

23 RECIPES To Tame Inflammation

FROM THE KITCHEN OF CLEVELAND CLINIC





Introduction

The saying, “You are what you eat,” doesn’t apply to an arthritis diagnosis. *Nothing you ate or didn’t eat gave you swollen, achy joints.* But eating the right foods, prepared correctly, can help improve your health and tame inflammation.

The recipes in this e-book — curated by Chef Jim Perko, the founder of the Culinary Medicine Program at Cleveland Clinic — are designed to do just that.

Getting Started

Culinary medicine combines evidence-based nutrition science with the joy and art of cooking. It isn’t “dieting.” It’s a way of living. These tips can help you get into the mindset of a culinary medicine chef:

Don’t think about what you can’t have; think about all the things you can have. Enjoying and loving the foods that love YOU back will help you make healthy choices in the long run. Write a list of healthy foods you like, and then build your meals from there.

Practice mindful eating. Chew your food slowly and mindfully to improve digestion and satiety. Really savor the moment. This will help you eat until you’re satisfied or no longer hungry, rather than past the point of feeling full.

Time it right. Whenever possible, try to eat most of your foods early in the day — ideally before 6 p.m.

Sweeten dishes without adding sugars. Sweeten dressing or vinaigrette with fresh fruits like berries or unsweetened dried fruits. This will add dietary fiber, antioxidants and anti-inflammatory phytonutrients. (See recipe for Raisin Reduction, page 27.) Be wary of “healthy” or “natural” sources of sugar, too, like agave, honey or maple syrup; they still add calories and may contribute to inflammation.

Moisten foods with less added fat.

- Moisten grains with a variety of plant foods. (See recipe for Vegetable Rice, page 10.)
- Prepare dressing using a 1:1 ratio of acid to oil instead of 3 parts oil to 1 part acid, as usually is done in classic cooking. (See recipe for Broccoli & Bean Salad, page 15.)
- Use small amounts of oil when making rubs. Remember, a little bit of oil goes a long way!

Increase flavor while reducing added sodium.

- Using acids like lemon juice, lime juice or vinegar creates flavor profiles that reduce the need for sodium.
- Hot chilies, like jalapenos, can reduce the desire to add sodium.
- Using toasted spices and nuts in recipes creates more flavor and lessens the craving to add sodium.

Cleveland Clinic Go! Foods Guidelines

When in doubt, keep these five guidelines in mind, especially when at the grocery store or scanning nutrition labels:

- 1 Saturated fats: Less than 5 grams for main dishes; less than 2.5 grams for side dishes, soups and desserts.
- 2 No hydrogenated or trans fats.
- 3 Added sugars and syrups: Less than 12 grams for main dishes and desserts; less than 7 grams for side dishes and soups.
- 4 Grains: 100% whole grain.
- 5 Sodium: No more than 600 mg in main dishes; 480 mg in side dishes and desserts.

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Breakfasts & Snacks



Get your day started on the right foot or take time for a healthy, re-energizing snack break with these wholesome recipes.

Egg White Frittata

Serves 4. Serving Size: 1/4 Frittata.

Frittatas make the most of eggs. Think of it as using eggs as the glue to hold a bunch of vegetables together. You can use leftover vegetables as well as fresh ones.

We use only egg whites, which are pumped with flavor and nutrition from the herbs, shiitake mushrooms, ginger, turmeric and vegetables. A 100% whole-grain tortilla complements the frittata while adding additional fiber and protein.

Nutritional Info

Calories:	199
Sodium:	269 mg
Sugars:	3.6 g
Cholesterol:	0 mg
Saturated Fat:	1.5 g
Fiber:	2.8 g
Protein:	9.7 g
Carbohydrates:	13.6 g

Ingredients

- 8 eggs, whites only
- 1 Tbsp. fresh basil, shredded
- ¼ cup fresh chives, thinly sliced
- 3 Tbsp. extra virgin olive oil
- ¾ cup shiitake* mushrooms, sliced
- ¾ cup sweet onion, finely diced
- ¾ cup red pepper, finely diced
- 1 tsp. fresh ginger, minced
- ½ tsp. turmeric
- ¼ tsp. salt
- ½ tsp. black pepper, coarsely ground
- 2 cups fresh spinach, loosely packed
- 4 100% whole-grain tortillas

*Or any mushroom of your choice.

- 1 In a bowl, combine 8 egg whites, basil and chives. Whisk to mix well and lightly aerate the eggs.
- 2 Heat olive oil in a 10-inch, non-stick sauté pan on medium high. When pan is hot, add mushrooms and stir continuously until they begin to turn light brown to bring out their flavor. Add onion, pepper and ginger, and season to taste with salt and pepper while stirring frequently.
- 3 As soon as the ingredients are stirred and coated with oil, add the turmeric and sauté until vegetables become tender.
- 4 Add spinach and cook until wilted.

