

from
THE KAPLAN CENTER KITCHEN

Recipes For Good Health



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lowering inflammation is the key to long-term health

As the old saying goes, “you are what you eat.”

An ever-increasing body of research demonstrates the connection between a healthy diet, a stronger immune system, and even improved mood.

Inflammation in the body contributes to or causes many of the debilitating chronic illnesses that we see in older adults, such as osteoarthritis, rheumatoid arthritis, heart disease, Alzheimer’s Disease, Parkinson’s Disease, and even cancer.

The good news is that changing your diet is one of the most effective ways you can help prevent or even reverse the inflammatory process. Learning which foods may be triggering the inflammatory process, and preparing healthy, tasty, and anti-inflammatory dishes can go a long way in managing your chronic pain.

We hope this collection of recipes inspires you to be more invested in what you eat and the way you eat.

Bon Appétit!



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MEDITERRANEAN TABOULEH SALAD

BABA GANOUSH DIP

MIDDLE EASTERN STUFFED GRAPE LEAVES (YELANCHI)

Recipe

Mediterranean Tabouleh Salad

INGREDIENTS

- 1/2 cup fine* (No. 1) bulghur (cracked wheat) – if you can't find fine bulghur, use cooked quinoa
- 2 large tomatoes, finely chopped (do not discard juice)
- Juice of 1 lemon
- 2 bunches of parsley, (3 if they are small bunches)
- 2-3 scallions, finely chopped
- 1/3 cup red onion, finely chopped
- 1/2 cup of good, extra-virgin olive oil
- 1 tsp dry mint (or 1-2 tablespoons of fresh mint, finely chopped)
- Salt & black pepper to taste

DIRECTIONS

1. Put bulghur (or cooked quinoa) in a large mixing bowl and add the chopped tomatoes, with its juices, and the lemon juice. Mix and set aside to let bulghur absorb the juices.
2. Pinch off stems of parsley just below leaves and discard. Clean the leaves thoroughly in water and pat dry before chopping. Chop by hand or in a food processor. If you are using a food processor, add parsley in batches and chop in pulses. Once chopped, add parsley to bulghur mixture.
3. Add remaining ingredients and mix well. Before serving adjust ingredients to your taste.
4. Serve with warm pita or crackers.

TIPS

****It's important to use fine bulghur with this recipe in order for the grains to absorb the juices and soften. Try to buy bulghur from a Middle Eastern grocer to find the right one!***

There is no "one way" to prepare tabouleh, making it quite a versatile and healthy dish. For a nice variation, and a twist on flavor, try adding finely chopped red or green peppers.

It can be served chilled or at room temperature.

Traditional recipes call for a pinch or two of Aleppo Red Pepper, a milder red pepper seasoning. If you enjoy a little kick in each bite, and cannot locate this ingredient try adding one or two dashes of cayenne pepper.

RECIPE CARD COURTESY OF KAPLAN CENTER FOR INTEGRATIVE MEDICINE

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Recipe

BABA GANOUSH DIP

Recipe courtesy of Nour Amri, MS, CNS, LDN

INGREDIENTS

2 eggplants (baked, with peel removed)
3 tbsp tahini
4-5 tbsp lemon juice
2 garlic cloves, crushed well
1 tsp smoked paprika
salt to taste
1 tbsp pomegranate seeds for garnish
chopped parsley & olive oil for garnish

DIRECTIONS

Preheat oven to 350 degrees.

Prick eggplant with a fork and placed on baking sheet lined with parchment paper. Bake for 60 min or until soft.

Carefully remove eggplant skins, mash pulp with a fork.

Add tahini, lemon juice, garlic and spices.

Transfer to a serving bowl and garnish with pomegranate seeds, parsley and olive oil.

Serve with crackers, pita bread, crudité (for low carb diets), or in sandwiches or wraps.

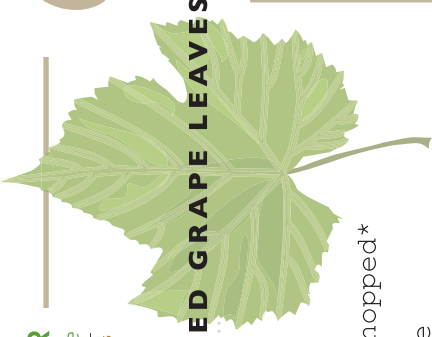
For a chunkier texture mix ingredients as directed by hand. For a smoother texture transfer ingredients to a food processor and lightly pulse.

Za'atar is a widely used Middle Eastern spice that can also be used as an optional garnish for this recipe.





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THE CHRONIC PAIN AND ILLNESS EXPERTS



YELANCHI VEGETARIAN STUFFED GRAPE LEAVES

INGREDIENTS

- 1 cup olive oil
- 3 lbs white onions, chopped*
- 1 1/4 cup tomato sauce
- 1 cup River rice or Goya rice (must be short grain)
- 1 teaspoon salt
- 4 or 5 teaspoons fresh dill, chopped (do not discard stems!) OR 4 tsp. dry crushed dill
- 1/4 teaspoon ground cinnamon
- 1 teaspoon paprika
- 1/4 teaspoon black pepper
- 1 teaspoon red pepper
- 2 teaspoons allspice
- lemon juice to taste (approx. 1 lemon)
- 1 - 16 oz. jar preserved grape leaves**

* Ideally chop onions by hand; if using a food processor, do NOT over chop as it will result in too much liquid.

** Carefully pull leaves out of jar; rinse & taste. If too salty, rinse 10 min in warm water & drain. Use ripped leaves to line the saucepan before cooking.

Recipe

FROM THE KITCHEN OF SONIA VARTANIAN,
MARKETING ASSISTANT



Makes approximately 60-75 grape leaves.

DIRECTIONS

Cook onions in the olive oil on medium heat, uncovered, for approximately 20 minutes. Add the tomato sauce, rice and salt. Cook until the liquid just starts to absorb (approx. 10 minutes). Take off the heat, cover and let rest for 5 min.

1

In a small bowl combine the remaining spices and then add to the onion mixture. Mix well and taste. Adjust the spices to your taste. Add juice of 1/2 lemon and let the mixture cool down. You can transfer it to another large bowl.

2

Line a deep saucepan with several grape leaves. You'll want about 2 layers of leaves using the ripped leaves and dill stems that you have set aside. The idea is to avoid setting the stuffed grape leaves directly on the surface of the pan so they don't stick or burn.

3

On a clean surface carefully spread out a single grape leaf with the spiny side up and the stem pointing towards you. Cut off stem with scissors. Spoon ~1 tbsp of filling (more for large leaves, less for small leaves) just above the stem. Fold up from the bottom and in from the sides and roll upwards from the stem. Squeeze the filling slightly as you roll up and place it seam side down in the saucepan. Continue this process until all of the filling is finished. You will have 2 or 3 layers of grape leaves.

4

Before cooking add the remaining lemon juice mixed with some water (up to ~ 1/2 cup) over the wrapped yelanchis. This is to give them moisture while cooking.

5

Place a heavy plate over the top layer of grape leaves, cover and cook for approximately 1 hour starting on high heat, immediately reducing to medium or medium low (simmer) as soon as it comes to a boil.

6

Serve cooled yelanchis on a plate garnished with fresh dill and lemon slices.



homemade stocks

BEEF OR BISON BROTH

POACHED CHICKEN & STOCK

MAGIC MINERAL BROTH (VEGETARIAN)

Recipe

Beef or Bison Broth

Recipe courtesy of Nour Amri, MS, CNS, LDN

INGREDIENTS

- 2 to 3 pounds meaty bones, such as shank bones or short ribs
- 3 pounds joint bones, such as knuckle
- 2 pounds bone marrow bones
- 3 onions (or leeks), roughly chopped
- 3 carrots, washed and roughly chopped
- 3 celery sticks, washed and roughly chopped
- 1/4 cup vinegar (apple cider, rice, white wine, or red wine)
- 4 quarts water
- 1/2 tsp. thyme
- 1/2 bunch of parsley



DIRECTIONS

- 1 Preheat the oven to 350 degrees.
- 2 Add the meaty bones to a parchment-covered baking sheet and roast them until browned, about 30 minutes. For more flavor and color you can also use a cast-iron skillet (non-lined). If you use a cast-iron skillet, scrape the bits with a little water, saving the juices.
- 3 While the meaty bones are roasting, place the remaining ingredients, except the parsley, in a large, heavy stockpot (a 6-quart crockpot works too) to soak for 1 hour. The vinegar will act on the bones and help to draw out the calcium and the gelatin for a rich stock. You can roast the vegetables as well if you like. When the meaty bones are browned, add to the pot, along with any accumulated juices.
- 4 Bring to a boil, skim the froth that has accumulated at the top of the liquid and then lower the heat to a slow simmer where there is barely any movement. You should not have to add water during this process. You can use a lid if necessary, leaving the broth partially covered.
- 5 Simmer the stock for 24 to 72 hours, adding the parsley in the last 10 minutes for minerals, then strain. Bring to room temperature and then cool in the refrigerator.

