



**NOURISH  
AND THRIVE**  
NUTRITION CENTER

## Anti-Inflammatory Recipe Pack

This collection of healthy recipes includes simple, delicious options for breakfast, lunch, snack and dinner



# Welcome!

We are so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are available on our digital meal plans +1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Access your FREE trial of our meal plans [here](#).

Now, let's get cooking!

*Elisa and Ellen*



# Recipes

## BREAKFAST

Tropical Green Smoothie

Orange Ginger Overnight Oats

Egg White Omelet with Chard and Tomatoes

## LUNCH

Chickpea Quinoa Fritters

Celery Root Soup with Caramelized Onions

Beet and Lentil Citrus Salad

## DINNER

Seed-Crusted Salmon with Lentils and Kale

Grilled Halloumi Vegetable Skewers with Basil Sauce

Quick BBQ Chicken Sheet Pan Dinner

### NUTRIENT GUIDE

Per serving:

**C** calories

**C** carbohydrates

**F** total fat

**P** protein

**S** sodium



# Tropical Green Smoothie

Serves 1

Prep: 10 mins. | Total: 10 mins.

## Ingredients

- 1/2 banana, frozen or fresh
- 1/2 cup pineapple, frozen
- 1/2 avocado
- 1/2 cup kale, frozen (or spinach)
- 1 Tbs chia seeds
- 8 cashews, raw
- 1 cup almond milk, unsweetened (or milk of choice)
- 1/2 tsp fresh ginger, grated
- Cinnamon, to taste

## Directions

### Prep

1. Chop fruits.
2. Measure ingredients.

### Make

1. Place all ingredients into a blender and blend until smooth.
2. Add water for a thinner consistency or add ice for a thicker consistency.

Per serving:

- C** 514 calories
- C** 53g carbohydrates
- F** 33g total fat
- P** 12g protein
- S** 209mg sodium



# Orange Ginger Overnight Oats

Serves 2

Prep: 15 mins. | Total: 8 hours.

## Ingredients

- 1/2 cup Greek yogurt, plain
- 1 cup oats gluten free, if needed
- 1 cup almond milk, unsweetened
- 2 Tbs chia seeds
- 1 Tbs maple syrup
- 1 orange, zested
- 1/2 tsp ginger root, fresh, grated
- 1/4 tsp cardamom, ground
- 1 Tbs pumpkin seeds for garnish
- 1 orange, sliced optional, for garnish

Per serving:

<b>C</b>	388 calories
<b>C</b>	58g carbohydrates
<b>F</b>	11g total fat
<b>P</b>	16g protein
<b>S</b>	122mg sodium

## Directions

### Prep

1. Zest orange for 1 tablespoon of zest.
2. Grate ginger.

### Make

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, orange zest, ginger, and cardamom. Add the top to the jar and shake.
2. Leave in the refrigerator for 4 hours or overnight.
3. Top with pumpkin seeds and orange slices or other fruit.



# Egg White Omelet with Chard and Tomatoes

Serves 2

Prep: 5 mins. | Total: 15 mins.

## Ingredients

- 6 eggs, separated
- 1/4 cup onion, chopped
- 2 Tbs olive oil
- 2 cup chard, chopped
- 1 tomato, medium, chopped

## Directions

### Prep

1. Separate eggs and reserve yolks for another use. Whisk egg whites and set aside.

### Make

1. Add oil to sauté pan and gently cook onion until fragrant.
2. Add tomato and chard to the pan and sauté until chard is wilted -about 5 minutes.
3. Pour egg whites over vegetables, cover, and cook on low until egg whites are completely opaque and cooked through. Fold over and serve.
4. Season with salt and pepper to taste.

Per serving:

- C** 202 calories
- C** 7g carbohydrates
- F** 14g total fat
- P** 13g protein
- S** 266mg sodium



# Chickpea Quinoa Fritters

Serves 4

Prep: 15 mins. | Total: 25 mins.