- 5 Add beaten eggs evenly around the vegetables and begin to gently fold eggs inward from the rim of the pan where they begin to cook.
 - Tilt the pan in the direction of the fold to allow the uncooked eggs to fill that new area. Continually do this around the pan to cook the eggs and create the frittata.
- 6 At this point, cover the pan with a plate of the same size, and while firmly holding the plate upside-down over the frittata, turn the pan upside-down so the frittata safely falls on the plate. Slide the frittata back into the pan to finish cooking the eggs.
- 7 Toast the tortilla over an open flame or in a dry sauté pan, and place frittata on top.



Green Smoothie

Serves 5. Serving Size: 1 cup.

Ingredients

1 cup spinach leaves
1 cup green kale, chopped
1 cup green seedless grapes
1 Bartlett pear, cored, quartered
1 orange, peeled, quartered
1 ripe banana, peeled
1 tsp. chia seeds
½ cup water
2 cups ice

1 Place all ingredients in blender and process on low speed for 15 seconds. Increase to medium speed, then high speed, and process until well blended.



The added omega-3 fat and protein from chia seeds may slow the rise in blood sugar caused by naturally occurring fruit sugars.

Nutritional Info

Calories:	100
Sodium:	45 mg
Sugars:	15 g
Cholesterol:	0 mg
Saturated Fat:	0 g
Fiber:	5 g
Protein:	3 g
Carbohydrates:	25 g

Chef's Notes

Use ripe banana, just-ripe pear, and peeled orange with no pith for maximum smoothie sweetness.

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Adding chia seeds provides a healthy source of omega-3 fatty acids.



Vegan Vanilla Shake With Flaxseed

Serves 2. Serving Size: 3/4 cup.

Ingredients

¾ cup almond milk, unsweetened, unflavored
1 ripe banana, frozen, peeled
1 ½ Tbsp. unsweetened almond butter
2 tsp. vanilla extract
1 Tbsp. ground flaxseed

Nutritional Info

Calories:	180
Sodium:	95 mg
Sugars:	9 g
Cholesterol:	0 mg
Saturated Fat:	0.5 g
Fiber:	5 g
Protein:	5 g
Carbohydrates:	21 g

- 1 Break the frozen banana into 3 or 4 pieces and place in blender. Add the remaining ingredients and process until well blended.
- 2 Serve immediately.

Chef's Notes

Breaking the banana into pieces makes it easier to blend.

When freezing ripe bananas, peel first.

Be sure to buy a brand of almond butter that has no added sugars.

Create your own versions by adding unsweetened soy milk to make it creamier or other unsweetened alternative milk.

Allergic to nuts? Try sunflower seed butter.

Tired of vanilla? Replace it with cinnamon.



Main Dishes



Healthy dinners don't have to be boring, tasteless or difficult to make. These entrees are heavy on flavor and low in salt and unhealthy fats.

Chicken Salad Veronique

Serves 7. Serving size: 1/2 cup.

Ingredients

- 1/2 cup vegan mayonnaise
- 2 Tbsp. Dijon mustard
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 pound cooked chicken breast, diced small
- 1 cup red seedless grapes, quartered
- 1/3 cup pecan or walnut pieces
- 1/2 cup celery, finely diced
- 1/3 cup onion, finely diced
- 1/3 cup cooked egg white, diced small
- 1 Tbsp. fresh chopped parsley (or 1 tsp. dry)

Nutritional Info

Calories:	220
Sodium:	500 mg
Sugars:	4 g
Cholesterol:	30 mg
Saturated Fat:	2 g
Fiber:	1 g
Protein:	14 g
Carbohydrates:	7 g

Chef's Note

Make this spicier by adding diced jalapeno peppers.



- 1** In a large bowl, mix vegan mayonnaise, Dijon mustard, salt and pepper.
- 2** Add remainder of ingredients and lightly toss.
- 3** Serve immediately or cover, date and refrigerate.

Vegetable Rice

Serves 4. Serving Size: 3/4 cup.

Ingredients

- 2 Tbsp. extra virgin olive oil
- ½ cup sweet onion, diced small
- 1 Tbsp. fresh garlic, finely chopped
- 1 cup crimini mushrooms*, sliced
- ½ cup red pepper, diced small
- ½ cup zucchini, diced small
- ½ tsp. salt
- ¼ tsp. black pepper, ground
- ⅛ tsp. smoked paprika
- ½ cup frozen green peas
- ½ cup green beans, cut small and blanched
- 1 cup brown rice, cooked according to its directions
- 1 Tbsp. lemon zest
- 1 cup arugula, chopped

*Any mushroom can be substituted for criminis. Mushrooms provide moisture without added fat.

