

The Pacific Northwest

Anti-Inflammatory Reference Cookbook

Recipes, guides, shopping lists,
menu plans and more



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Eating the Anti-Inflammatory Way

Curious about the Anti-Inflammatory diet?

Ready for a change?

Wondering if this way of eating will work for you?

This cookbook is definitely for you if...

- √ you want to follow an anti-inflammatory diet but you don't know where to start.
- √ you love to cook, love delicious food and are always looking for new ways to create nutritious, satisfying meals.
- √ you want to broaden what you're eating, experiment with some new dishes and try some different food products.
- √ you go on a new "healthy diet" or "weight loss diet" every few weeks, but it never lasts.
- √ you have food sensitivities and want to know which foods to eat to help decrease the allergy triggers in your diet.
- √ you want to change your eating habits to help improve your risk factors for diabetes, heart disease or other chronic diseases.
- √ you are already eating an anti-inflammatory diet but are hungry and bored and don't know how to make it tasty and satisfying.

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Anti-Inflammatory Reference Cookbook

Recipes, guides, shopping lists, menu plans and more

by Lila Ojeda, MS, RD, LD, CSCS & Martha McMurry, MS, RD, LD

Developed by
The Bionutrition Unit
Oregon Clinical & Translational Research Institute
Oregon Health & Science University
Portland, Oregon

This information has been gathered into this reference book because of the interest and encouragement from researchers, staff, patients, participants and naturopaths during the development of this diet for clinical study at Oregon Health & Science University in collaboration with the National College of Natural Medicine.

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QUICK PRINT VERSION

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Background Information

The Anti-Inflammatory way of eating has been around for quite some time. It is promoted by many naturopathic doctors (ND) to help relieve symptoms and treat disease. It has a long history of use in the field of naturopathic medicine, including treatment for allergies, irritable bowel syndrome, inflammatory bowel disease, rheumatoid arthritis, and systemic lupus erythematosus. Naturopaths advise the removal of foods which they believe cause allergies and inflammation.

Recently other health professionals have become interested in this way of eating as the link between inflammation and disease has become the focus of scientific exploration. Registered dietitians and naturopathic physicians are working together to study this eating style in the hopes of using the scientific method to observe the effects that the anti-inflammatory diet may have upon health and inflammation. This collaboration has led to the development of this cookbook.

Nutrition science has established that there are advantages to adding certain types of foods to the diet. For example, high fiber foods fight off Type 2 diabetes and colon cancer risk along with other kinds of cancers. In addition, the replacement of saturated and trans fatty acids with monounsaturated and omega 3 fatty acids can decrease cholesterol levels. When foods are eliminated and replaced with healthier foods such as fruits, vegetables, whole grains, beans, nuts and legumes, the *addition* of certain types of foods, in combination with the *elimination* of foods, may make a person feel better and contribute to the positive effects of the Anti-Inflammatory Diet. Both the addition and elimination of different foods could potentially result in a decrease in inflammation. These theories are starting to be tested in rigorous scientific studies.

***More information is included in the complete
cookbook.***

Eating the Anti-Inflammatory Way

A SAMPLING OF FOODS TO EXCLUDE:

FOOD GROUP	AVOID	EXAMPLES
Beverages	coffee black tea regular pop/soda/coke	no lattes, espresso only herbal tea no diet soda either
Fruit	citrus fruits	no lemon peel or juice
Vegetables	tomatoes	no tomato sauce
Soy	tofu	no tofu, TVP or soy products; check labels
Nuts	peanuts	no peanut butter, peanut oil
Grains	wheat corn	no bread (except approved), or cereals no corn or flour tortillas, chips, etc
Dairy	milk products	no yogurt, milk, cheeses
Meats	beef, pork	no hamburger, steak

A full list is included in the complete cookbook.

Eating the Anti-Inflammatory Way



A full list of foods for shopping and stocking your pantry is included in the complete cookbook.

BEANS and LENTILS:

- Black beans
- Garbanzo beans

GRAINS AND SEEDS:

- Rice, white or brown
- Millet

NUTS AND NUT BUTTERS:

- Almond butter
- Cashews

MEAT:

- Chicken
- Salmon

FRUITS:

- Bananas
- Berries

VEGETABLES:

- Bok choy
- Sweet potatoes

OTHER:

- Brown rice syrup
- Dried fruits

Eating the Anti-Inflammatory Way

Example of One Day of Anti-Inflammatory Meals

(*Bold, italicized* items indicate recipes included in the cookbook)

Breakfast	<i>Yam Latkes</i> Applesauce Walnuts Apple Chicken Sausage Guava Strawberry Juice Ground Flaxseed
Lunch	<i>No Mayo Chicken Salad</i> with Leaf Lettuce on Pecan Bread <i>Pumpkin Curry Soup</i>
Dinner	<i>Fresh Herb Halibut</i> <i>Mango Rice Pilaf</i> Broccoli Romaine & Spinach Salad <i>Ginger Dressing</i> Millet Bread with Olive Oil Pears
Snack	<i>Nut & Seed Granola</i> Frozen Blueberries Hazelnut Milk

More menus and easy meal ideas are included in the complete cookbook, as well as the nutrient composition of the research diet and recommendations for supplements.

