

Foods to Help Prevent Inflammation

Spices

Cloves

Ginger

Rosemary

Turmeric

Potent:

Cinnamon

Jamaican Allspice

Oregano

Marjoram

Sage

Thyme

Vegetables and Fruits

Leafy Greens

Shitake Mushrooms

Fermented Vegetables

Shitake Mushrooms

Garlic

Ginger

Basil Fresh

Sweet potatoes

Cantaloupe

Apricots

Tart Cherries very good

Tart Cherry juice can help you
with sleep

Kale good for liver detox

Walnuts

Beets

Animal Proteins

Salmon

Halibut

Tuna – watch mercury content

Chicken

Turkey

Bison

Foods to Avoid

Refined sugars

High Fructose Corn Syrup/Sugar

Grains

Fried Foods

Foods coked at high temperatures

Oxidized cholesterol, such as that of overcooked scrambled eggs.

(When they start turning green, from overcooking, the cholesterol has gone rancid)

And most definitely:

High Fructose Corn Syrup/Sugar

Trans fats

Processed foods

Anything with MSG

Cauliflower Soup with Cashew Ricotta

Serves 4

½ Cup medium chopped onion
2 Tbsp. of Extra Virgin Olive Oil
1 garlic clove crushed
3 Cups of cauliflower – Core and florets included
1 Tbsp. Oregano leaves
2 Cups of Water or Vegetable broth
Tsp sea salt

Directions:

1. In a medium sauce pot, sauté onions in olive oil for about 4 minutes or until soft, add cauliflower and garlic clove and cook stirring for another 3 minutes.
2. Add 2 cups of water or stock enough to cover the vegetables over 1 inch.
3. Bring to a boil and lower the flame, set to simmer for about 8 minutes.
4. Add oregano leaves and place off the flame, allowing it to cool down. Puree the soup and serve, topping it with cashew ricotta.

Note: When blending hot liquids, allow them to cool down for a couple of minutes and always place a kitchen towel on top to avoid back splash. Be careful!

Parsley Cashew Ricotta

1 Cup of raw cashews
2 cups of water
1 teaspoon of sea salt
1 Tablespoon of nutritional yeast
1 Cup of Parsley leaves

Directions:

1. Soak 1 cup of cashews in 2 cups of water for at least 1 hour or overnight
2. Drain cashews and place in a blender, add 1 cup of water and reserve about 1 more cup of water aside.
3. Add sea salt and nutritional yeast.
4. Run the blender and while running, add the rest of the water in small increments, this will help to puree the mix.
5. Add water until the consistency of the paste is like yogurt, add parsley leaves and puree until smooth.
6. Set aside and serve with soup, pasta or as a dipping sauce.

Cauliflower Rice

Serves 4 – 6

- 1 Head of Cauliflower florets, cut in small pieces
- 1 Cup of small diced onion
- 1 Tbsp. chopped fresh thyme
- 3 Tbsp. Olive oil plus 1 Tbsp. to moisten rice before serving
- ½ Cup of chopped raw almonds
- ¼ Cup of rough chopped dried sour cherries or currants
- ¼ Tbsp. Sea Salt
- 1/8 teaspoon ground black pepper
- ½ of 1 lemon

Directions:

1. Place cauliflower florets in a food processor and with short bursts (pulse mode) process the cauliflower until it becomes the consistency of couscous or small grains of rice, place in a mixing bowl and set aside. This is your cauliflower “rice”.
2. In a sauté pan or skillet heat up the olive oil for about 1 minute and sauté onion until soft.
3. Add the cauliflower to the onions and stir to mix well.
4. Over medium heat keep stirring the cauliflower and onion mixture until cauliflower starts to feel soft but not mushy, it will take about 4 minutes.
5. Add fresh thyme and cook for another 2 minutes, take it off the fire and place it back into the bowl.
6. Add chopped almonds, cherries, sea salt, pepper to taste. Adjust seasoning if needed.
7. Squeeze the juice of ½ of lemon before serving.

Braised Chicken
Parsnips, Turmeric and Ginger
Serves 2

1 large Chicken breast skin and wing bone on (About $\frac{3}{4}$ of a pound)
 $\frac{1}{2}$ Cup of leeks cut medium diced – white part only
 $\frac{1}{2}$ Cup of onions cut medium diced
1 Cup of large diced parsnip, peeled
4 Tbsp. of extra virgin olive oil
1 clove of garlic crushed
2 Tbsp. of ginger peeled, chopped small
1 Tbsp. of fresh turmeric root, peeled and coarse chopped
2 Sprigs of thyme
2 springs of oregano
1 $\frac{1}{2}$ Cup of Chicken, vegetable stock or water
 $\frac{1}{2}$ cup of rough chopped parsley

Directions:

1. In a sauté pan that has a tight lid, heat up the oil for about 1 minute on a medium flame.
2. Season the chicken and sear chicken skin side down first, being careful of extremely high heat, leave the chicken undisturbed for about 4 minutes, it needs to get a nice crispy skin. After 4 minutes flip the chicken and cook for another 2 minutes on the flesh side.
3. Take chicken out of the pan and add all the chopped vegetables, except for the ginger, garlic and turmeric. Cook the vegetables for another 5 minutes or until tender.
4. Add garlic, turmeric and ginger, stir.
5. Add stock or water and return chicken breast into the pan, crispy skin side up and lower the flame to a very low setting.
6. Cover the pan with a lid and cook for 16 to 18 minutes.
7. Uncover the pan and place the chicken on a plate or storage container and cover for chicken not to get dry.
8. For the sauce, take out the thyme and oregano stems and place the braising liquid in a blender (or puree with a hand blender, which is preferred), blend the liquid with the vegetables starting at a very low speed and working it up to a medium, then to a high speed, puree the sauce until smooth.
9. Serve the sauce on the chicken or serve it on the side, remember that the extra sauce can be eaten as a soup.

Note: When blending hot liquids, allow them to cool down for a couple of minutes and always place a kitchen towel on top to avoid back splash. Be careful!

Baked Pears with Cinnamon and Nutmeg

Serves 4

4 Ripe but firm pears, you can choose Bartlett, Bosc or D'Anjou

¼ Cup of Raw Apple Cider Vinegar

¼ Cup of water

4 Tbsp. of coconut sugar

1 Cinnamon stick

1/8 teaspoon of nutmeg

1 pinch of sea salt

1 pinch of crushed red pepper

Directions:

1. Pre heat oven to 400 F.
2. In a bowl, mix all wet and dry ingredients, except for the pears and set aside for about 5 minutes.
3. Cut pears in ½ and core the pears. With a small knife make an X cut on the skin side.
4. Place the pears in the bowl, and toss with all the ingredients, making sure that the pears are well soaked in the syrup.
5. Place the pears skin side up in a baking dish, and spoon the syrup on top of each pear. Place the cinnamon stick in the dish.
6. Cover with aluminum foil or a lid and place in the oven, bake covered for 15 minutes.
7. When time is up, take the dish out of the oven and uncover; turn the pears so the flesh side is up, using a spoon, baste the pears with the syrup and place back in the oven for another 10 minutes.
8. Take out and allow it to cool down to room temperature before serving.