Nutritional Info

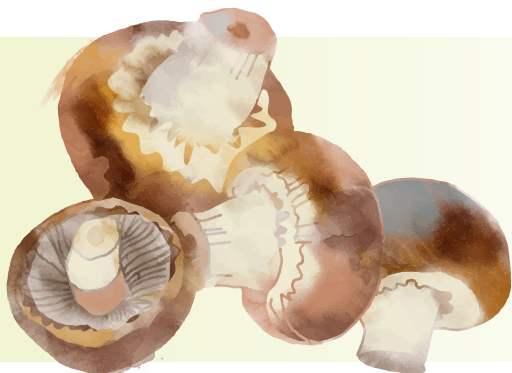
Calories:	160
Sodium:	270 mg
Sugars:	4 g
Cholesterol:	0 mg
Saturated Fat:	1 g
Fiber:	3 g
Protein:	4 g
Carbohydrates:	20 g

Chef's Notes

This recipe can be made without oil by slowly cooking onions and garlic in a covered pot until the onions are translucent.



- 1 In a 12-inch or larger sauté pan, heat oil, then sauté onions until translucent. Add garlic and sauté until aromatic, about one to two minutes.
- 2 Add the mushrooms, red peppers and zucchini. Season with salt, pepper and smoked paprika. Sauté until just tender.
- 3 Add peas, beans, brown rice, and lemon zest and toss until mixed.
- 4 Add arugula. Cook until thoroughly heated.



Quinoa, Black Bean, Arugula & Spinach Ragout

Serves 6. Serving Size: 1 1/3 cup.

Ingredients

- 3 Tbsp. extra virgin olive oil
- 4 cups onion, medium diced
- 1 Tbsp. fresh garlic, minced
- 3 cups fresh broccoli, cut into similar size florets
- 1 15-ounce can of black beans, low sodium, rinsed and drained
- ¼ tsp. black pepper, coarsely ground
- 2 each, 23- to 25-ounce jars tomato pasta sauce, no added sugar
- 1 Tbsp. hot pepper sauce
- ½ cup arugula
- ½ cup spinach, stems removed
- 2 cups, cooked (⅔ cup raw) red quinoa*, pre-rinsed, cooked as directed on package

*White, black or tricolored quinoa can be substituted for red.

Nutritional Info

Calories:	320
Sodium:	220 mg
Sugars:	15 g
Cholesterol:	0 mg
Saturated Fat:	1 g
Fiber:	12 g
Protein:	12 g
Carbohydrates:	52 g

Chef's Notes

Be sure to buy pre-rinsed quinoa or rinse before cooking to remove its natural saponin coating and the bitter flavor associated with it.

Easily modify this recipe with different types of beans, greens or grains of your choice.

Broccoli tastes best when it's al dente (crunchy). Scoring the stalk allows the stem to cook more evenly with the florets in a shorter time.

Sautéing the onions until golden and caramelized adds sweetness to the ragout.

- 1 In a large skillet over medium heat, heat the olive oil and sauté onion until light golden brown. Add the garlic and cook until aromatic, about one minute.
- 2 Add broccoli florets and black beans. Sauté three minutes while stirring.
- 3 Add the black pepper, tomato sauce and hot sauce.
- 4 Add the spinach and arugula and stir until thoroughly heated and greens just begin to wilt.
- 5 Add the pre-cooked quinoa, bring to a simmer, mix and serve.



Grilled Wild King Salmon

Serves 4. Serving Size: 2 pieces.

Ingredients

1 Tbsp. extra virgin olive oil
¼ cup leeks, white part only, finely diced
½ tsp. fresh garlic, minced
1 Tbsp. lemon zest
½ tsp. salt
¼ tsp. black pepper, coarsely ground
1 Tbsp. parsley, chopped
8 wild king salmon filet pieces (2 ounces each),
skinless, boneless*

*Or, for a quick and simple substitute, try frozen, packaged wild salmon burgers. They can be sautéed in olive oil and garlic for a delicious, healthy, doctor-approved dinner.