Note: You can leave the stock on the stove for up to 8 or 9 hours. The core is so hot that no bacteria can grow. However, if the core reaches room temperature and then sits for 4 hours hazardous bacteria will begin to form and you will need to boil again. Every time it comes to a boil, skim the froth off the surface.

- * You can pick out the meat once it is tender and reserve to add to broths.
- * Rule of thumb on stocks: If it has meat on it, roast it.
- * If you have a diffuser, it may help balance the temperature while simmering.

RECIPE CARD COURTESY OF KAPLAN CENTER FOR INTEGRATIVE MEDICINE

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Recipe

Poached Chicken & Stock

Recipe courtesy of Nour Amri, MS, CNS, LDN

INGREDIENTS

For the poached chicken:

- 4 lb whole organic chicken
- 4 quarts water

For the chicken stock:

- 1 chicken carcass as prepared above
- 1 lbs of organic chicken wings
- 4 extra organic chicken backbones or another whole chicken carcass
- 3 celery sticks, washed and roughly chopped
- 3 carrots, washed and roughly chopped
- 1 onion, roughly chopped
- 2 Bay leaves
- 4 quarts of broth from the poached chicken
- 2 tbsp white vinegar

This recipe uses 1 whole 4 lb chicken for the broth base. However, for the richest mineral content and to ensure the broth forms the nutritious collagen content, we've added 4 extra chicken backbones to the recipe. You can also use 1 additional whole chicken carcass or bones from any other part of the chicken. Note: use only organic chicken to avoid harmful toxins that are stored in bones in particular.

DIRECTIONS

- 1 In a large stockpot add the chicken and water and bring it to a boil. Skim any froth that has gathered on the surface and lower the heat. Continue to let it simmer, covered, for one hour.
- 2 While the chicken is cooking, roast the chicken wings and backbones in the oven at 350F for 30min.
- 3 After one hour, take the simmering chicken out of the stockpot. Remove and use the poached meat for other dishes, saving the carcass, wings, and neck, and stock.
- 4 Transfer all the ingredients into a stainless steel stock pot.
- 5 Pour the white vinegar on top and let it sit for another 30 minutes.
- 6 After 30 minutes, bring it to a boil then lower the heat to a simmer and cover it. Leave it to simmer slowly for 24 hours – it shouldn't be bubbling!
- 7 After 24 hours, take the pot off the heat (note: the water level should not have reduced by much). Strain it and put it back in the pot after giving the pot a wash.
- 8 Let everything sit until it comes to room temperature* (this may take several hours).
- 9 Once at room temperature, put the stock into the fridge for it to gel. If left overnight again you will see a top layer of fat that can be removed. Pour the liquid into mason jars and store in the freezer for future use!

* To speed this process along you can prepare a large high rim pan full of ice water and immerse the pot containing the stock into it carefully. This will help prevent your stock from forming harmful bacteria which starts to form after sitting an additional 4 hours at room temperature.

Recipe

Magic Mineral Broth

Recipe from *The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery*

INGREDIENTS

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves garlic, halved
- 1/2 bunch fresh flat-leaf parsley
- 1 8-inch strip of kombu
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts cold, unfiltered water
- 2 teaspoons sea salt



DIRECTIONS

- 1 Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice, berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.
- 2 Remove the lid, decrease the heat to low, and simmer for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.
- 3 Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.
- 4 Let cool to room temperature before refrigerating or freezing.



SEAWEED SALAD

SPINACH SALAD WITH POMEGRANATE GLAZED WALNUTS

ROASTED BEET, ORANGE AND AVOCADO SALAD

Recipe

Seaweed Salad

Recipe adapted from Marc Matsumoto/Fresh Tastes.

INGREDIENTS

- 1 ounce dry mixed seaweed or wakame (organic if possible)*
- 1 tablespoon + 1 teaspoon rice vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoon coconut aminos
- 1/2 teaspoon salt (to taste)
- 1/2 teaspoon ginger juice
- 1 tablespoon toasted sesame seeds
- 1 scallion, finely chopped

DIRECTIONS

- 1 Put the dry seaweed in a large bowl and fill it with cold water. If you like your seaweed crunchy, soak it for 5 minutes, if you like it more tender, soak it for 10 minutes.
- 2 To make the dressing, combine the rice vinegar, sesame oil, coconut aminos, salt and ginger juice in a small bowl and whisk together.
- 3 Drain the seaweed and use your hands to squeeze out excess water. Wipe out any excess water in the bowl, and then return the seaweed along with the dressing and sesame seeds.
- 4 Toss thoroughly to combine.
- 5 Plate the salad and garnish with scallions.

** Mixed dry seaweed can be ordered online from Amazon, or can be found in most Japanese grocery stores. If you have trouble finding it in your area, look for the more widely available wakame. It's not quite the same thing, but it has a nice texture and is good in salads.*

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Recipe

SPINACH SALAD with POMEGRANATE GLAZED WALNUTS

INGREDIENTS

- 1/4 cup plus 2 tablespoons pomegranate juice
- 1 teaspoon sugar
- Kosher salt
- 1/2 cup coarsely chopped walnuts
- 1/4 cup thinly sliced red onion
- 1, 5 oz container baby spinach
- 4 oz white button mushrooms, trimmed & thinly sliced, ~1 cup
- 3/4 cup grape tomatoes, halved
- 1 tablespoon red wine vinegar
- 1 tablespoon good quality extra virgin olive oil

DIRECTIONS

- 1 Combine 1/4 cup juice with the sugar and 1/4 teaspoon salt in a small nonstick skillet. Bring to a simmer over medium-high heat and cook, stirring occasionally, until the mixture reduces slightly, about 5 minutes.
- 2 Add the walnuts and continue to cook, stirring, until the nuts are coated and dark and the liquid evaporates in the skillet, about another 5 minutes.
- 3 Transfer to a baking sheet to cool. When cool, break apart with your hands.
- 4 Meanwhile, soak the red onion in ice water for about 10 minutes; drain and pat dry.
- 5 Place the baby spinach in a serving bowl and top with the onions, mushrooms, tomatoes and walnuts.
- 6 In a bowl whisk the remaining 2 tablespoons juice with the vinegar, 1/4 teaspoon each salt and pepper, and then whisk in the oil.
- 7 Drizzle over the salad and toss just before serving.

Recipe courtesy of Food Network Kitchens.

Recipe

ROASTED BEET, ORANGE, AND AVOCADO SALAD

adapted from Roasted Beet, Orange, and Avocado Salad by Healthy Women

INGREDIENTS

- 2 medium red beets, tops removed
- 2 tablespoons olive, grapeseed, or avocado oil
- 2 tablespoons balsamic or champagne vinegar
- 1 tablespoon freshly squeezed orange juice
- 1/2 teaspoon kosher salt
- freshly ground black pepper
- 1 ripe orange, peeled
- 1/2 ripe but firm avocado, cubed
- 1 cup mache or baby greens (optional)

DIRECTIONS Serves 4

- 1 Preheat the oven to 400°F. Line a baking dish with foil and place the beets on top. Drizzle with 1 tablespoon oil and 1 tablespoon vinegar. Cover tightly with more foil and roast for 45 minutes. Remove from the oven and set aside to cool.
- 2 In a small bowl, combine 1 tablespoon oil, 1 tablespoon vinegar, orange juice, salt, and pepper and whisk until combined.
- 3 Once the beets have cooled, peel them with a knife, cut them into 1 1/2-inch cubes, and transfer to a serving bowl.
- 4 Cut the orange in half and cut out the segments. Add them to the serving bowl along with the avocado and mache, if desired. Drizzle the dressing over, toss to coat, and serve.



**We removed the feta cheese and canola oil from the original recipe to make this an anti-inflammatory dish!*

RECIPE CARD COURTESY OF KAPLAN CENTER FOR INTEGRATIVE MEDICINE

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ROASTED BUTTERNUT SQUASH SOUP

CARROT GINGER SOUP WITH LEMON

3 SISTERS' COMPOTE

WINTER LENTIL SOUP

Recipe

ROASTED BUTTERNUT SQUASH SOUP

INGREDIENTS

- 1 medium butternut squash (~2 1/4 lbs)
- 3 tablespoons extra virgin olive oil, plus 2 tsp.
- 1 medium onion, chopped (~1 cup)
- 1 tablespoon of fresh grated ginger
- 3 cups of chicken broth
- 2 cups of water, as needed
- Salt and pepper to taste
- 3-4 sprigs of fresh sage (optional)

DIRECTIONS Serves 6-8

- 1 Cut squash lengthwise, scoop out the seeds and drizzle flesh with approximately 2 teaspoons of olive oil.
- 2 Roast, cut sides down on pan, and remove when tender (approximately 45 minutes in a 400 degree oven). Remove from oven and let it cool.
- 3 Cook the onion and ginger in the remaining olive oil in a large saucepan over moderately low heat for 5 minutes, or until the onion is softened.
- 4 Add broth and simmer the mixture for 10 minutes, covered. Scoop out the cooled squash pulp and add it to the broth and onion mixture.
- 5 Transfer the mixture to a blender or food processor, in batches, and puree until smooth. Add enough water to achieve the desired consistency, and salt and pepper to taste.
- 6 Return the soup to the sauce pan, add sage sprigs to mixture (setting some leaves aside for garnish), and cook over moderate heat until it is hot.
- 7 Remove sage sprigs before serving. Garnish with fresh leaves.

