

Culinary Medicine Elective, Class 5: Module 16 - ANTI-INFLAMMATORY DIET

GOALS	TECHNIQUES	RECIPES	PANTRY	INGRED	SNACK	CONTROVERSY
Understanding connection between diet and inflammation	Hummus	Hummus	Spices	TBD	Edamame Green Tea Dark Chocolate Berries Golden Milk	Examples of inflammation as root cause: arthritis, near degeneration, cancer,
Identify pro inflammatory foods/ingredients (sugar, omega 6, AGEs)	Baked Fruits	Asian Bowl with Curry and Broccoli	Canned Beans			
Including anti-oxidant rich foods	Build your own Bowls	Mediterranean with Lentils and Yogurt and raw cabbage				
		Indian Bowl with Spinach				
		Hispanic Bowl with beans, guacamole				
		Baked Fruit Crumbles				

Team 1 (Red)

Hummus 1 (Korean)
Asian Curry Chicken Bowl with Spinach
Grain Free Crumbles

Team 2 (Green)

Hummus 2 (Morrocan)
Crispy Mediterranean Chickpea Bowl with Farro and Yogurt
Whole Grain Crumbles

Team 3 (Blue)

Hummus 3 (South American)
Hispanic Bowl with beans, guacamole
Raw Fruit Crumbles

Team 1(Red)

Asian Curry Chicken Bowl with Spinach

Makes 8 bowls

Curry 3 teaspoons grapeseed or olive oil 4 Tablespoons curry powder 2 teaspoons turmeric 2 lbs chicken breast, cut into bite size pieces 1 onion, chopped coarsely 1 Tablespoon fresh grated ginger 2 cloves garlic, minced 3 carrots, peeled and chopped into bite size pieces 1 large sweet potato cut into bite size pieces 2 red peppers, chopped into bite size pieces 1 zucchini, chopped into bite size pieces 1 yellow squash, chopped into bite size pieces 24 ounces crushed tomatoes 2 can coconut milk ½ - 1 teaspoon cayenne, more as needed 3 cups baby spinach, roughly chopped ½ cup chopped cilantro for garnish	Rice and Lentils 1 cup dry green lentils 6 cups water 5 garlic cloves 2 bay leaf 2 teaspoon cumin seed ½ teaspoon cinnamon 2 cups short grain brown rice, soaked for at least 1 hour Salt to taste 1 tablespoon olive oil
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1. **To make curry;** heat oil in a pot over medium high heat, add curry powder, and turmeric, cook in oil for about 30 seconds and then add in chicken. Coat chicken with oil and spices, then add onion, ginger and garlic, cook until onion is fragrant.
2. Add in carrots, sweet potato and peppers with tomatoes and coconut milk. Bring to a boil and then cook for 10 minutes or until sweet potato is tender.
3. **To make lentils and rice:** in a pot fitted with a lid combine lentils, water, strained rice and remaining ingredients. Stir well, then place on stove and bring to a boil. Reduce to a simmer, cover and cook uncovered until lentils and rice are tender, about 30- 35 minutes. Remove pot from heat, but do not remove the cover, allow to sit for 10 minutes, remove the lid, drain any excess water if any and fluff with a fork.
4. **To serve;** place rice and lentils on the bottom, then top with curry sauce

Team 1(Red)

Grain Free Crumble

Makes 9" round or 8" square pan

For the Crumble

- 1 cup almond flour/ meal
- ⅔ cup unsweetened shredded coconut
- 1 cup roughly chopped walnuts, or nut of choice
- ½ cup packed brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon kosher salt
- ¼ cup coconut oil melted, or canola oil

For the Filling

- 4 cups diced apple
- 1 teaspoon lemon juice
- 2 cups berries, chopped if large
- 2 tablespoons cornstarch or arrowroot starch
- Pinch of nutmeg
- 1 ½ teaspoon ground cinnamon
- 1- 2 tablespoon pure maple syrup, honey or agave (depending on sweetness of berries)

1. Preheat your oven to 350 degrees and prepare a 9" round or 8" square pan by coating it oil or with nonstick cooking spray.
2. Prepare crumble; combine almond flour, coconut, chopped nuts, sugar, cinnamon, and salt, mix well, drizzle melted coconut oil or canola oil over the top and then toss with a fork until well mixed.
3. Prepare the filling; combine apples with lemon juice, berries, sprinkle the cornstarch nutmeg, and cinnamon, drizzle the sweetener of choice, stir to mix well.
4. Pour the mixture into the prepared pan and sprinkle with crumble topping. Bake for 45- 50minutes, or until apples are tender. Cool to room temperature and then refrigerate for at least 2 hours for the filling to set.

You can also make individual portions in 4- 6 oz ramekins, bake for 30 minutes and then test for the softness of the apples, cook longer if desired.