Nutritional Info

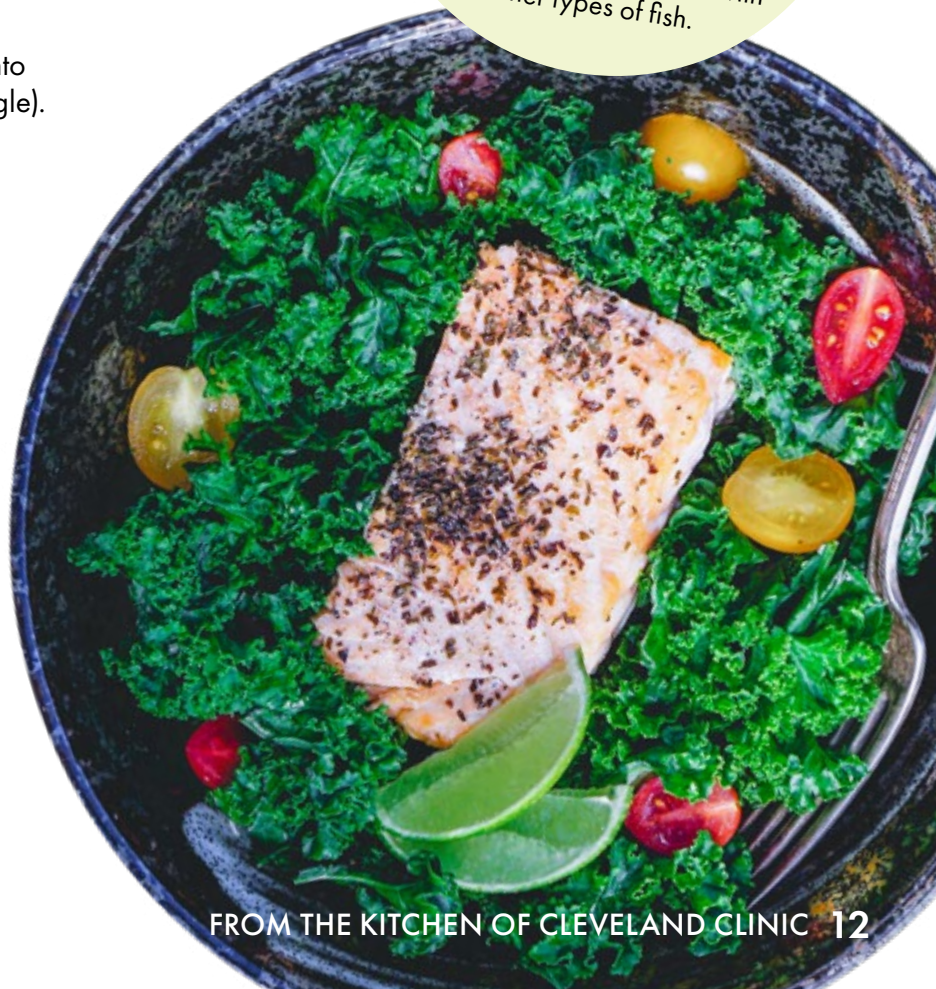
Calories:	180
Sodium:	320 mg
Sugars:	0 g
Cholesterol:	55 mg
Saturated Fat:	1.5 g
Fiber:	0 g
Protein:	24 g
Carbohydrates:	1 g

Chef's Notes

When grilling small, lean and thin pieces of food, cook quickly. This reduces the risk of burning and charring and lowers the risk of carcinogens being produced during the grilling process.

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This leek rub is also great with other types of fish.

- 1 Prepare an outdoor grill with a lid, using lump wood charcoal. Heat to 275°F.
- 2 In a mixing bowl, combine first seven ingredients. Mix well.
- 3 Remove skin from salmon filet and cut into eight thin pieces on a bias (at a 45° angle).
- 4 Add salmon filets to leek mixture and toss until coated.
- 5 Open grill, wipe grates clean, add optional soaked hickory or other wood onto coals.
- 6 Grill salmon, covered, for about one to two minutes. Turn over, grill about one minute or until lightly opaque inside.
- 7 Remove from grill and serve.



Side Dishes



Eating healthy doesn't mean sacrificing comfort. These lightened up versions of classics and side dishes will satisfy without the guilt.

Kale Salad

Serves 4. Serving Size: 1 cup.

Ingredients

4 cups red curly kale, washed and dried
½ cup grape tomatoes, halved
½ cup red onion, thinly sliced
1 avocado, sliced
½ cup Vinaigrette Dressing*

*Recipe on page 25.

- 1 Chop kale.
- 2 Add remaining ingredients.
- 3 Mix well.

Nutritional Info

Calories:	190
Sodium:	385 mg
Sugars:	3 g
Cholesterol:	0 mg
Saturated Fat:	1.5 g
Fiber:	5 g
Protein:	6 g
Carbohydrates:	18 g

Chef's Note

For **tender kale**, massage kale and vinaigrette with clean hands for two to three minutes.

For **chewy kale**, combine ingredients in a large bowl and mix well.

Cutting an Avocado

To cut and separate an avocado from the skin, cut lengthwise all the way around the seed and twist to open the two halves to expose the pit. Place the half with the pit on the cutting board. Gently tap the pit with the knife, with enough pressure so it sticks in the pit. Turn the knife to twist the pit out, then remove the pit from the knife. Cut the pitted avocado halves again into four quarters, and peel the skins away from the avocado.