Recipe adapted from Gourmet Magazine.

Recipe

Carrot Ginger Soup with Lemon

INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 1 1/2 cups chopped onion
- 1 tbsp finely chopped peeled fresh ginger
- 1 1/2 teaspoons minced garlic
- 1 1/4 pounds medium carrots, peeled, chopped (about 3 cups)
- 2 tomatoes, seeded, chopped (about 1 1/3 cups)
- 1 1/2 teaspoons grated lemon peel
- 3 cups (or more) organic chicken broth
- 2 tablespoons fresh lemon juice
- 1 small carrot, peeled, grated cream (look for additives)
- 1/4 cup chopped fresh parsley

DIRECTIONS

- 1 Heat oil in heavy large pot over medium-high heat. Add onion; sauté 4 minutes.
- 2 Add ginger and garlic; sauté 2 minutes.
- 3 Add chopped carrots, tomatoes and lemon peel; sauté 1 minute.
- 4 Add 3 cups stock and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20 minutes. Cool slightly.
- 5 Puree soup in batches in blender. Return soup to pot. Mix in lemon juice. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.)
- 6 Bring soup to simmer, thinning with more stock, if desired. Ladle into bowls. Top each bowl with grated carrot and chopped parsley.

Original recipe modified from Bon Appétit | June 1997



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FROM THE KITCHEN OF JOHN DOLEMAN,
EXECUTIVE DIRECTOR

Recipe



THREE SISTERS' COMPOTE

original recipe from The Boston Globe

INGREDIENTS

- 2 cups dried cranberry beans or Great Northern beans, soaked overnight and drained
- 2 tbsps vegetable oil (can substitute expeller-pressed canola oil or virgin olive oil)
- 1 large leek, thinly sliced (be sure to wash leek thoroughly after slicing)
- 4 medium zucchini, cut into 1/4-inch pieces
- 1 red bell pepper, cored, seeded, and cut into 1/4-inch pieces
- 2 cloves garlic, finely chopped
- 1/4 cup maple syrup (100% pure maple is best)
- 1 bunch fresh thyme, chopped
- 2 teaspoons ground allspice
- 4 cups fresh corn kernels
- Salt and freshly ground black pepper, to taste

DIRECTIONS

In a large flameproof casserole, combine the beans with water to cover. Bring to a boil. Reduce the heat and simmer for 1 hour or until the beans are tender. Set a colander in a bowl and drain the beans, reserving their liquid.

1

In the same pan, heat the oil. Add the leek, zucchini, pepper, and garlic and cook over medium heat, stirring often, for 10 minutes.

2

Add the beans, 1 cup of the cooking liquid, maple syrup, thyme, and allspice. Bring to a boil, reduce the heat, and simmer for 10 minutes.

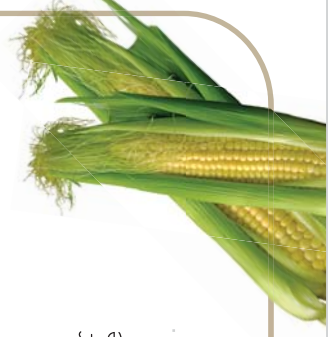
3

Add the corn and enough additional liquid to make a thin stew. Add salt and pepper to taste and cook for 15 to 20 minutes or until the corn is tender.

4

note:

If you like, make this compote one or two days ahead and reheat just before serving. It improves with age!





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Recipe



FROM THE KITCHEN OF
MICHELE MCLELLAN, PT, OCS, CLT

WINTER LENTIL SOUP

original recipe from RealSimple.com

INGREDIENTS

- 1 tablespoon olive oil
- 4 leeks (white and light green parts), cut into 1/4-inch-thick half-moons
- 1 28-ounce can whole tomatoes, drained
- 2 sweet potatoes, peeled and cut into 1/2-inch pieces
- 1 bunch kale, thick stems removed and leaves cut into 1/2-inch-wide strips
- 1/2 cup brown lentils
- 1 tablespoon fresh thyme
- Kosher salt and black pepper
- 1/4 cup grated Parmesan (1 ounce; optional)

DIRECTIONS

Heat the oil in a large saucepan or Dutch oven over medium heat. Add the leeks and cook, stirring occasionally, until they begin to soften, 3 to 4 minutes. Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes.

1

Add 6 cups water and bring to a boil. Stir in the sweet potatoes, kale, lentils, thyme, 1 ½ teaspoons salt, and ¼ teaspoon pepper. Simmer until the lentils are tender, 25 to 30 minutes.

2

Spoon into bowls and top with the Parmesan, if using.

3





side dishes

ROASTED CAULIFLOWER WITH GARLIC TAHINI SAUCE

WHOLE ROASTED CAULIFLOWER WITH SMOKED PAPRIKA WINE SAUCE

GRILLED AVOCADO

ROASTED SUMMER SQUASHES WITH CAPER GREMOLATA

SAUTÉED BROCCOLI RABE

Recipe

Roasted Cauliflower with Garlic Tahini Sauce

Recipe courtesy of Nour Amri, MS, CNS, LDN

INGREDIENTS

- 1 cauliflower head, washed, cored and cut into florets
- 2 tbsp olive oil
- Salt and pepper
- 3/4 cup tahini
- 2 cloves garlic, mashed or minced
- 1/4 cup water
- 1/2 cup lemon juice
- 1 tsp salt (or to taste)
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1 tbsp parsley, finely chopped



DIRECTIONS

- 1 Preheat oven to 450 degrees.
- 2 In a bowl, toss the cauliflower florets with olive oil and season it with salt and pepper. Distribute the cauliflower evenly on a lightly oiled baking sheet. Bake for 15-20 min or until the cauliflower starts to turn brown.
- 3 Prepare the tahini sauce while the cauliflower is cooking. In a medium bowl, slowly whisk the tahini and mashed garlic with water, then add the lemon juice. The mix should thicken and whiten in color as you add the lemon. Season with salt, pepper, and paprika.
- 4 Taste and adjust seasoning, you may want to add some salt and/or lemon juice.
- 5 Stir in the parsley.
- 6 Serve the roasted cauliflower in plate and top with tahini sauce or serve the tahini sauce on the side.

Optional: I like to garnish with toasted pine nuts and few parsley leaves and sometimes a pinch of paprika for nice color.

Recipe

Whole Roasted Cauliflower with Smoked Paprika Wine Sauce

Recipe courtesy of Botanicamag.com.

INGREDIENTS

- 1 medium-sized cauliflower
- 2 tablespoons smoked paprika
- 6 large cloves garlic, minced
- 1 cup of good, extra-virgin olive oil, plus more for drizzling
- Zest and juice of 1 lemon
- ½ cup fresh orange juice
- 1½ cups white wine
- Sea salt & black pepper
- Salsa verde (optional)

DIRECTIONS

1. Preheat the oven to 425°F.
2. Trim the base of the cauliflower so that it can sit evenly in a pan, and use a paring knife to cut out the very center of the core (if you can't get too far in there, don't worry). Place in a cast iron or high-walled roasting pan.
3. Stir together the smoked paprika, garlic, 1 cup olive oil, citrus juice and zest and white wine and season with salt and pepper. Pour it over the cauliflower, rubbing it into the grooves and the sides, then season with more salt and pepper. Drizzle a little extra olive oil on top, for good measure, and pop the pan into the oven.
4. Start to baste the cauliflower around 20 minutes in; use a deep spoon to give it a good dousing with the pan juices. From this point forward, you'll want to baste every 10 minutes or so. At some point, the top will start to brown to the point of looking burnt; don't worry, this is a good sign! The pan juices should be reducing nicely, too. The cooking time varies from cauliflower to cauliflower but, as a general rule, when the florets are all nice and tender and the pan juices have reduced by at least half (around 45 minutes to an hour), you'll want to take the cauliflower out of the cooking pan and place it, stem-side-up, on a separate sheet pan that's been greased with olive oil.
5. Cook for another 15 minutes this way, so that the bottom quarter of the head (which up until this point has steamed, more than roasted) has a chance to brown a bit. Leave the pan with the juices in the oven so that it continues to simmer and reduce. When the cauliflower florets are all soft and browned and the stem is knife-tender (meaning you can stick a paring knife in there and pull it out without too much effort), pull the cauliflower and the pan of cooking liquid out of the oven. Transfer the pan juices to a bowl, being sure to scrape every bit of candied caramelized garlic from the pan (it should taste absurdly good...like dark garlic orange jam).
6. We like to serve the cauli two ways: We either bring it to the table whole and carve off florets and stems, as if carving a roast; or we cut the head into slices. If doing the latter, the ends will invariably fall apart, but you should be able to get two or three steaks, so to speak, from the middle. Either way, serve the cauliflower atop the wild rice salad with the pan juices poured over everything and a bowl of salsa verde on the side.