Team 1(Red)

Korean Kimchi Hummus

Makes a little over 1 cup

1 (15.5 oz.) can chickpeas, rinsed and drained
3 tablespoon tahini
2 cloves of garlic
1 tablespoon sesame oil
2 tablespoon rice wine vinegar, more as needed
½ cup kimchi, roughly chopped
1 tablespoon water (as needed)
Salt and pepper (as needed)
Sesame seeds for garnish

1. Combine all the ingredients in a blender or food processor, pulse or blend until your desired consistency.
2. To make the hummus thinner you can add more water or rice vinegar. Taste and adjust seasoning as needed

Team 2 (Green)

Crispy Mediterranean Chickpea Bowl with Farro and Yogurt

Makes 8 bowls

<p>Protein</p> <p>2 can chickpeas drained and rinsed (15 oz. cans) 3 Tablespoons olive oil 1 teaspoon cumin ground 1/2 teaspoon garlic powder 1/4 teaspoon coriander powder Pinch of cayenne 1 pinch allspice ground 1/4 teaspoon salt (if unsalted beans were used)</p>	<p>Sauce</p> <p>1 cup thick yogurt ¼ cup tahini ¼ cup harissa (optional, you can use more tahini) 2 tbsp olive oil extra virgin 2 tbsp lemon juice 4 small clove garlic minced Salt as needed Water to thin out</p>
<p>Base; farro</p> <p>1 teaspoon olive oil 1 rib celery, diced 1 onion, diced 1 carrot, diced 3 cloves, garlic, minced 3 cups farro 6 cups water Salt to taste</p>	<p>Roasted Vegetables</p> <p>4 zucchini, halved lengthwise and cut into bite-size pieces 2 bell pepper cored, seeded and cut into bite-size pieces 1 large red onion, cut into 1/2-inch wedges olive oil salt and pepper to taste</p>
<p>Extra Dressing and Toppings</p> <p>¼ cup olive oil ¼ cup red wine vinegar 2 cloves garlic minced ½ teaspoon oregano</p>	<p>Salt and pepper to taste ¼ cup fresh mint, minced ¼ cup fresh parsley 10 oz tomato grape or cherry tomatoes, halved</p>

- To make chickpeas** preheat your oven to 375 degrees. Drain chickpeas and pat dry. Place chickpeas in a single layer on a microwave safe dish. Microwave the chickpeas for 8- 10 minutes or until they are dry and the seams have split.
- Mix chickpeas with oil and pour on an oven safe baking sheet making sure to crowd the chickpeas in one layer towards the middle of the pan, edges will burn easier, cook for 30 minutes.
- Remove pan from oven and toss with remaining spices, return to oven and roast until chickpea are dry, golden brown and a little shriveled, about 20- 30 minutes more. Cool to room temperature to achieve crispiness before using.
- To make farro;** heat oil in a pot over medium-high heat. Saute celery, onion, carrot, and garlic until onion is fragrant, about 3 minutes. Stir in farro and cook for 1 minute to slightly toast, add water and season with salt. Bring water and farro to a boil, cover pot with a lid, and reduce heat to low. Cook for 25 minutes or until tender. Strain and set aside.
- To make roasted vegetables;** preheat oven to 400 degrees, line a baking sheet with parchment paper or baking toss chopped vegetables with oil, and salt and pepper roast for 12- 15 minutes or until tender.
- To make yogurt sauce:** combine all ingredients, season to taste
- To serve;** in a small bowl mix the olive oil, vinegar, garlic, oregano, mint, parsley, cherry tomatoes, and salt and pepper, season to your liking. Arrange bowls with farro on the bottom, topped with chickpeas, vegetables, tomato mix, and yogurt sauce. Serve.

Team 2 (Green)

Whole Grain Crumble

Makes 9" round or 8" square pan

For the Crumble

¾ cup rolled oats

¼ cup whole wheat flour, or quinoa/ millet flour for GF option

1 teaspoon ground cinnamon

2 tablespoons pure maple syrup, honey or agave

2 tablespoons unsalted butter, melted, or other neutral flavored oil

For the Filling

4 cups diced apple

1 teaspoon lemon juice

2 cups berries, chopped if large

2 tablespoons cornstarch or arrowroot starch

Pinch of nutmeg

1 ½ teaspoon ground cinnamon

1- 2 tablespoon pure maple syrup, honey or agave (depending on sweetness of berries)

1. Preheat your oven to 350 degrees and prepare a 9" round or 8" square pan by coating it oil or with nonstick cooking spray.
2. Prepare crumble; combine oats, flour, cinnamon, mix well, stir in the sweetener of choice with butter or oil, mix well.
3. Prepare the filling; combine apples with lemon juice, berries, sprinkle the cornstarch nutmeg, and cinnamon, drizzle the sweetener of choice, stir to mix well.
4. Pour the mixture into the prepared pan and sprinkle with crumble topping. Bake for 45- 50 minutes, or until apples are tender. Cool to room temperature and then refrigerate for at least 2 hours for the filling to set.

You can also make individual portions in 4- 6 oz ramekins, bake for 30 minutes and then test for the softness of the apples, cook longer if desired.