Breakfast

BANANA NUT PANCAKES

[QUICK PRINT VERSION](#)

Serving size = 3 pancakes

Yield: 12 or 13 pancakes

INGREDIENTS:

1 ½ cups	rice flour
1 teaspoon	cinnamon
2 ½ tablespoons	no-aluminum baking powder
1/3 cup	pecans, chopped
1 cup	hazelnut milk
¾ cup + 2 tablespoons	water
¼ cup	brown rice syrup
1 cup	banana, mashed (approx. 2 bananas)
As needed	canola oil, for griddle



PREPARATION:

Preheat standing griddle to 350 °F. (You can also use a non-stick pan over medium heat.)

In a large mixing bowl, combine the rice flour, cinnamon, baking powder and pecans.

In a separate bowl, combine hazelnut milk, water and brown rice syrup, stirring until mixed well.

Pour wet ingredients into dry ingredients, and stir until just mixed. Add mashed bananas and stir until incorporated.

Pour approximately 1 tablespoon. oil onto preheated griddle and wipe away excess with a paper towel.

Gently pour batter onto griddle, making 4” pancakes, and cook until bubbles appear in the center of the pancake. Flip and cook another 2 minutes.

Serve immediately.

TIPS

These are even more delicious with the [AI Triple Berry Compote](#) (p. 57), fresh fruit or a small amount of real maple syrup and almond butter.

	calories	fat (g)	saturated fat (g)	cholesterol (mg)	protein (g)	carbohydrate (g)	fiber (g)	sodium (mg)
analysis per serving	475	10	1	0	7	94	5	1015

Soups and Salads

[QUICK PRINT VERSION](#)

SALMON AND PASTA SALAD

Serving Size: 1 1/4 cups

Yield: ~ 10 cups

DRESSING:

2 tablespoons	walnut oil
3 tablespoons	extra virgin olive oil
1/4 cup	natural rice vinegar (unseasoned)
1/4 cup	shallot, minced
1 teaspoon	garlic, minced
2 1/2 teaspoons	Dijon mustard
1 teaspoon	dried basil
1 tablespoon	dried chives
3/4 cup	Italian parsley, chopped
3/4 teaspoon	sea salt
1/8 teaspoon	black pepper
2 teaspoons	agave syrup



PREPARATION:

Whisk all ingredients together in a medium bowl and set aside.

SALAD:

2 1/2 cups	uncooked brown rice elbow pasta
1 1/2 cups	baked salmon, cut into bite size pieces
1 1/2 cups (13.75 oz can)	artichoke hearts, drained and chopped
1/2 cup	pitted Kalamata olives, chopped
1 1/2 cups	baby spinach leaves, chopped
2 tablespoons	capers, drained

PREPARATION:

Cook pasta according to package instructions. Drain, but do not rinse, then cool.

In a large bowl, combine cooked and drained pasta with dressing and stir to combine.

Add all remaining ingredients and mix well.

	calories	fat (g)	saturated fat (g)	cholesterol (mg)	protein (g)	carbohydrate (g)	fiber (g)	sodium (mg)
analysis per serving	237	8	1	13	10	31	3	514

Dips, Dressings, Sauces & Seasonings

[QUICK PRINT VERSION](#)

BLACK BEAN AVOCADO DIP

Serving Size: ½ cup

Yield: 2 cups

INGREDIENTS:

½ cup	canned black beans, drained and rinsed
1 large	ripe avocado, pitted and removed from skin
1 whole	garlic clove, minced
2 tablespoons	red onion, minced
½ cup	cooked brown rice
To taste	salt and pepper

TIPS

Try using millet instead of brown rice, or substitute white or pinto beans for the black beans.

Add some parsley or cilantro, and stir in a teaspoon of toasted cumin.

PREPARATION:

Microwave black beans on high heat until just soft, (about 1 minute) and cool.

Finely chop the avocado, and mix with the garlic clove and red onion. This mixture should have the texture of a rough paste.