Recipe

Grilled Avocado

INGREDIENTS

- 4 Hass Avocados - (multiply for crowds)
- 1 tsp. cumin (or use whole seeds, toasted in a skillet and then ground in a mortar)
- 1/2 tsp. turmeric
- 1 tsp. ground coriander (or whole seeds, ground in mortar)
- 1 tsp. chile powder (to kick it up a notch add a 1/4 tsp. of cayenne pepper)
- 1 tsp. salt
- 1 tsp. pepper
- 2 tbsp olive oil
- Fresh lime (optional)



DIRECTIONS

- 1 Cut avocados in half, remove the pits but leave the skin on.
- 2 Mix all of the spices in a bowl or in a mortar and pestle.
- 3 Brush olive oil onto the flesh side of avocado and sprinkle on the spice mix.
- 4 Grill flesh-down over medium heat for 4 minutes, or until a good crust forms.
- 5 Flip avocado to the skin side for one more minute.
- 6 Remove and serve! (Optional: Serve with a fresh lime wedge and squeeze juice over the avocado right before eating to make it even tastier!)

TIP

- This spice mix makes a great rub for grilled fish, too! Mix it with extra-virgin olive oil and grill your favorite meaty fish, like tuna or mahi-mahi.

This recipe was adapted from Chris Schlesinger's Grilled Avocado recipe.

Recipe

ROASTED SUMMER SQUASHES WITH CAPER GREMOLATA

original recipe from My Recipes

INGREDIENTS

GREMOLATA:

- 1/4 cup chopped fresh flat-leaf parsley
- 1 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 tablespoon capers
- 2 teaspoons extra-virgin olive oil
- 1 garlic clove, minced

SQUASH:

- 4 cups multicolored pattypan squash, halved lengthwise
- 3 cups baby zucchini, trimmed
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

DIRECTIONS

Makes 8 servings.

- 1 Preheat oven to 475°.
- 2 To prepare gremolata, combine first 6 ingredients in a small bowl. Set gremolata aside.
- 3 To prepare squash, combine pattypan squash, zucchini, and 2 teaspoons oil. Sprinkle with salt and pepper. Arrange squash, cut side down, in a single layer on a jelly-roll pan. Bake at 475° for 15 minutes or until squash is tender and lightly browned, stirring after 7 minutes. Sprinkle gremolata over the squash. Serve immediately.



Recipe

SAUTÉED BROCCOLI RABE

INGREDIENTS

- 1 lb. broccoli rabe, cleaned
- 5 tablespoons olive oil
- 1 small onion, sliced
- 1 large clove garlic, minced



DIRECTIONS

- 1 Bring a large pot of water (lightly salted) to a boil. Add broccoli rabe.
- 2 Boil for ~3 minutes. Remove from water and strain.
- 3 Heat olive oil over medium high heat. Add onions and garlic, sauté for 2 minutes.
- 4 Add broccoli rabe and continue to sauté for additional 3-5 minutes.
- 5 Serve immediately.



Broccoli rabe is a great source of calcium, vitamin K, folate and anti-oxidants.
This dish pairs nicely with chicken, fish or lean meat,
in place of potatoes or rice.

RECIPE CARD COURTESY OF KAPLAN CENTER FOR INTEGRATIVE MEDICINE

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SMOKY AVOCADO EGG SALAD

ZUCCHINI NOODLES WITH SMOKY ROMESCO SAUCE

GARLIC GINGER CHICKEN

GRILLED SALMON WITH SWEET CORN, TOMATO & AVOCADO RELISH

BAKED FALAFEL BURGERS

POACHED EGGS WITH ROASTED TOMATOES

SPINACH QUICHE WITH CAULIFLOWER CRUST

WHOLE WHEAT PASTA AND BEAN SALAD

SUNSHINE BAKED UP EGGS

SUNRISE NORI WRAPS WITH SPICY TAHINI DRIZZLE

SEAFOOD PASTA WITH SCALLOPS, SHRIMP AND MUSCLES

LENTIL BURGERS WITH ROASTED VEGETABLES

WARM, WHITE BEAN SALAD

POACHED SALMON WITH GINGER AND CILANTRO

BUTTERNUT SQUASH & CAULIFLOWER CASSEROLE

Smoky Avocado Egg Salad

Recipe courtesy of Vanessa Berenstein, MA, RD

INGREDIENTS

- 5 pasture raised eggs, hard boiled
- 1 ripe avocado
- 1 tbsp mayonnaise, sugar free and organic
- 1 bell pepper, chopped fine
- 1 bunch green onions, chopped fine
- 1/3 cup cucumber, chopped fine
- 1/2 cup parsley, chopped
- 1 tbsp curry powder
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp smoked paprika

Cook time: 12 min

Prep time: 10 min

Total time: 22 min

Makes 3-4 servings



DIRECTIONS

1. Mash the hard boiled eggs with the avocado and mayonnaise.
2. Add the remaining ingredients and mix until well incorporated.
3. Serve or store in airtight container.

Recipe

Zucchini Noodles with Smoky Romesco Sauce

INGREDIENTS

- 1 medium zucchini
- 6 roasted red bell peppers
- 1/3 cup sun-dried tomatoes, soaked
- 2 tbsp tomato paste
- 2/3 cup hazelnuts
- 2 tsp smoked paprika
- 1/2 cup of good, extra-virgin olive oil
- 1/2 tsp salt

DIRECTIONS

For the Noodles:

Slice zucchini into thin, ribbon-like strands using a potato peeler (a mandolin or a julienne peeler are other tools that work) and lightly saute, microwave, bake – or just leave them raw – depending on your personal preference.

For the Sauce:

1. Soak sun-dried tomatoes for at least 2 hours to soften.
2. Drain sun-dried tomatoes from the water and add all ingredients to a blender or food processor.
3. Pulse on high until smooth.
4. Top prepared zucchini noodles and serve.

TIPS

- Romesco sauce can also be served on rice or quinoa pasta, roasted veggies, crudites, or any protein.
- If you want to add a protein to this dish, try halibut, salmon, ground bison, or Cornish hens.
- Transfer remaining sauce to a jar or airtight container and refrigerate or freeze it for future use.

Smoky Romesco Sauce recipe courtesy of Vanessa Berenstein, MA, RD

Recipe

Garlic Ginger Chicken

INGREDIENTS

- 4 skinless, boneless chicken breast halves (free range or organic if possible)
- 3 cloves crushed garlic
- 3 tablespoons ground ginger
- 1 tablespoon olive oil
- 4 limes, juiced

DIRECTIONS

- 1 Pound the chicken to 1/2 inch thickness. In a large resealable plastic bag combine the garlic, ginger, oil and lime juice.
- 2 Seal bag and shake until blended. Open bag and add chicken.
- 3 Seal bag and marinate in refrigerator for no more than 20 minutes.
- 4 Remove chicken from bag and grill or broil, basting with marinade, until cooked through and juices run clear. Dispose of any remaining marinade.

Recipe courtesy of LovingTheBike.com

Recipe

GRILLED SALMON WITH SWEET CORN, TOMATO & AVOCADO RELISH

original recipe from Emeril Lagasse

INGREDIENTS

- 2 large ears fresh yellow corn, peeled and silk removed
- 2 vine-ripened tomatoes, cored and cut into 3/4" dice (2 cups)
- 6 tablespoons finely chopped red onions
- 2 tablespoons chopped fresh parsley leaves
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 2 teaspoons salt
- 1/2 teaspoon freshly ground white pepper
- 4 (6 ounce) salmon fillets with the skin
- 1 tablespoon olive oil
- 1/2 teaspoon Essence: bit.ly/emerils-essence
(or your favorite seasoning or marinade)



DIRECTIONS *Serves 4.*

- 1 Bring a medium saucepan of water to a boil. Add the corn and simmer until tender, about 4 minutes. Drain. When cool enough to handle, cut the kernels from the ear and place in a medium bowl. To the corn, add the tomatoes, avocados, onions parsley, lemon juice, 1 teaspoon of the salt, and 1/4 teaspoon of the pepper. Toss to combine and set aside.
- 2 Preheat the grill to medium-high heat.
- 3 Lightly brush the fillets with the olive oil and season each on the flesh side with 1/8 teaspoon of the Essence, and 1/4 teaspoon of the remaining salt, and a pinch of the remaining white pepper. Add to the grill, skin side down, and cook until the skin is crisp, 4 to 5 minutes. Turn and cook until the salmon is opaque and medium-rare, about 4 minutes, depending upon the thickness of the fillets.
- 4 Spoon the relish over the fish, garnish each plate with a sprig of parsley, and serve immediately.

Serving suggestion: Serve with grilled asparagus.

