



A DAY'S WORTH OF FOOD TO FIGHT INFLAMMATION

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Cinnamon Steel-Cut Oats with Date Paste,
Nut Butter & Mixed Berry Compote
(aka PB&J Oats)

Quinoa Salad with
Curried Chickpeas, Cashews, & Kale

Curried Red Lentil Soup with
Potatoes & Spinach

Hearty "Everyday" Chocolate Chip Cookies



Cinnamon Steel-Cut Oats with Date Paste, Nut Butter & Mixed Berry Compote (aka PB&J Oats)

1/2 to 1 teaspoon cinnamon
1 cup steel cut oats
4 cups of water
1 to 2 cups pitted dates
1 teaspoon vanilla extract

nut butter
mixed frozen berries
ground flax seeds, chia
seeds, and/or chopped
walnuts

FOR THE OATS:

Lightly toast the oats in a dry skillet or pot over medium heat. Add the water to the oats and bring to a boil. Lower the heat and simmer. Add the cinnamon half way through the cooking and cook the oats until they are tender and cooked through. Oats can be stored in a container in the fridge for several days. Warm the oats with soy or almond milk when ready to eat.

FOR THE DATE PASTE:

Soak the dates in water for at least 1/2 an hour and even overnight. Place the dates in a blender. Add enough of the soaking water to cover half the dates. Add the vanilla and blend until puréed. Store in a mason jar in the fridge for up to a week.

FOR THE MIXED BERRY COMPOTE:

Simmer berries in a small pan until tender and the juices have released. That's it! Other ideas for fruit compotes are diced apples with golden raisins, granny smith apple with wild blueberries, dark cherries and vanilla — the possibilities are endless!

TO SERVE:

Ladle warmed oatmeal in a bowl. Mix in date paste (for optional sweetness), flax seed, chia seeds, and/or chopped walnuts. Top with a tablespoon of nut butter and mixed berry compote.



Quinoa Salad with Curried Chickpeas, Cashews, & Kale

1 cup quinoa	1/2 jalapeño, or to taste
1 3/4 cups stock or water	bunch fresh cilantro
15 oz can of chickpeas	1/2 bunch fresh mint
1/2 cup raw cashew nuts	1 fresh lime
1 tsp curry powder	1/3 cup golden raisins
1 tsp olive oil	1/2 tsp garam masala
1 bunch kale, chopped	salt
2 celery stalks	black pepper
1/4 red onion, or to taste	

Preheat the oven to 375°F.

To start, cook the quinoa. Toast the quinoa in a dry skillet or pot for a few minutes. Next, add the stock and a pinch of salt and bring to a boil. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat. Keep covered and let rest for about 10 minutes. Uncover, fluff with a fork and set aside to cool.

Next, mix the cashews with the oil, 1/2 teaspoon curry powder and salt. Toss to fully coat the nuts with the curry powder. Do the same with the chickpeas (making sure they are rinsed, drained and dried before tossing). Lay out the cashews on one half of baking tray and the chickpeas on the other half. Place into the oven and roast until just lightly toasted. The chickpeas will take a little longer than the cashews so you may need to remove them first.

To prepare the vegetables, first wash and dry the kale. Next, separate the stems from the leaves of the kale. Finely shred the leaves.

Next, finely dice the celery, red onion and jalapeño. Chop the cilantro and mint. Zest the lime and squeeze to remove the juice. Lastly, dice the apple and gather the raisins.

To assemble the salad, place the quinoa into a large shallow bowl and toss with the kale, celery, onion, jalapeño, apple, lime (zest and juice), raisins, cilantro, mint, garam masala, salt and pepper. Gently toss to coat. Taste for seasoning, and add salt and pepper as needed.

Lastly, lightly fold in the cashews and chickpeas.

Notes:

- While the ingredients here work well together, feel free use whichever vegetables & herbs you like.
- Instead of using raw kale, you could also sauté the kale lightly before mixing it in with the rest of the ingredients

(adapted from recipe at rouxbe.com)





Curried Red Lentil Soup with Potatoes & Spinach

1 tablespoon olive oil	1 1/2 cups red lentils
medium onion, diced	2 medium potatoes, diced
2 teaspoons minced ginger	1 quart vegetable stock
3 garlic cloves, minced	1 teaspoon Kosher salt
1 teaspoon ground cumin	baby spinach or greens of choice
1/2 teaspoon ground coriander	freshly squeezed lemon juice
1/2 teaspoon turmeric	chopped, fresh cilantro
1/4 teaspoon ground red chili (optional)	

In a medium sized pot or dutch oven, warm the olive oil over medium heat. Add the onions and sauté the onions until golden. Add the ginger and garlic and sauté for another minute or two.

Next, add the cumin, coriander, turmeric, and optional red chili powder. Sauté until fragrant (about a minute).

Now, add the lentils, diced potatoes, salt and vegetable stock to the pot. Simmer until the lentils are tender and the potatoes are almost cooked through.

Add the spinach, stirring in as you go. Add the freshly squeezed lemon juice. Season with salt and pepper to taste and garnish with cilantro.



Hearty "Everyday" Chocolate Chip Cookies

1 cup oat flour	1/2 tsp baking powder
1/2 cup almond meal	1/2 tsp baking soda
1/2 cup rolled oats	1/3 cup of flax meal
2 tablespoons sunflower seeds	1/4 cup shredded coconut
2 tablespoons pumpkin seeds	1/4 cup nut butter
2 tablespoons sesame seeds	1/4 cup maple syrup
	1 tsp vanilla
	1/2 cup dark chocolate chips

Preheat oven to 350F and line a baking sheet with silicone baking sheet or parchment paper.

Very coarsely grind the pumpkin seeds and sunflower seeds in a food processor spice grinder.

In a large mixing bowl, mix together all of the dry ingredients up to and including the coconut.

Add the wet ingredients all at once EXCEPT the water.

Add small amounts of water at a time (maybe a tablespoon or two). The batter should be VERY thick and hard to mix by hand, but it shouldn't be "dry."

Stir in the chocolate chips.

Portion small balls of dough onto the baking sheet, and pat them down. Bake cookies for 10-15 minutes.