Mix the cooked rice into the avocado mixture, and then add the black beans stirring gently, so as not to break up the beans too much.

Season to taste with salt and pepper.

Serve chilled or at room temperature.



	calories	fat (g)	saturated fat (g)	cholesterol (mg)	protein (g)	carbohydrate (g)	fiber (g)	sodium (mg)
analysis per serving	69	3	<0.5	0	2.2	9	3	105

GINGER SALMON

Serving Size: 6-8 ounces
Yield: 4 servings

INGREDIENTS:

4 salmon fillets, 6-8 ounces each
1/3 cup Ginger Glaze (recipe p. 52)
1 tablespoon fresh parsley, chopped, for garnish

To prepare enough glaze for this dish only, use the following ingredients and follow directions below:

4 teaspoons extra virgin olive oil
1/8 cup agave syrup
1/8 cup dijon mustard
2 teaspoons fresh ginger, grated

TIPS

The Ginger Glaze can be made and stored frozen for up to 3 months to be used on other fish or baked chicken for a quick meal. Defrost gently in a microwave oven before using.

PREPARATION:

Preheat oven to 350° F.

Place salmon fillets on a baking sheet covered with aluminum foil or parchment paper, then keep chilled until ready to top with glaze.

Use prepared Ginger Glaze if available. Or, In a bowl whisk together the olive oil, agave syrup, mustard and ginger.

Brush each fillet with approximately 1 ½ tablespoons of the glaze.

Bake for 10-15 minutes, depending on thickness of fillets until done.

Sprinkle with fresh parsley and serve immediately.



	calories	fat (g)	saturated fat (g)	cholesterol (mg)	protein (g)	carbohydrate (g)	fiber (g)	sodium (mg)
analysis per serving	339	15	3	84	41	8	<0.5	179

Sides

MANGO RICE PILAF

[QUICK PRINT VERSION](#)

Serving Size: 1 cup

Yield: 3 cups

INGREDIENTS:

1 teaspoon	canola oil
¼ cup	fresh mushrooms, sliced
2 cups	fresh baby spinach, chopped
1 1/3 cups	cooked brown basmati rice
1/3 cup	cooked wild rice
¼ teaspoon	salt
1/8 teaspoon	pepper
1/8 teaspoon	dried thyme
¼ cup	green onion, thinly sliced
1/8 cup	sliced almonds, coarsely chopped
1/8 cup	AI-friendly broth (p. 22)
¾ cup	fresh or frozen mango, diced small

TIPS

If using frozen mango, allow to thaw slightly before adding to the rice.

Try adding other fruit, such as pineapple or papaya.

PREPARATION:

Heat oil in a large stockpot over medium heat.

Add mushrooms and cook until golden brown and crisp, about 5 minutes.

Add spinach and cook until wilted, about 2 minutes.

Stir in the brown rice, wild rice, salt, pepper, thyme, green onion, almonds and broth. Mix well.

Add mangoes and heat through.

Serve warm.



	calories	fat (g)	saturated fat (g)	cholesterol (mg)	protein (g)	carbohydrate (g)	fiber (g)	sodium (mg)
analysis per serving	142	5	<0.5	0	4	23	3	189

Desserts

[QUICK PRINT VERSION](#)

BLUEBERRY ALMOND CRISP

Serving Size: ~1 cup

Yield: ~ 6 servings

INGREDIENTS:

1 cup	white rice flour
½ teaspoon	salt
¼ cup	canola oil
¼ cup + 2 tablespoons	brown rice syrup (divided)
1/3 cup	sliced almonds
2 tablespoons	water
2 teaspoons	vanilla extract (alcohol free)
1 teaspoon	cinnamon
4 cups	frozen blueberries



PREPARATION:

Preheat oven to 350°.

In a medium bowl, mix flour and salt. Add the oil and ¼ cup of the rice syrup, mixing well. Stir in nuts and set aside.

In a separate bowl, combine the water, 2 tablespoons rice syrup, vanilla and cinnamon. Set aside.

Put blueberries in a 9" x 13" pan, and pour the liquid mixture on top. Toss gently to evenly coat the blueberries.

Spread the flour and nut mixture evenly over the blueberries. Cover with aluminum foil.

Bake for 20 minutes. Then increase the oven temperature to 425°, uncover, and bake another 10 minutes or until the topping is golden brown and crisp.

TIPS

This crisp freezes well and can be reheated in a microwave or conventional oven.

analysis per serving	calories	fat (g)	saturated fat (g)	cholesterol (mg)	protein (g)	carbohydrate (g)	fiber (g)	sodium (mg)
	424	16	1	0	5	68	6	287