Recipe

BAKED FALAFEL BURGERS

original recipe from Minimalist Baker

INGREDIENTS

FALAFEL:

- 1 bundle fresh parsley (~2 cups chopped)
- 3 large cloves garlic
- 1 large lemon (~2 1/2 tbsp juice)
- scant 1/2 tsp sea salt & black pepper
- 1 1/4 tsp cumin
- 1 15-ounce can chickpeas, well rinsed and drained
- 1/4-1/2 cup ground raw walnuts, pecans, almonds or GF oat flour



TOPPINGS / FOR SERVING:

- garlic dill sauce, chili garlic sauce, Sriracha, hummus
- tomato, lettuce, onion
- pita or sturdy greens, such as chard or collard greens

DIRECTIONS **Serves 4.**

- 1** Add parsley, garlic, lemon juice, cumin and a healthy pinch each salt and pepper to a food processor and mix to combine.
- 2** Add chickpeas and pulse until incorporated but still slightly chunky. You want to maintain a bit of texture.
- 3** Transfer to a mixing bowl and add nut meal (or oat flour) and mix again until a loose dough is formed that's firm enough to be handled. Taste and adjust seasonings as needed. I added a touch more salt.
- 4** Draw an "x" in the dough to form 4 sections, then use your hands to form into 4 large patties roughly 1/2-inch thick.
- 5** Place on a foil-lined baking sheet and refrigerate or freeze for 15 minutes to firm up. Preheat oven to 375 degrees F in the meantime.
- 6** *OPTIONAL STEP: For a little extra crust on the outside, before baking heat a large skillet over medium to medium-high heat and add 2 Tbsp olive or canola oil. Swirl to coat pan, then add falafel. Carefully flip once golden brown - about 3-4 minutes - and then cook on the other side until golden brown as well - 3-4 more minutes. Return to baking sheet to continue baking. Otherwise, just add them straight to the oven for baking.*
- 7** Bake for a total of 30-40 minutes, flipping once at the halfway point for even cooking. The longer you bake them, the firmer they'll get!
- 8** Serve warm wrapped in a pita or chard bun and desired sauces / toppings. Alternatively, serve atop a salad and use the garlic sauce as a dressing.
- 9** Burgers will store in the fridge, layered with parchment paper in an airtight container, for several days. Freeze to keep longer.

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Recipe

POACHED EGGS WITH ROASTED TOMATOES

original recipe from Martha Stewart

INGREDIENTS

- 1 pint cherry tomatoes (10 ounces)
- 1 tablespoon extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 tablespoon fresh thyme leaves, plus more for garnish
- 2 large eggs
- 1 whole-wheat English muffin, split and toasted



DIRECTIONS

- 1 Heat oven to 425 degrees. Arrange tomatoes in a baking dish. Drizzle with oil and season with salt and pepper. Toss with thyme. Roast until tomatoes begin to burst, about 20 minutes. Scrape tomatoes and any juices into a bowl and let cool slightly.
- 2 In a medium straight-sided skillet, heat 2 inches of water over medium until bubbles cover bottom and sides of pan. Crack each egg into a separate small bowl. Gently pour eggs into pan, leaving room between them. Cook eggs, undisturbed, until white is just set and yolk is still loose, 4 to 5 minutes. Use a rubber spatula to gently release eggs from bottom of pan, if necessary. Using a slotted spoon, remove eggs from water. Blot bottom of spoon on a paper towel to remove excess water before serving.
- 3 Serve eggs over English muffin halves. Season with salt and pepper. Top with roasted tomatoes.



Recipe

SPINACH QUICHE WITH CAULIFLOWER CRUST

INGREDIENTS

CRUST

- 2 cups of cauliflower, grated*
- 2 eggs

FILLING

- 1 cup of spinach, chopped
- 2 cups of grated cheese (mix of Cheddar, Colby and/or Swiss)
- 2 large eggs
- 1 12oz. can of evaporated milk
- Optional: minced onion, pepper or other vegetables

* For best results, grate cauliflower in a food processor.

DIRECTIONS

FOR THE CRUST

- 1 Preheat oven to 350 degrees.
- 2 In a large bowl add the grated cauliflower.
- 3 In a small bowl beat the eggs and gently fold into the grated cauliflower. If the cauliflower/egg mixture isn't moist enough, add another egg.
- 4 Press egg/cauliflower mixture into the bottom and sides of a pie pan which has been sprayed with cooking oil.
- 5 Bake at 350 degrees until it is set and the edges are just beginning to turn brown (about 15-20 minutes).

FOR THE FILLING

- 1 In a large bowl gently mix the grated cheese and chopped spinach (and any additional vegetables you are adding) and place in the crust.
- 2 Beat eggs and then stir in the evaporated milk. (If you are using small eggs, feel free to add another egg to cover the vegetable filling.)
- 3 Pour the milk and egg mixture over the cheese and vegetables.
- 4 Bake at 350 degrees until a knife inserted into the center of the quiche comes out clean (about 45-50min).

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Recipe

WHOLE WHEAT PASTA AND BEAN SALAD

INGREDIENTS

- 1/2 16 oz. box of whole wheat penne pasta
- 1 can dark red kidney beans (16 oz) rinsed & drained
- 1 can corn (20 oz.), rinsed and drained
- 1 can light red kidney beans (16 oz) rinsed & drained
- 1/2 red onion, chopped
- 1 bunch of cilantro, chopped
- 1/2 cup oil
- 1/2 cup red wine vinegar
- salt and pepper to taste

SUGGESTED ADDITIONS:

- Grilled Chicken
- Cherry Tomatoes



DIRECTIONS *Serves 4*

- 1 Cook the penne pasta according to instructions.
- 2 In a large bowl, combine all the ingredients.
- 3 Add oil, red wine vinegar and salt and pepper to taste (light on the salt to be heart healthy!).
- 4 The salad can be served immediately, but the flavors taste best after a few hours in the refrigerator.

ADDITIONAL TIP: *Make sure to rinse your canned beans well to get rid of the extra sodium in the liquid.*

Recipe

SUNSHINE-UP BAKED EGGS

original recipe from *The Healthy Mind Cookbook*

INGREDIENTS

- 1 bunch chard, washed and well dried
- 2 tablespoons extra virgin olive oil, divided
- 4 scallions, minced
- 3/4 teaspoon plus a pinch sea salt
- 1 teaspoon minced garlic
- Pinch of crushed red pepper flakes
- Pinch of freshly grated nutmeg
- 1/4 cup crumbled organic feta cheese (optional)
- 4 organic eggs
- 8 cherry tomatoes, quartered
- 8 Kalamata olives, pitted and coarsely chopped
- 2 tablespoons finely chopped fresh parsley, for garnish
- 2 tablespoons chopped fresh basil or 1 teaspoon minced fresh thyme, for garnish

DIRECTIONS

- 1 Preheat the oven to 350°F. Remove the stems from the chard leaves and tear the leaves into bite-sized pieces. Chop the remaining stems into 1/2-inch pieces.
- 2 Heat 1 tablespoon of the olive oil in a sauté pan over medium heat. Add the scallions, chard stems, and salt, and sauté until the scallions are translucent, about four minutes. Stir in the garlic, red pepper flakes, and a pinch of salt and sauté for an additional 30 seconds, then stir in the chard leaves and another pinch of salt; cook until tender, another minute or two. Remove from the heat and stir in the nutmeg. Set aside.
- 3 Lightly grease four 1-cup ramekins with the remaining olive oil. For each ramekin, spoon in one-fourth of the chard mixture (don't pack it in too tightly), then sprinkle on one-fourth of the cheese, if using. Gently crack one egg on top of the cheese, then sprinkle with the tomatoes, olives, and a pinch of salt evenly into the four ramekins.
- 4 Put the ramekins on a baking sheet, place in the oven, and bake for 20 to 25 minutes, until the egg whites are set and opaque but the yolk is still runny. Remove from the oven and let cool for three minutes. Sprinkle with the herbs to garnish. Serve in the ramekins or loosen with a knife and transfer to a plate.

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Recipe

SUNRISE NORI WRAPS WITH SPICY TAHINI DRIZZLE

original recipe from The Healthy Apple

INGREDIENTS

SPICY TAHINI DRIZZLE:

- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon raw tahini
- 2 Medjool dates, pitted
- 1 garlic clove, minced
- 1/4 teaspoon crushed red pepper flakes
- Water, as needed to thin the sauce

SUNRISE NORI WRAPS:

- 4 nori seaweed sheets
- 1/4 small head red cabbage, very thinly sliced
- 1 large carrot, peeled and julienned
- 1 small yellow summer squash, julienned
- 1 small cucumber, julienned
- 1 large ripe avocado, pitted, peeled and sliced



DIRECTIONS *Serves 4 | Ready in 15 minutes*

- 1 Make the tahini: Combine all of the ingredients except the water in a blender. Blend, adding water 1 teaspoon at a time, until the mixture becomes a thin sauce.
- 2 Place the nori sheets on a flat surface. Divide the remaining ingredients evenly among the sheets. Top each pile of vegetables with a tablespoon of the Spicy Tahini Drizzle, and then roll up the nori sheets into a tube shape.



