



Disease-Fighting Anti-Inflammatory

Recipes

FOR BETTER HEALTH AND
LONGEVITY



MAPLE ROASTED SWEET POTATO SALAD

3 tablespoons pure maple syrup
1 tablespoon extra-virgin olive oil
1 tablespoon lemon juice
1/4 teaspoon sea salt
2 sweet potatoes cut into 1" cubes
1/3 cup pumpkin seeds
1 bunch curly-leaf kale, ribs removed, chopped 1/2
cup Walnut Vinaigrette*
1/2 cup pitted and sliced Medjool dates

Preheat the oven to 400°F. Line a baking sheet with parchment paper. In a large bowl, whisk together maple syrup, oil, lemon juice, and salt. Add sweet potatoes and toss to coat. Spread on the baking sheet and roast 20-30 minutes, or until tender. Remove and set aside. In a large bowl, toss kale with the vinaigrette. Divide kale among 4 serving plates and top with the sweet potatoes, pumpkin seeds, and dates.

*Walnut Vinaigrette: See recipe for Spinach, Pear and Walnut Salad Below.



BRUSSELS SPROUT SLAW

3/4 pound Brussels sprouts, trimmed and thinly sliced

2 carrots, shredded

2 scallions, thinly sliced

1 Granny Smith, cored and cut into matchsticks

1 Rotisserie Chicken Breast, skin removed and shredded (optional)

1/3 cup pomegranate seeds or dried cherries

In a large bowl, toss together the chicken, Brussels sprouts, carrots, scallions, and apple. Sprinkle with pomegranate seeds. Makes 4 servings

Maple-Hazelnut Vinaigrette

1/4 cup hazelnuts

3 tablespoons hazelnut oil or olive oil

2 tablespoons apple cider vinegar

2 tablespoons pure maple syrup

2 teaspoons Dijon mustard

1 teaspoon grated lemon peel

1 clove garlic, chopped

1/4 teaspoon sea salt

1/4 teaspoon ground black pepper

In a blender or food processor, blend or process just until coarse. Toss salad in dressing. Refrigerate any leftover dressing



COLLARD WRAPS WITH TOMATO HUMMUS

Tomato Hummus:

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1/3 cup dry-packed sun-dried tomatoes
- 3 tablespoons tahini
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, chopped
- 1 teaspoon smoked hot paprika
- 1 teaspoon grated lemon peel
- Juice of 1/2 lemon
- 1/4 teaspoon sea salt

Wraps:

- 8 large collard green leaves
- 1 large yellow bell pepper, thinly sliced
- 1 zucchini, cut into matchsticks
- 1/3 cup fresh flat-leaf parsley

In a food processor, combine the chickpeas, tomatoes, tahini, oil, garlic, paprika, lemon peel, lemon juice, and salt. Process just until chunky. To make the wraps: Cut the firm white stalks off the collards. Put 2 collards on a work surface, with the paler sides facing up. The leaves should overlap slightly. Spread 1/3 cup of the hummus lengthwise down the center. Top with one-quarter of the pepper, zucchini, and parsley. Tightly roll the leaves beginning from the bottom and tucking in the sides as you go. Cut in half. Repeat. Makes 4 servings



SPINACH, PEAR AND WALNUT SALAD

4 cups baby spinach
1/2 fennel bulb, thinly sliced
1 pear, cored, peeled, and thinly sliced
1/4 cup coarsely chopped walnuts
1/4 cup thinly sliced red onion
2 tablespoons raisins

In a salad bowl, combine the spinach, fennel, pear, walnuts, onion, mushrooms and raisins. Add the vinaigrette (see below) and toss just before serving. Makes 2 servings

Walnut Vinaigrette:

1/4 cup extra-virgin olive oil
1/4 cup walnut pieces
2 tablespoons apple cider vinegar
1 teaspoon Dijon mustard
1 teaspoon grated orange peel
1 clove garlic, chopped
1/4 teaspoon sea salt
1/4 teaspoon black pepper

In a blender or mini food processor, combine all ingredients and blend until coarse.