## Ingredients

- 2 scallions, chopped
- 2 cloves garlic, minced or pressed
- 1 carrot, peeled and shredded
- 1 Tbs dill, fresh, chopped
- 1 1/2 cup chickpeas, drained & rinsed
- 3/4 cup potato, cooked, mashed
- 1 cup frozen pre-cooked quinoa
- 1 Tbs olive oil
- 1/2 tsp garlic powder
- 1 tsp Dijon mustard
- salt and pepper to taste

Per serving:

<b>C</b>	229 calories
<b>C</b>	36g carbohydrates
<b>F</b>	6g total fat
<b>P</b>	8g protein
<b>S</b>	208mg sodium

## Directions

### Prep

1. Preheat oven to 375° F.
2. Chop scallions, mince garlic, shred carrots, chop dill, drain chickpeas.
3. Pre-cook potato [or use leftovers] remove flesh and mash.
4. Defrost frozen quinoa [or prepare or use leftovers].

### Make

1. Add scallions and garlic to the food processor and pulse until well-chopped.
2. Add olive oil, chickpeas, potato, quinoa, and garlic powder and process until the mixture starts to come together. Pulse in carrots and dill and season with salt and pepper.
3. Form patties, place on a parchment-lined baking sheet, spray lightly on both sides with oil, and place in the oven for 30 minutes or until edges start to brown, turning once during cooking. Let cool before serving.



# Celery Root Soup with Caramelized Onions






Serves 6

Prep: 20 mins. | Total: 45 mins.

## Ingredients

- 2 cup celery root, peeled and chopped
- 4 cup cauliflower, trimmed & chopped
- 2 large onions, chopped
- 4 cloves garlic, minced
- 1/4 cup chives, chopped
- 1 lemon, zested
- 8 cup vegetable stock, low-sodium
- 2 Tbs olive oil

Per serving:

 C	145 calories
 C	23g carbohydrates
 F	5g total fat
 P	5g protein
 S	243mg sodium

## Directions

### Prep

1. Chop celery root, cauliflower, and onion. Reserve half of the onion.
2. Mince garlic. Chop chives.
3. Zest lemon with a microplane.

### Make

1. In a large soup pot, heat 1 tablespoon of olive oil over medium heat.
2. Sauté half of the onion and all the garlic gently until soft and fragrant.
3. Add celery root, cauliflower, lemon zest, and broth. Stir to combine. Bring to a boil, then reduce to a simmer, until cauliflower is soft; about 15-20 minutes. Add water if necessary to keep vegetables covered.
4. Meanwhile, a 1 tablespoon olive oil to a clean skillet and gently sauté the balance of chopped onion until browned and caramelized. Season with salt and pepper and set aside.
5. Remove soup from heat and let stand until cool enough to purée.
6. Purée soup in batches in a blender. (Be sure to secure the lid of the blender as steam from the soup can create pressure and pop off the lid).
7. Season with salt to taste.
8. Ladle soup into bowls, top with caramelized onions and chives.



# Beet and Lentil Citrus Salad

Serves 4

Prep: 20 mins. | Total: 60 mins.

## Ingredients

- 4 Large beets, washed & trimmed
- 6 Tbs white balsamic vinegar
- 2 Cloves garlic, minced
- 2 tsp maple syrup
- 1 tsp miso paste
- 2 Tbs olive oil
- 1 1/2 tsp Dijon mustard
- 1/2 cup canned lentils, rinsed
- 2 oranges, peeled & segmented
- 4 scallions, sliced on bias
- 2 Tbs pistachios, chopped

Per serving:

<b>C</b>	267 calories
<b>C</b>	38g carbohydrates
<b>F</b>	9g total fat
<b>P</b>	9g protein
<b>S</b>	178mg sodium



## Directions

1. Preheat oven 425°F.
2. Wrap beets in aluminum foil and roast until tender when pierced with a fork, about 40 minutes. Remove from oven and set aside to cool.
3. Once beets are cool enough to handle, unwrap and, using a dry paper towel, “wipe” off skin. Cut into bite-sized wedges.
4. Add vinegar through mustard to a mason jar and shake vigorously until combined.
5. In a large bowl, mix ½ vinaigrette with greens like frisee or arugula.
6. Top salad with beets, lentils, oranges, scallions, and pistachios.
7. Drizzle remaining vinaigrette over salad.



# Seed-Crusted Salmon with Lentil & Kale

Serves 4

Prep: 15 mins. | Total: 30 mins.