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Recipe

SEAFOOD PASTA WITH SCALLOPS, SHRIMP AND MUSSELS

original recipe from Bon Appétit, Too Busy to Cook

INGREDIENTS

- 3 tablespoons of light olive oil
- 1 large, sweet onion, minced
- 2 cloves of garlic, minced
- 1/4 - 1/2 cup dry, white wine (or more, if you need more liquid)
- 1 1/2 tablespoons of fresh basil
- 1 tablespoon fresh marjoram
- 1 1/2 cups canned tomatoes, well drained
- 1 1/2 pounds mussels scrubbed and de-bearded OR
2 pounds of small clams
- 1 pound of sea scallops, halved
- 1 pound large shrimp, peeled, deveined and
butterflied
- Salt and freshly ground pepper
- 1 pound pasta, cooked according to the directions*
For a gluten-free option, substitute pasta with
zucchini noodles.



DIRECTIONS Serves 6 as a main course.

- 1 Heat oil and sauté onion on medium/high heat until the onion is translucent. Add garlic and sauté for 1 minute.
- 2 Stir in wine, basil and marjoram and cook 1 minute.
- 3 Add tomatoes and bring to a boil for 5 minutes.
- 4 Reduce heat to medium, add mussels or clams, cover and cook until shells open about 1/2 inch, about 5 min.
- 5 Add scallops and shrimp. Cover and cook until scallops and shrimp are barely firm, about 2-3 min.
- 6 Season with salt and pepper, according to your own taste preference, and pour over pasta.

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Recipe

LENTIL BURGERS WITH ROASTED VEGETABLES

INGREDIENTS

- 4 fresh vegan, lentil burgers from Whole Foods* (in the prepared foods section)
- 2-4 whole carrots or 1 and 1/2 cups of baby carrots
- 1 large sweet potato
- 1 large green pepper
- 1 large yellow onion
- 4 garlic cloves
- 1-2 tablespoons olive oil
- Salt and pepper to taste
- Herbs such as rosemary, thyme, or oregano to taste



DIRECTIONS *Serves 4.*

- 1 Preheat oven to 450 degrees.
- 2 Cut vegetables into bite size pieces, leaving the garlic cloves whole. (Use the vegetables listed above or your own favorites.)
- 3 Cover a baking sheet with aluminum foil and spread vegetables evenly on the sheet.
- 4 Drizzle olive oil over the vegetables and sprinkle with salt and pepper.
- 5 Roast the veggies for about 15 minutes.
- 6 Place the lentil burgers on a separate baking sheet covered with foil and sprayed lightly with cooking oil, and put into the oven with the roasting vegetables.
- 7 Flip the lentil burgers after about 10 minutes. Add your fresh herbs to the vegetables at this point. Continue to cook both the burgers and vegetables for another 5-10 minutes or until the burgers are heated throughout and the vegetables are soft (when pierced with a fork).
- 8 Serve the burgers on a plate, surrounded by the roasted vegetables.

* You can substitute your favorite brand, or homemade, lentil burger and follow its specific cooking instructions.

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Recipe

WARM, WHITE BEAN SALAD

original recipe from Weight Watchers

INGREDIENTS

- 4 teaspoons of olive oil
- 4 plum tomatoes, diced
- 1 onion, diced
- 1/4 cup green bell pepper, diced
- 1/4 cup red bell pepper, diced
- 1 tablespoon minced sage
- 1 clove garlic, minced
- 1/4 teaspoon of salt
- 1/4 teaspoon fresh ground pepper
- 1 can white kidney beans (cannellini) - rinsed and drained



DIRECTIONS

- 1 In a skillet, heat the oil on medium to high heat, being careful not to overheat or the oil will smoke.
- 2 Add the tomatoes, onions, bell peppers, sage, garlic, salt and pepper.
- 3 Lower heat to medium and stir occasionally until a sauce forms and thickens, about 5 minutes.
- 4 Take off the heat and stir in the beans. Enjoy!

Serves 2 as a meal, up to 4 as a side dish.

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Recipe

POACHED SALMON WITH GINGER + CILANTRO

original recipe from 20-Minute Menus by Marian Burros

INGREDIENTS

- 12 oz. salmon fillet
- 1-inch piece fresh ginger
- 4 tablespoons coarsely chopped fresh cilantro
- 1 teaspoon minced garlic
- 1/4 cup dry white wine
- 2 tablespoons water



DIRECTIONS

- 1 Place salmon, skin side down, in a small, heavy-bottomed pan.
- 2 Grate ginger.
- 3 Chop cilantro coarsely; add 2 tablespoons of cilantro with ginger and garlic to salmon; add wine and water.
- 4 On stovetop, using medium heat, cover and simmer, cooking according to size of salmon at its thickest point, allowing 8-10 minutes per inch, or until the outside of the salmon turns a light pink (you also can use a fork to check to see how well done the inside of the fish is becoming).
- 5 Remove from heat when the inside of the salmon is cooked to your satisfaction.
- 6 Serve salmon with remaining pan juices and top with remaining cilantro.

Serves 2-3. Serve with lemon wedges, wild rice, and fresh, broiled asparagus.

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THE KAPLAN CENTER
for Integrative Medicine
THE CHRONIC PAIN AND ILLNESS EXPERTS

FROM THE KITCHEN OF SHANNEN IRWIN,
OFFICE MANAGER

Recipe

BUTTERNUT SQUASH + CAULIFLOWER CASSEROLE

original recipe from AllDayIDreamAboutFood.com



INGREDIENTS

- 4 cups butternut squash, cubed
- 1 large head cauliflower, cut into florets
- 4 cloves garlic
- 1 1/2 cups Parmesan cheese, divided
- 1/4 cup cream
- 3/4 tsp salt
- 1/2 tsp pepper
- 1/2 tsp dried thyme



DIRECTIONS

1 In a large pot or vegetable steamer, steam squash, cauliflower and garlic cloves until tender, 5 to 7 minutes. You may need to do this in batches, depending on the size of the pot.

2 Drain vegetables in a colander, shaking to remove any excess water, and then transfer half to a food processor. Puree until smooth and transfer to a large bowl, then repeat with remaining vegetables.

3 Stir half of the Parmesan, the cream salt, pepper and dried thyme.

4 Preheat oven to 350F. Transfer pureed vegetables to a 3 to 4 quart glass or ceramic baking dish and spread out smoothly. Top with remaining Parmesan and bake for 30 minutes.

5 Turn broiler on high and broil 5 minutes to brown topping.

Serve hot!



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SALSA VERDE

ANTI-INFLAMMATORY HERB SAUCE

Salsa Verde

Recipe courtesy of Botanicamag.com.

INGREDIENTS

- 1 large shallot, minced
- 1 tablespoon sherry vinegar
- 1 large clove of garlic, minced
- 1 bunch parsley, finely chopped
- 1 bunch cilantro, finely chopped
- 1 pinch of red chile flakes
- 2 tablespoons capers, roughly chopped
- Zest of 1 lemon (optional)
- 1 cup of good, extra virgin olive oil
- Sea salt & black pepper

DIRECTIONS

1. Place shallots and sherry vinegar in a medium jar, stir, and set aside to soak for 15 minutes.
2. Drain the vinegar (we think this gives just the right amount of acidity) and reserve (in case you want to add it back in), then add the rest of the ingredients to the jar and stir well.
3. Add a nice pinch of salt and a couple grinds of pepper. Stir again and taste: You're looking for a balance of acid, salinity, and herby freshness.
4. If it tastes too harsh, add a few more splashes of olive oil. If you want it punchier, add a bit of the vinegar back in. It'll keep in your fridge for a couple of weeks, but the chances of it lasting that long are slim!

Recipe

Anti-Inflammatory Herb Sauce

Recipe courtesy of Vanessa Berenstein, MA, RD

INGREDIENTS

- 2 cups fresh herbs (parsley, cilantro, basil, oregano, rosemary, and/or dill)
- 1 clove garlic (substitute with chives for low FODMAP)
- ½ cup olive oil
- 3 tbsp. toasted pumpkin seeds (or any other nut)
- ¼ cup lemon juice
- 1-2 tsp. cumin
- 1 tsp. coriander
- Sea salt and black pepper to taste



DIRECTIONS

- 1 Wash herbs and pick leaves off the woody stems.
- 2 Add all ingredients to a blender or food processor.
- 3 Pulse on high until smooth.
- 4 Transfer to a small jar or airtight container and refrigerate.

TIPS

- Double the recipe and freeze half for upcoming weeks.
- Serve as a pesto sauce or add more lemon juice and some water to convert to a vinaigrette for salads.