Broccoli & Bean Salad

Serves 4. Serving Size: 1 cup.

Ingredients

3 cups broccoli florets, blanched, dried
1 15-ounce can of Great Northern beans, drained, rinsed, dried
2 Tbsp. extra virgin olive oil
½ tsp. roasted jalapeno, skin and seeds removed, minced (optional)
1 clove garlic, minced
1 Tbsp. parsley, chopped
¼ tsp. salt
⅛ tsp. black pepper, ground
2 Tbsp. lemon juice

Nutritional Info

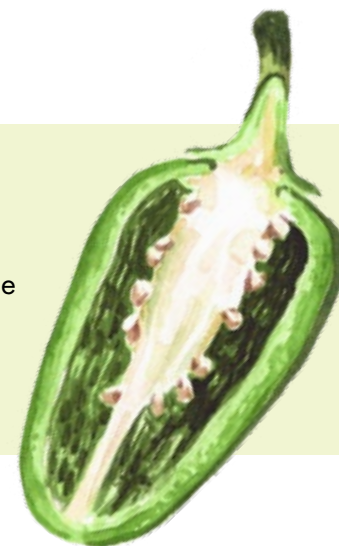
Calories:	160
Sodium:	250 mg
Sugars:	3 g
Cholesterol:	0 mg
Saturated Fat:	1 g
Fiber:	6 g
Protein:	7 g
Carbohydrates:	19 g



- 1 Bring a pot of water to a boil. Rinse a head of broccoli and cut into equal-sized florets.
- 2 Add the florets to boiling water, simmer until al dente (two to three minutes).
- 3 Strain the broccoli and set aside on a towel to dry and cool.
- 4 Drain and rinse the beans. Set them aside to dry.
- 5 In a mixing bowl, whisk together the olive oil, roasted jalapeno, garlic, parsley, salt and pepper. Slowly add the lemon juice while whisking.
- 6 Once an emulsion is formed, add about one-third of the beans and mash them into the dressing to thicken it.
- 7 Add the broccoli and the rest of the beans. Mix to coat evenly. Serve cold or at room temperature.

Roasting Jalapeno

If adding jalapeno, insert a skewer or two-prong fork into the stem of a fresh jalapeno. Hold over medium flame, roasting each side until skin blisters. Once fully blistered, put the jalapeno in plastic wrap and cover. After one minute, uncover the jalapeno and, using a knife, gently scrape away all the blistered skin. Remove the seeds and ribs from the jalapeno without rinsing in water and mince.



Mac N' Cheese-less

Serves 6. Serving Size: 1 1/4 cup.

Making comfort foods like mac n' cheese healthy can be challenging. Just remember our favorite trick: "Think about all the things you could have and not what you shouldn't have." This recipe exemplifies this perfectly. The "cheese" sauce alone has so many possibilities: Add jalapeno and you have a spicy nacho sauce, or pour the sauce over potatoes for an au gratin. Let your imagination run wild.

Nutritional Info

Calories:	491
Sodium:	441 mg
Sugars:	11.8 g
Cholesterol:	0 mg
Saturated Fat:	2.2 g
Fiber:	10.8 g
Protein:	14 g
Carbohydrates:	79 g

Ingredients

- 4 cups water
- 1 cup raw cashews*
- 12 oz. 100% whole wheat short elbow pasta
- 6 cups sweet potato, peeled, cut into 1/2-inch cubes
- 4 cups unflavored, unsweetened almond milk
- 2 tsp. mild hot sauce such as Cholula (optional)
- 1 tsp. Dijon mustard
- 3/4 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. nutmeg
- 1 pinch cayenne pepper (optional)

*Silken tofu may be substituted for cashews, although the taste and texture will be different.

- 1 Combine the water and cashews in a medium bowl. Cover and refrigerate overnight.
- 2 The next day, drain the nuts and set aside. Preheat oven to 350°F.
- 3 Cook the pasta in a large pot of boiling water until just tender, but still firm to the bite (al dente). Drain the pasta, rinse and drain again. Set aside in a large mixing bowl and cover.
- 4 Combine sweet potatoes and almond milk in a large saucepan. Bring to a boil over medium-high heat. Reduce to medium-low heat and simmer, uncovered, until the potatoes are tender, about 20 minutes.

- 5 Strain the sweet potatoes in a bowl, reserving the almond milk. Measure the reserved almond milk and add more, if needed, so that it equals three cups.
- 6 Cool the almond milk to lukewarm and place in a heavy-duty blender. Add the cashews and blend until the sauce is smooth.
- 7 Add the sweet potatoes, hot sauce, mustard, salt, pepper and nutmeg. Process until the sauce is smooth, scraping the container as needed.
- 8 Pour the sauce over the pasta and mix well. Place in a 10-by-12-inch casserole or baking pan. Bake for 40 minutes or until hot and bubbly.