## Ingredients

- 2 lb salmon, fillets
- 1 Tbs olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 3 Tbs hemp seeds
- 2 Tbs sesame seeds, black (or regular)

Per serving:

**C** 535 calories

**C** 23g carbohydrates

**F** 26g total fat

**P** 56g protein

**S** 386mg sodium

## Directions

### Prep

1. Preheat oven to 350° F and line a baking sheet with parchment paper.

### Make

1. Brush salmon with olive oil and season with salt and pepper.
2. Mix together hemp and sesame seeds in a shallow dish.
3. Press salmon, flesh-side down, into the seeds, and place face-up on the baking pan. Repeat with all filets.
4. Bake in the oven until salmon is cooked through, about 20 minutes.



# Seed-Crusted Salmon with Lentil & Kale, cont'd

Serves 4

Prep: 15 mins. | Total: 30 mins.

## Lentils & Kale

### Ingredients

- 2 Cloves garlic, minced or pressed
- 1 lemon, juiced
- 2 carrots, peeled and chopped
- 8 cup kale, spines removed and torn
- 2 Tbs olive oil
- 1 1/2 cup lentils, canned, drained and rinsed
- salt, to taste
- pepper, to taste

### Directions

#### Prep

1. Mince garlic. Juice lemon. Peel and chop carrots.
2. Wash kale, remove spines and tear into bite-sized pieces.

#### Make

1. In a large sauté pan, gently sauté garlic in olive oil until fragrant.
2. Add carrots, lentils, and lemon juice and continue to sauté over low heat until carrots are tender.
3. Add kale, stir to combine and cover sauté pan with lid. Let stand until kale wilts, approximately 5 more minutes.
4. If you want your kale cooked more, just turn the heat to low for additional few minutes.
5. Season with salt and pepper and serve immediately.



# Grilled Halloumi Vegetable Skewers with Basil Sauce

Serves 4

Prep: 20 mins. | Total: 40 mins.

## Ingredients

- 1 zucchini, cut into 1" cubes
- 1 red pepper, cut into 1" pieces
- 8 oz mushrooms, cremini, washed and stems removed
- 1 onion, red, cut into 1" pieces
- 12 oz halloumi cheese, cut into 1" cubes
- 1 pint cherry tomatoes
- 2 Tbs olive oil
- salt and pepper to taste

## Dressing Ingredients

- 2 cup basil leaves
- 2 cloves garlic, minced or pressed
- 1/3 cup olive oil
- 1/2 tsp crushed red pepper
- salt, to taste

## Directions

1. Preheat grill to to medium heat.
2. Alternate vegetables with halloumi on skewers. Brush with oil and season with salt and pepper.
3. Grill, rotating, until all sides are slightly browned and vegetables have softened.
4. Process dressing ingredients in a food processor to combine. Serve with skewers.

Per serving:

- C** 525 calories
- C** 13g carbohydrates
- F** 43g total fat
- P** 19g protein
- S** 319mg sodium



# Quick BBQ Chicken Sheet Pan Dinner

Serves 4

Prep: 20 mins. | Total: 40 mins.

## Ingredients

- 1 1/2 lb chicken thighs, skinless and boneless, cut into 2" pieces
- 2 Tbs Barbecue seasoning
- 2 Tbs olive oil
- 2 zucchini, chopped
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 1 lb green beans, snapped and cut into 2" pieces

Per serving:

<b>C</b>	346 calories
<b>C</b>	16g carbohydrates
<b>F</b>	15g total fat
<b>P</b>	38g protein
<b>S</b>	162mg sodium

## Directions

### Prep

1. Cut chicken into pieces. Rub chicken pieces with 1 tablespoon of barbecue seasoning and let stand while you prep other ingredients.
2. Chop zucchini, pepper, onion, and green beans.
3. Preheat oven to 375°F.

### Make

1. Toss all vegetables with chicken, olive oil, and an additional tablespoon of seasoning.
2. Place on lined sheet pan and spread out evenly [for easy clean-up line sheet pan with foil first, then a sheet of parchment paper.]
3. Bake for about 20 minutes until chicken is cooked through with internal temperature of 165°F.
4. Serve with brown rice or cauliflower rice.

