup with pancakes or waffles.

CARAMELIZED PEARS WITH YOGURT

SERVES 4 / PREP TIME: 15 MINUTES / COOK TIME: 10 MINUTES

SOY-FREE	1 tablespoon coconut oil	1/8 teaspoon sea salt
GLUTEN-FREE	4 pears, peeled, cored, and quartered	2 cups plain yogurt
VEGETARIAN	2 tablespoons honey	1/4 cup chopped toasted pecans (optional)
PALEO	1 teaspoon ground cinnamon	
MEDITERRANEAN		

1. Heat the oil in a large skillet over medium-high heat.
2. Add the pears, honey, cinnamon, and salt, cover, and cook, stirring occasionally, until the fruit is tender, 4 to 5 minutes.
3. Uncover and let the sauce simmer for several more minutes to thicken.
4. Spoon the yogurt into four dessert bowls. Top with the warm pears, garnish with the pecans (if using), and serve.

RECIPE TIP: The pears can be made several days ahead and stored in the refrigerator until ready to serve. Reheat or simply enjoy cold.

SUBSTITUTION TIP: To make this dish vegan, use maple syrup instead of honey, and use a nondairy yogurt.

NUTRITIONAL INFORMATION PER SERVING (including pecans): Calories: 290; Total Fat: 11g; Total Carbohydrates: 41g; Sugar: 30g; Fiber: 6g; Protein: 12g; Sodium: 110mg

CHAPTER TEN



Sauces, Condiments, and Dressings

Tofu-Basil Sauce *138*

Apple Chutney *139*

Zesty Spice Rub *140*

Ginger-Turmeric Dressing *141*

Lemony Mustard Dressing *142*

Lemon-Ginger Honey *143*

A “shrub” is the name for an old-fashioned mixture of sweet and sour to be added to cocktails or sparkling water for a refreshing drink. Our featured shrub is a mixture of lemon, ginger, and honey. In addition to its numerous applications in beverages, you can use it to marinate chicken or shrimp. If you love the taste of lemon, feel free to squeeze a bit more into this recipe.

LEMON-GINGER HONEY

MAKES ABOUT 1 CUP / PREP TIME: 10 MINUTES

SOY-FREE	1 cup water	2 tablespoons honey
GLUTEN-FREE	¼ cup fresh lemon juice	2 teaspoons grated fresh ginger root

NUT-FREE

VEGETARIAN

PALEO

MEDITERRANEAN

1. Combine all the ingredients in an airtight jar and shake until the honey is dissolved.
2. Refrigerate for 24 hours before using so the ginger can permeate the mixture.
3. Store in the refrigerator up to a week.

RECIPE TIP: To make a beverage, pour 2 tablespoons into a tall glass filled with ice. Add sparkling water or seltzer and serve.

NUTRITIONAL INFORMATION PER SERVING (2 tablespoons): Calories: 20; Total Fat: 0g; Total Carbohydrates: 5g; Sugar: 4g; Fiber: 0g; Protein: 0g; Sodium: 0mg