Chef's Notes

To make the sauce less sweet, replace half the almond milk with unsweetened hemp or soy milk.

For a crunchy topping, sprinkle with whole-grain breadcrumbs.



Spinach, Parsley, Basil, Walnut & Pecan Pesto With Green Beans

Serves 15. Serving Size: 1/2 cup.

Ingredients

3 oz. pecans, toasted
3 oz. walnuts, toasted
½ cup basil
½ cup parsley
½ cup spinach
½ tsp. salt
3 oz. extra virgin olive oil
1 tsp. fresh garlic, minced
9 cups al dente green beans, cut into ¼-inch pieces

Nutritional Info

Calories:	150
Sodium:	85 mg
Sugars:	2 g
Cholesterol:	0 mg
Saturated Fat:	1.5 g
Fiber:	3 g
Protein:	2 g
Carbohydrates:	6 g

- 1 Place the toasted pecans, toasted walnuts, basil, parsley, spinach and salt in a food processor and mix until coarse purée forms.
- 2 Add oil and garlic to mixture and mix until well incorporated.
- 3 Combine with cooked green beans and toss. Cover, label, date and refrigerate.

Cooking Green Beans

To cook green beans, bring a pot of water to a boil, add beans and cook until fork-tender, about 6 to 7 minutes. Drain well in a colander and keep on kitchen towels or paper towels in a low-profile pan or bowl for optimal dryness.

Toasting Nuts

To toast the pecans and walnuts, place them on a flat baking sheet in an oven or toaster oven at 275°F for about 10 minutes until light golden brown.



Corn Muffins

Serves 14. Serving Size: 1 muffin.

You probably love corn muffins but not the loads of butter and sugar added to them. This 100% whole-grain muffin recipe has great substitutes that will keep the moisture you love without those ingredients that don't love you back. We swap fresh grated apple or pear for the butter. Plus, our raisin reduction replaces sugar for a healthier touch of sweetness. Using these tricks and whole grains, you'll have a great burst of flavor in every bite that's also nutritious and low in calories.

Ingredients

- 1 ¼ cups unsweetened almond milk
- ½ cup Raisin Reduction*
- 2 tsp. apple cider vinegar
- 2 tsp. lemon zest, finely grated
- 1 ½ cups whole wheat flour
- ¾ cup cornmeal
- 1 ½ tsp. baking powder
- 1 ½ tsp. baking soda
- 1 tsp. kosher salt
- 1 cup apple, unpeeled, coarsely grated**

*Recipe on page 27.

**Pears can be substituted for apples.

- 1 Preheat oven to 350°F. Line a muffin pan with paper or silicon cups or use a silicon pan.
- 2 In a large mixing bowl, whisk almond milk, Raisin Reduction, vinegar and lemon zest. Set aside.
- 3 In a separate bowl, mix together flour, cornmeal, baking powder, baking soda and salt. Set aside.
- 4 Add the grated apple to the almond milk mixture, then mix the dry ingredients in by hand until a batter forms.
- 5 Spoon the batter into the prepared muffin cups, filling them about three-quarters full.

Nutritional Info

Calories:	731
Sodium:	214 mg
Sugars:	0.2 g
Cholesterol:	0 mg
Saturated Fat:	0.1 g
Fiber:	2.2 g
Protein:	2.6 g
Carbohydrates:	15 g

- 6 Bake until a tester inserted into the muffins comes out clean, about 19 to 20 minutes.
- 7 Before removing muffins from the pan, let them cool for five minutes. You can freeze these muffins for up to two months.



Healthy Desserts



A well-rounded diet is one that you enjoy — and that includes treating yourself once in a while.

Chocolate Chunk & Nut Chewies

Serves 28. Serving Size: 1 cookie.

If you have a desire for a chocolate chip cookie but want to eat one that loves you back, then you'll enjoy these delicious Chocolate Chunk & Nut Chewies. They are made with healthy walnuts, pecans, raisins, dark chocolate and no added sugar that we're confident you won't even miss.

Ingredients

- 1 ½ cups 100% whole grain, rolled oats
 - 1 cup pecans, toasted
 - 1 cup walnuts, toasted
 - ½ cup golden raisins
 - 1 tsp. baking soda
 - ¾ tsp. kosher salt
 - ½ tsp. ground cinnamon
 - 3 Tbsp. Raisin Reduction*
 - 2 Tbsp. water
 - 1 Tbsp. vanilla extract
 - 1 cup 70% cacao chocolate, cut into ⅓-inch pieces
- *Recipe on page 27.