COCONUT CHOCOLATE CUPCAKES

CHIA SEED PUDDING

DARK CHOCOLATE & NUT CLUSTERS

Recipe

Coconut Chocolate Cupcakes

Recipe courtesy of Vanessa Berenstein, MA, RD, and Pamela Di Gregorio

Modified by Nour Amri, MS, CNS, LDN

DRY INGREDIENTS

- 1/2 cup coconut flour
- 6 Tbsp raw cacao powder
- 3/4 tsp baking soda
- 1/4 tsp salt

WET INGREDIENTS

- 6 large, pasture raised eggs
- 1/2 cup pure maple syrup
- 1/3 cup melted coconut oil
- 2 tsp vanilla extract

COCONUT FROSTING

- 12-14oz can of coconut cream (look for additives)
- 1/4 cup maple syrup
- 1 tsp vanilla
- 2 tsp cacao powder

DIRECTIONS

- 1 Chill coconut cream overnight in the refrigerator 12-24 hours.
- 2 Preheat the oven to 350 F. Line a 24-cup mini muffin pan with unbleached paper liners or coconut oil.
- 3 In a medium bowl, mix together the dry ingredients. In a separate bowl or blender, mix the wet ingredients. Pour the wet into the dry and whisk together.
- 4 Spoon the batter into the muffin cups, filling them all the way to the top. Bake for 15-20 minutes, or until toothpick comes out dry. Transfer to a wire rack to cool completely.
- 5 While cupcakes are baking, make frosting by pouring can of coconut cream into a mixing bowl with maple syrup, vanilla and cacao. Beat with a whisk until fluffy and smooth. Once cupcakes are cooled, spread on frosting. You can cut a corner of a plastic bag to pipe frosting onto cupcakes or just spread with a butter knife.

TIPS

To make into a nut butter cupcake, fill pan halfway with batter and add in some macadamia nut butter or organic peanut butter, then pour batter on top. When fully baked, it will have a delicious peanut butter cup interior! You can always make this recipe without the frosting to reduce sugar content and make the recipe simpler.

Recipe

CHIA SEED PUDDING

Recipe courtesy of Vanessa Berenstein, MA, RDN

INGREDIENTS

- 1/3 cup chia seeds
- 1 cup coconut milk, unsweetened and canned
- 1/2 cup water
- 1-2 tsp ground cinnamon
- 1 tsp ground cardamon
- 1 tbsp maple syrup (optional)
- 1/3 cup fruit (berries, figs, mango or any other fruit in season)
- 1/4 cup nuts (pecans, hemp seeds, almonds, sunflower seeds, etc)



DIRECTIONS Makes 3-4 servings

- 1 In a medium bowl, add coconut milk, water, chia seeds, maple syrup and spices.
- 2 Stir well and let it sit for 5-7 minutes so that the seeds can expand.
- 3 In the meantime, chop fruit slices and nuts.
- 4 Once the pudding thickens, add in the fruit and nuts.
- 5 Eat right away or refrigerate overnight.

TIPS:

- You can always make this the night before for a breakfast on the go.
- If you refrigerate overnight, make sure to add extra liquid to prevent the chia from turning into a thick paste. If that ever happens, no need to worry! Just add more nut milk or water and use a spoon to slowly loosen up the pudding to get it to the right consistency.
- For a lower calorie version, you can substitute almond milk or hemp milk for the coconut milk and water.
- You can also use cacao powder to make a chocolate chia pudding dessert.
- If you don't have coconut milk or any nut milk, you can use almond butter blended in 1.5 cups of water to make it creamy!

RECIPE CARD COURTESY OF KAPLAN CENTER FOR INTEGRATIVE MEDICINE

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Recipe

Dark Chocolate & Nut Clusters

Courtesy of RealSimple.com



When you have a sweet tooth a reason to indulge in chocolate is never far away. One smart way to satisfy your craving is to make sure you have a healthy snack on hand so you don't make rash decisions while in the grocery store isles.

This recipe we found on RealSimple.com is indeed real simple and healthy too – just remember to control your portions!

DIRECTIONS

Mix together $\frac{1}{4}$ cup unsalted roasted nuts and 1 ounce melted dark chocolate (70 to 80 percent cocoa). Drop onto wax paper; refrigerate until set.

195 calories | 3g fiber | 4g protein | 14g fat



TULSI TEA

IMMUNE MODULATING TONIC

IMMUNE COCKTAIL

GOLDEN TURMERIC MILK

TURMERIC TEA

COCONUT WATER KEFIR

Recipe



Tulsi Tea

Courtesy of Vanessa Berenstein, MA, RD

Tulsi or "holy basil" has been used for over 3000 years, especially in Ayurvedic medicine for its numerous medicinal properties. It's an adaptogen, meaning it helps the body adapt to stress and lower cortisol levels.

For anyone with anxiety, high stress hormones or low energy, tulsi may help with balancing the stress response. Drink it in the morning for a calming effect or in the afternoon if you feel anxious or stressed.

INGREDIENTS

- 1 oz tulsi tea*
- 1 quart filtered water

* Tulsi is also great to combine with a mint and nettle infusion for complimentary benefits.

DIRECTIONS

1. Add tulsi to a glass quart jar.
2. Pour boiling or near boiling water over the herbs and let it steep 10-20 minutes.
3. Strain and drink right away or refrigerate. Keeps for 1-2 days.

Caution: Please consult a medical practitioner before you begin consuming herbs, especially if you are taking any medications. Many herbs can interact with drugs or other herbs.

Immune Modulating Tonic

Herbs that help regulate the immune system are known as immune modulators. Rather than stimulating the immune system, they help maintain homeostasis. In autoimmune conditions, these herbs can help calm and balance an overactive immune system. While it's important to boost your immune system at the first sign of a cold, stimulating herbs like Echinacea can sometimes exacerbate an already sensitive system. Immune modulators help tone the immune system to prevent and fight illness.

This mix of immune modulating herbs may help prevent the common cold or flu in the winter by helping to regulate and strengthen the immune system. It can also be helpful for certain autoimmune conditions.

INGREDIENTS

- 1 oz ashwagandha tincture*
- 1 oz astragalus tincture
- 1 oz shizandra berry tincture
- 1 oz black elderberry tincture

* If you don't know how to make your own tinctures, you can purchase pre-made, single herb tinctures from many online vendors.

DIRECTIONS

1. Mix all tinctures in a glass jar, stirring thoroughly with a wooden spoon
2. Store in glass tincture bottles
3. Take ½-1 dropper daily mixed in water or your favorite beverage.

Caution: Please consult a medical practitioner before you begin consuming herbs, especially if you are taking any medications. Many herbs can interact with drugs or other herbs.

Immune Modulating Tonic recipe courtesy of Vanessa Berenstein, MA, RD

Immune Cocktail

Lemons and oranges are rich in antioxidants and Vitamin C, which helps boost immunity and supports the immune system to fight off the infection. Ginger has been shown to modulate the immune system, reduce inflammation, support healthy digestion and reduce pain. At the first sign of a cold or even when you're already sick, drink a shot glass of this cocktail 2-3 times a day to build up your immune system.

Prep time: 5 min

Cook time: 20 min

Total time: 25 min

INGREDIENTS

- 1 quart filtered water
- ½ cup ginger root, fresh
- ¼ cup turmeric root, fresh
- Juice of 2 lemons
- Juice of 1 orange
- 2 cloves garlic, minced (optional)

DIRECTIONS

1. Boil water;
2. Add ginger, turmeric and garlic to the jar and pour boiling water over the roots;
3. Let tea steep for 10-20 minutes;
4. Add fresh lemon and orange juice at the very end to maintain Vitamin C content.

Caution: Please consult a medical practitioner before you begin consuming herbs, especially if you are taking any medications. Many herbs can interact with drugs or other herbs.

Immune Cocktail recipe courtesy of Vanessa Berenstein, MA, RD

Recipe

Golden Turmeric Milk

Recipe courtesy of Vanessa Berenstein, MA, RD

INGREDIENTS

- 2 cups full fat coconut milk
- 2 tsp turmeric powder (or grated fresh turmeric)
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 tsp cloves
- 1 tsp star anise
- 2 tsp ginger (unless you have mold toxicity)
- 1 tsp vanilla
- 1-2 tsp maple syrup or raw, local honey
- ½ tsp black pepper

Prep time: 6-8 min

Cook time: 0 min

Total time: 6-8 min

Makes 3-4 servings



DIRECTIONS

1. Remove turmeric skin by using the edge of a spoon.
2. Add ingredients to a high speed blender and blend on high until smooth. (If you use the dried powder, you can skip this step.)
3. Pour mixture into a small sauce pan and heat for 3-5 minutes, stirring constantly.
4. Drink and enjoy!

TIPS

- You can pre-make and heat later when you are ready to drink it.
- Add to your morning oatmeal or sugar-free granola to make it into a breakfast.
- For a low FODMAP, SIBO friendly version of this recipe, remove the sweetener or use a raw, local organic honey.

RECIPE CARD COURTESY OF KAPLAN CENTER FOR INTEGRATIVE MEDICINE

www.kaplanclinic.com/recipes

Recipe

TURMERIC TEA

recipe courtesy of Maria Hepler, RDN

INGREDIENTS

- 1/2 can of coconut milk (approximately 1 cup)
- 12 oz of boiling water
- 1 teaspoon Turmeric
- 1 teaspoon Cinnamon
- 1 teaspoon of organic raw stevia, raw honey or maple syrup
- 1/2 inch of peeled ginger root
- A pinch of black pepper to increase absorption of Turmeric

DIRECTIONS

- 1 Blend all ingredients in a high-speed blender until smooth. Add the hot water and drink within a day!



Recipe

Coconut Water Kefir

Recipe courtesy of *Wellness Mama*. Slightly modified to reduce sugar content.

