



Made From Scratch

Recipes to Help Fight Inflammation

Many of the foods you eat can trigger or worsen inflammation in your body. Depending on your overall health and the cause of your inflammation, your physician may suggest dietary changes to help to manage short and long-term inflammation. To get you started, try one of our recipes to help fight inflammation.

Quinoa oatmeal

Ingredients

- 2 cups skim milk
- 1/2 cup water
- 3/4 cup old-fashioned rolled oats (not quick cooking)
- 1/4 cup quinoa
- 2 tsp honey
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/8 tsp salt
- 1/2 cup raspberries
- 1/4 cup sliced almonds, toasted

Directions

1. Combine the milk and water in a large saucepan and bring to a simmer over medium heat.
2. Add the oats, quinoa, honey, cinnamon, vanilla, and salt. Reduce the heat to low. Cover and cook, stirring occasionally, until the oats and quinoa are tender, about 15 minutes. Serve topped with raspberries and almonds.

Recipe notes: Try this recipe using other fruits, such as blackberries, blueberries, or strawberries.

Servings: 4 | **Serving size:** 2/3 cup oatmeal, 2 Tbsp raspberries, and 1 Tbsp almonds | **Nutrition facts per serving:** Calories 200; Total fat 6g; Saturated fat .6g; Sodium 125mg; Carbohydrates 30g; Fiber 4g; Protein 9g

Tuna salad avocado bowls

Ingredients

- 6 oz canned tuna or salmon, packed in water, drained
- 2 Tbsp plain nonfat Greek yogurt
- 1 tsp olive oil
- 2 Tbsp scallions or other onions, chopped
- 2 Tbsp green olives, chopped
- 1 tsp lemon zest
- 2 Tbsp walnuts, toasted and chopped (or other nut of choice)
- 1 large avocado, sliced in half and pit removed



Directions

1. In a medium bowl, toss together salmon or tuna, yogurt, olive oil, green onion, green olives, lemon zest, and toasted nuts. Stir the mixture to blend everything well. Spoon about half of the mixture into each of the avocado halves and serve.

Servings: 2 | **Serving size:** One stuffed avocado half | **Nutrition facts per serving:** Calories 320; Total fat 23g; Saturated fat 3.4g; Sodium 420mg; Carbohydrates 11g; Fiber 7g; Protein 22g

Apple-walnut salad

Ingredients

- 2 Granny Smith, peeled and cubed (or other tart apple)
- 2 cups spinach
- 1 cup endive, sliced
- 1/4 cup walnuts, chopped
- 3 Tbsp blue cheese, crumbled
- 2 Tbsp red wine vinegar
- 1 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp honey
- 1/4 cup olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp fresh chives, minced

Directions

1. In a large bowl, toss the apples, spinach, endive, walnuts, and blue cheese to combine.
2. In a small bowl, whisk together the vinegar, lemon juice, mustard, and honey. Add the oil in a thin stream, whisking to emulsify. Whisk in the salt and pepper.
3. Pour the dressing on the salad and toss gently. Place the salad in a serving bowl and sprinkle with the chives.

Servings: 6 | **Serving size:** 1 cup | **Nutrition facts per serving:** Calories 140; Total fat 11g; Saturated fat 1.5g; Sodium 145mg; Carbohydrates 11g; Fiber 2g; Protein 2g

Grilled chicken with strawberry and pineapple salsa

Ingredients for chicken

- 4 boneless, skinless chicken breasts (about 4 oz each), all visible fat discarded
- 2 tsp salt-free steak seasoning blend
- 1/4 tsp salt

Ingredients for salsa

- 1 Tsp canola or corn oil
- 2 slices fresh pineapple, each 1/2 inch thick, patted dry
- 1 cup whole strawberries (about 5 oz), diced
- 1/4 cup red onion, finely chopped
- 3-4 Tbsp fresh mint leaves, chopped
- 1-2 tsp sugar
- 1/8 tsp crushed red pepper flakes
- 1 medium lemon



Directions

1. Preheat the grill on medium-high heat. Brush a grill pan or rack with the oil and heat it on the grill for about two minutes, or until hot. Grill the pineapple for two minutes on each side. Transfer to a cutting board and let cool slightly, about two minutes, before chopping.
2. Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 tsp lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.
3. Sprinkle both sides of the chicken with the seasoning blend and salt.
4. Grill for five minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

Servings: 4 | **Serving size:** 3 oz chicken and 1/2 cup salsa | **Nutrition facts per serving:** Calories 191; Total fat 3g; Saturated fat .5g; Sodium 223mg; Carbohydrates 14g; Fiber 2g; Protein 27g