Nutritional Info

Calories:	113
Sodium:	97 mg
Sugars:	4 g
Cholesterol:	0 mg
Saturated Fat:	2 g
Fiber:	2 g
Protein:	2.2 g
Carbohydrates:	8.7 g

- 1 Preheat oven to 350°F.
- 2 In a food processor, pulse the oats until coarsely ground, about 25 seconds.
- 3 Add the toasted pecans and walnuts and process until the mixture is finely ground, about 20 seconds.
- 4 Add the raisins and process until the mixture begins to stick together, about 20 seconds.
- 5 Add the baking soda, salt and cinnamon. Pulse on and off until well blended.
- 6 Add the Raisin Reduction, water and vanilla. Pulse until well blended. The dough should not be sticky.
- 7 Transfer the dough to a mixing bowl, and using a rubber spatula, gently fold in the chocolate chunks until well incorporated.

- 8 Scoop out the dough by heaping tablespoonfuls (about 1 ½ Tbsp. each) and form balls using your hands. Place the balls on large nonstick baking sheets, spacing them at least 1 ½ inches apart. Press down on each to flatten slightly.
- 9 Bake for 12 minutes. Cool on the baking sheets for 15 minutes, then transfer to a rack to cool completely. Enjoy!

Chef's Notes

These cookies freeze very well and defrost quickly because they're so small. Pack them with a bagged lunch right from the freezer, and they'll be ready to eat by noon.



Berry Oatmeal Crisp

Serves 12. Serving Size: 1 3-by-3 inch square.

Ingredients

4 cups fresh blueberries, rinsed and drained
1 cup fresh raspberries, rinsed and drained
1 ½ cups fresh strawberries, rinsed, drained and quartered
1 Tbsp. chia seed, ground if possible
1 Tbsp. orange zest
3 Tbsp. Raisin Reduction, divided*
3 oz. almond milk, unsweetened, unflavored
2 cups quick oats
¼ cup 100% whole wheat or gluten-free flour
2 Tbsp. flax seed, ground
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt

*Recipe on page 27.

- 1 Preheat oven to 400°F.
- 2 In a large mixing bowl, mix the berries, chia seeds, orange zest and two tablespoons of Raisin Reduction.
- 3 Pour the mixture into a glass 9-by-13-inch baking pan and spread evenly.
- 4 In the same bowl, whisk together the almond milk and one tablespoon of raisin reduction.
- 5 In a separate large mixing bowl, combine the remaining dry ingredients and whisk together until thoroughly mixed.
- 6 Add the wet mixture to the dry and mix well to make a crumbly topping.
- 7 Sprinkle on top of the fruit mixture and bake for 25 minutes.
- 8 Remove, let set for 15 minutes and serve.

Nutritional Info

Calories:	120
Sodium:	240 mg
Sugars:	9 g
Cholesterol:	0 mg
Saturated Fat:	0 g
Fiber:	4.25 g
Protein:	4 g
Carbohydrates:	25 g

Chef's Notes

Grinding chia seeds in a blender or spice grinder may help increase absorption.

Frozen berries can be substituted for fresh to reduce recipe cost.

To increase calories, add up to twice the amount of chia and flaxseed.

This is delicious warm or cold for breakfast, a snack or dessert.



Chocolate Banana Creamers

Serves 6. Serving Size: 2 slices.

Ingredients

1 banana, ripe, peeled
8 oz. dark chocolate, 70% cocoa,
shaved into small pieces

- 1 Slice banana into 12 half-inch slices.
- 2 Skewer each with two-prong skewers, place on wax paper and freeze for about one hour or until frozen.
- 3 Use a double boiler or create one by placing a metal bowl over a saucepan with one inch of simmering water.
- 4 Add the chocolate to the bowl and stir continually until $\frac{3}{4}$ melted.
- 5 Remove the bowl from the heat and continue stirring until completely melted.
- 6 Take banana slices from freezer and dip in chocolate until completely coated.
- 7 Allow excess chocolate to drip off. Place on wax paper and refrigerate for 30 minutes and serve. Or store in the freezer for up to two weeks.

Nutritional Info

Calories:	147
Sodium:	0 mg
Sugars:	9 g
Cholesterol:	0 mg
Saturated Fat:	5.5 g
Fiber:	3 g
Protein:	1.6 g
Carbohydrates:	15 g

Chef's Notes

If the chocolate cools from dipping the frozen bananas before all slices are coated, just put the bowl back over the saucepan of hot water to warm chocolate and dip remaining slices.

For an optional variation, roll the banana creamers in toasted nuts.