Team 2 (Green)

Moroccan Spiced Hummus

Makes a little over 1 cup

1 (15-ounce) can chickpeas, also known as garbanzo beans, drained and rinsed

2 garlic cloves

2- 3 tablespoons fresh lemon juice

1/4 cup tahini

1/4 cup water, plus more as needed

1 tablespoon extra-virgin olive oil, plus more to serve

Salt

2 teaspoon honey

½ teaspoon ground cumin

¼ teaspoon coriander

¼ teaspoon ground cinnamon

¼ teaspoon cayenne

Pinch all spice

Salt and pepper as needed

1. Combine all the ingredients in a blender or food processor, pulse or blend until your desired consistency.
2. Taste and adjust seasoning as needed, adding more oil or red wine vinegar for a thinner consistency.

Team 3 (Blue)

Hispanic Bowl with Beans and Avocado Cream

Makes 8 bowls

<p>Protein</p> <p>2 Tablespoons olive oil 1 onion, diced 1 green bell pepper, diced 2 teaspoon ground cumin 3 cloves garlic, minced 2 can pinto beans drained and rinsed (15 oz. cans) 1 cup vegetable stock, more as needed Pinch of cayenne 1/4 teaspoon salt (if unsalted beans were used)</p>	<p>Sauce</p> <p>2 avocados, peeled and seeds removed ½ cup cilantro, roughly chopped ½ cup thick yogurt or sour cream 1 lime, juiced 2 cloves garlic</p>
<p>Base; quinoa</p> <p>2 tablespoon olive oil 1 medium onion, diced 3 garlic cloves, minced 2 cup quinoa, washed and drained 2 cup vegetable stock 1 cup drained diced tomatoes, canned 1 teaspoon chili powder 2 teaspoon cumin</p>	<p>Roasted Vegetables</p> <p>1 head broccoli cut into bite-size pieces (about 3 ½ cups) 1 head of cauliflower cut into bite-size pieces (about 3 ½ cups) 2 bell pepper cored, seeded and cut into bite-size pieces 1 large red onion, cut into 1/2-inch wedges olive oil salt and pepper to taste</p>
<p>Extra Toppings</p> <p>2 cup chopped lettuce ½ cup chopped cilantro 1 cup diced tomatoes ¼ cup fresh parsley 1 cup crumbled cotija cheese, optional</p>	

1. **To make beans;** heat a pot over medium-high heat. Add oil into pot and heat until hot, add onions, peppers, and garlic, cook for 2- 3 minutes or until onions are fragrant. Stir in cumin, beans, stock, cayenne, and salt if needed. Bring to a boil, cover and cook over low heat for 15 minutes. Taste and season to your liking set aside until ready to use.
2. **To make roasted vegetables;** preheat oven to 400 degrees, line a baking sheet with parchment paper or baking toss chopped vegetables with oil, and salt and pepper roast for 15 minutes or until tender.
3. **To make quinoa;** heat oil in a pot fitted with a lid, add onion and garlic into the pot, cook for 2- 3 minutes or until onions begin to become fragrant. Add quinoa into the pot, cook until excess water is gone, and quinoa begins to toast about 3 minutes. Stir in stock, drained tomatoes, chili powder, and cumin, stir, bring to a boil, cover, reduce heat to low and cook for 15 minutes. Remove from heat, leaving the lid on and set aside for 10 minutes. Remove lid, and fluff with a fork, taste and season as needed.
4. **To make the sauce; combine** all the ingredients in a blender or food processor, mix until smooth.
5. **To make yogurt sauce:** combine all ingredients, season to taste
6. **To serve;** Arrange bowls with quinoa on the bottom, topped with beans, vegetables, avocado sauce, and extra toppings.

Team 3 (Blue)

Raw Crumble

Serves 8

For topping

½ cup walnuts, or another nut of choice, roughly chopped

2 Medjool dates, pitted, or 4 smaller dates, roughly chopped

For Filling

4 apples diced

2 tablespoon lemon juice

5 Medjool dates pitted or 10 smaller dated, roughly chopped

3 cups berries

¼ cup raisins

¼ teaspoon cinnamon

Pinch nutmeg

1. Combine the crumble topping ingredients in a food processor, pulse until mixture is the size of small peas. Place in a bowl and set aside.
2. For filling; combine the apples with lemon juice and set aside. In a food processor combine the dates, berries, raisins and cinnamon and nutmeg, mix until smooth. Mix berry sauce with apples.
3. To serve, place apple mixture on the bottom and then sprinkle with crumble topping.

Team 3 (Blue)

South American Hummus

Makes a little over 1 cup

- 1 (15.5 oz.) can chickpeas, rinsed and drained
- 3/4 cup packed cilantro
- 3 tablespoons tahini
- 1/3 cup green onion, chopped
- 2 cloves of garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper
- ½ teaspoon cumin
- Salt and pepper to taste
- 1/4 cup olive oil or avocado oil
- 1 tablespoon lime juice, or use more red wine vinegar
- 1 tablespoon red wine vinegar

1. Combine all the ingredients in a blender or food processor, pulse or blend until your desired consistency.
2. Taste and adjust seasoning as needed, adding more oil or red wine vinegar for a thinner consistency.