INGREDIENTS

- 1 tbsp. sugar, optional
- 4 cups of coconut water
- 1/4 cup hydrated water kefir grains



DIRECTIONS

- 1 Add the sugar to a half-gallon glass jar, if using.
- 2 Add the coconut water to the jar.
- 3 Stir thoroughly to dissolve the sugar.
- 4 Add the hydrated kefir grains to the sweetened coconut water.
- 5 Cover the jar with a plastic lid, cloth cover secured with a rubber band, or fermentation cap.
- 6 Let sit in a warm place (70-78F) for 24-48 hours to ferment.
- 7 If the sugar is omitted, taste it after 24 hours. If using the sugar, allow for 48 hours. It should taste like tangy coconut water.
- 8 Strain out the kefir grains with a cheesecloth or non-metal strainer. The grains can be used to immediately start another batch of water or coconut water kefir.
- 9 Once the grains are removed, you may add flavors for a second fermentation or drink plain.
- 10 Store the finished product in the refrigerator and enjoy chilled!



miscellaneous

LEMON DROP ENERGY BALLS

MAPLE ROASTED PECANS

MACADAMIA CREAM CHEESE

RAW EDIBLE FACE MASK

HOMEMADE MAYONNAISE

GUACAMOLE DIP

Recipe

LEMON DROP ENERGY BALLS

Prep time: 7 min

Cook time: 0 min

Total time: 7 min

Makes 16-17 servings

INGREDIENTS

- 1 cup walnuts
- 1 cup hemp seeds
- ½ cup coconut flakes, unsweetened + ¼ cup for coating
- 1 tbsp coconut oil
- ¼ cup honey
- 1 tsp maca* powder
- ½ tsp turmeric
- Juice of ½ lemon
- Zest of 1 organic, unblemished lemon

* Maca root powder is great for regulating hormones (for men and women) and has been found to act as an adaptogen, helping the body adapt to stress. It has a malt like flavor and can make smoothies and energy balls creamier and slightly sweeter.

DIRECTIONS

1. Blend all ingredients (except coconut flakes for coating) in a food processor.
2. On a baking sheet, form into 1-2" balls.
3. On a plate, add held aside coconut flakes and gently roll balls in it, coating evenly on all sides.
4. Refrigerate for at least 2 hours before serving

TIPS

- For those with Candida overgrowth, skip the honey and just add licorice root powder or cinnamon to sweeten the recipe.
- Enjoy as an on-the-go breakfast or as a snack between meals.
- Switch up the nuts, seeds and flavorings to vary your energy balls. You can try ingredients such as cacao, cinnamon, cardamom, hemp, tahini and pumpkin seeds - substituting to your taste!

Lemon Drop Energy Balls recipe courtesy of Vanessa Berenstein, MA, RD

MAPLE ROASTED PECANS

INGREDIENTS Makes 5-6 servings

- 1 cup pecans
- 3 sprigs of rosemary, de-stemmed and chopped
- 1 tbsp pure maple syrup
- 2 tsp sea salt
- 2 tsp olive oil

DIRECTIONS

1. Heat olive oil in a pan over medium heat.
2. Add in pecans and toss regularly until toasted.
3. Remove from heat and add in maple syrup, salt, and rosemary and mix well.
4. Cool completely before storing.

TIPS

- Eat as a snack, or on top of salads, soups, and desserts.
- Add pumpkin seeds or other nuts to the mixture to increase variety.
- For a spicier version, substitute the rosemary with cumin, turmeric and coriander.

Maple Roasted Pecans recipe courtesy of Vanessa Berenstein, MA, RD

Recipe

MACADAMIA CREAM CHEESE SPREAD

INGREDIENTS (Makes 4 servings)

- 1 cup raw macadamia nuts
- 1/2 cup filtered water
- 2 tablespoons extra virgin olive oil
- 2 tsp smoked paprika
- 1 tsp fresh herbs (rosemary, parsley or thyme)
- 1 tsp garlic powder (sub with chives for low FODMAP/SIBO friendly version)
- 1 tsp turmeric
- Salt and black pepper to taste

DIRECTIONS

Mix all ingredients in a food processor or high speed blender until smooth.
Serve immediately or store in an airtight container or glass jar.

TIPS

- Layer between butternut squash or lasagna noodles; spread on toast, wraps, sandwiches, rice crackers, Mary's Gone Crackers, or organic corn chips; top on quinoa pasta, whole grains, eggs, beans or anything that you'd spread cheese on.
- Switch up salt and spices for cardamom and maple syrup to make a sweet version of this cream to top on fruit or add to other desserts.'
- To turn this into an amazing creamy salad dressing, add water, lemon juice and some fresh parsley.
- Use the same recipe with pistachios, hemp seeds, pine nuts, brazil nuts, pumpkin seeds, or cashews to get different nutrients and flavors.

Macadamia Cream Cheese recipe courtesy of Vanessa Berenstein, MA, RD

Recipe

RAW EDIBLE FACE MASK

INGREDIENTS

- 1/4 cup flax seeds
- 1/2 cucumber, peeled
- 1/2 banana (or avocado)
- 1/4 cup basil



DIRECTIONS

- 1 Add the flaxseeds first and blend at high speed.
- 2 Add the rest of the ingredients to the blender and blend on high speed. If it's very watery, add more flax seeds and use a towel in case it drips.
- 3 Put in a bowl before applying. Apply slowly to the face with a thick coat when it's still fresh and leave for 20-30 minutes. Lay back, take some relaxing breaths and enjoy!

This mask will cool and rehydrate your face, energize you and give you a nice glow! This recipe can also double up as a moisturizing hair treatment without the flax. And we highly recommend tasting it before applying it - it's delicious!

Recipe

Homemade Mayonnaise

Recipe courtesy of Maria Hepler, RDN, CLT

INGREDIENTS

- 2 egg yolks (from PASTEURIZED eggs only)
- Half a medium lemon, juiced (approximately 1 Tablespoon)
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground pepper
- 1/2 cup light olive oil
- 1/2 cup expelled pressed safflower oil



DIRECTIONS

Place egg yolk, water, and lemon juice in the bottom of an immersion blender cup. Pour 1/2 cup of oil on top and allow it to settle for 15 seconds. Place head of immersion blender at bottom of cup and switch it on. As mayonnaise forms, slowly pour in the rest of the oil until emulsified.

Recipe

Guacamole Dip

Recipe courtesy of Alton Brown | Food Network

INGREDIENTS

- 3 Haas avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 tablespoon chopped cilantro
- 1 clove garlic, minced



DIRECTIONS

In a large bowl place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated. Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.



SPINACH BLUEBERRY SMOOTHIE

CILANTRO DETOX SMOOTHIE

TROPICAL CARROT, GINGER & TURMERIC SMOOTHIE

Recipe

Spinach Blueberry Smoothie

Recipe courtesy of Maria Hepler, RDN, CLT

INGREDIENTS

- 1 cup of blueberries
- 1 cup of spinach
- 3/4 cup of Greek yogurt
- 1 tablespoon of raw honey or maple syrup
- 1/2 cup of water
- 5 ice cubes



DIRECTIONS

Add everything to a blender and process until smooth. Serve immediately or freeze in mason jars. Raw almonds on the side are a great addition to this meal to add some extra protein and healthy fats. Enjoy!

Recipe

CILANTRO SMOOTHIE

original recipe from Maria Hepler, RDN

INGREDIENTS

- 1 bunch of cilantro (aka coriander, Chinese parsley)
- 1 lemon or lime juice - should make about 1-2 T of juice
- 1/4 - 1 avocado, pitted and peeled
- 1 cup of purified water (may need more to reach desired consistency)
- 1 cup of ice cubes
- Sweetener of choice

DIRECTIONS

- 1 Wash the cilantro.
Discard any spoiled pieces.
- 2 Blend all of the ingredients to desired consistency for 60-90 seconds.

NOTE:

If your blender cannot blend the cilantro stems smoothly, just leave them out.

OPTIONAL VARIATIONS:

- Add Kale leaf (with spine removed) to boost nutrition
- Add a Granny Smith Apple



Recipe

TROPICAL CARROT, GINGER, AND TURMERIC SMOOTHIE

original recipe from Bon Appétit

INGREDIENTS

- 1 blood or navel orange, peel and white pith removed
- 1 large carrot, scrubbed, coarsely chopped
- 1/2 cup frozen mango chunks
- 2/3 cup coconut water
- 1 tablespoon shelled raw hemp seeds
- 3/4 teaspoon finely grated peeled ginger
- 1 and 1/2 teaspoons finely grated peeled turmeric
- Pinch of cayenne pepper
- Pinch of kosher salt

DIRECTIONS *Makes about 2 cups*

1 Using smoothie or ice crush setting, purée orange, carrot, mango, coconut water, hemp seeds, ginger, turmeric, cayenne, salt, and 1/2 cup ice in a blender until smooth.



NUTRITIONAL CONTENT: Calories (kcal) 250 | Fat (g) 4.5 | Saturated Fat (g) 0

RECIPE CARD COURTESY OF KAPLAN CENTER FOR INTEGRATIVE MEDICINE

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