Eight ounces of chocolate is best to coat the bananas well. However, only about $4\frac{1}{2}$ ounces of melted dark chocolate will physically stick to the banana. Save any remaining melted chocolate in the bowl for another use.



Chocolate Bark

Serves 35. Serving Size: 1/2 oz.

Ingredients

10 oz. chocolate, 70% cocoa, shaved or cut
½ cup walnut pieces, toasted
½ cup pecan pieces, toasted
½ cup almond slices, toasted

Nutritional Info

Calories:	70
Sodium:	15 mg
Sugars:	4 g
Cholesterol:	0 mg
Saturated Fat:	4 g
Fiber:	1 g
Protein:	1 g
Carbohydrates:	5 g

- 1 Place chocolate in a bowl over a double boiler, heating on a low flame while stirring until chocolate is 85% melted. Remove from heat and stir until smooth.
- 2 Mix in the toasted nuts.
- 3 Spread mixture evenly on a parchment paper-lined sheet pan and chill in the refrigerator until set, about 30 minutes.
- 4 Break into pieces and serve, or place in zip-lock bags, label, date and store in your freezer for up to three months.

Chef's Notes

To toast nuts, scatter on a baking sheet and place in a 300°F oven or toaster oven for about 5 to 10 minutes until lightly golden.

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Add other varieties of nuts, like pistachios, or unsweetened dried fruits or even flax seeds to create variations.



Dressings & Dips



Making your own dressings and dips will spare you unhealthy fat, added sugar and empty calories. Plus, they'll help boost the flavor of other dishes!

Lemon, Tamari, Tahini & Balsamic Vinaigrette Dressing

Serves 16. Serving Size: 2 Tbsp.

Ingredients

½ cup freshly squeezed lemon juice
½ cup gluten-free, low-sodium tamari
½ cup tahini, oil drained off
½ cup balsamic vinegar
2 tsp. fresh garlic, minced

1 Place all ingredients in a mixing bowl and whisk until well blended. Or, for a better emulsion, place ingredients in a blender and blend until smooth.

Nutritional Info

Calories:	20
Sodium:	350 mg
Sugars:	1 g
Cholesterol:	0 mg
Saturated Fat:	0.5 g
Fiber:	0 g
Protein:	2 g
Carbohydrates:	4 g

Chef's Notes

For a spicy version of this dip, add fresh minced jalapenos. Not only will they bring on the heat, but jalapenos are also low in calories and a good source of vitamins C and B6.



Blueberry, Fig, Prune & Balsamic Dressing

Serves 8. Serving Size: 1 1/2 Tbsp.

Ingredients

3 dried prunes
3 dried figs, cut in quarters
3/4 cup water
1/2 cup fresh blueberries
1/2 cup balsamic vinegar
1 tsp. Dijon mustard
1 tsp. garlic, minced
1/4 tsp. black pepper

- 1** Place prunes, figs and water in a saucepan. Simmer until three tablespoons of water remain.
- 2** In a food processor, place blueberries, prunes, figs, reduced liquid and remaining ingredients. Pulse until smooth.

Nutritional Info

Calories:	60
Sodium:	160 mg
Sugars:	10 g
Cholesterol:	0 mg
Saturated Fat:	0 g
Fiber:	1 g
Protein:	0 g
Carbohydrates:	15 g

Chef's Notes

If fewer than 3 tablespoons of water remain after simmering, just add more water to equal 3 tablespoons.

This is a fabulous example of how you can make healthy food taste good by adding a great-tasting salad dressing without oil or added sugars.



Raisin Reduction

Serves 1 1/4 cups. Serving Size: 1 Tbsp.

Ingredients

2 cups golden raisins
2 cups water

- 1 Place raisins and water in a saucepan. Bring to a boil over medium-high heat, then reduce to a medium-low heat. Simmer, uncovered, until approximately three tablespoons of water remain (about 15 minutes).
- 2 Let cool. Blend in blender. Stop to scrape sides of blender. Keep blending until raisins are fully puréed and smooth.

Fruits like raisins, figs and prunes contain a type of rare sugar called allulose, which doesn't metabolize or spike blood sugar like ordinary table sugar does.

Nutritional Info

Calories:	17
Sodium:	15 mg
Sugars:	4 g
Cholesterol:	0 mg
Saturated Fat:	2 g
Fiber:	1 g
Protein:	1 g
Carbohydrates:	5 g



Chef's Notes

This Raisin Reduction recipe is a great way to sweeten recipes without adding processed sugars. Raisins also contain dietary fiber, protein and antioxidants.

Store in small containers in the freezer and take out as needed. It keeps for three months.

Cashew-aise

Serves 6. Serving Size: 2 Tbsp.

If you're trying to reduce your egg and dairy consumption, this recipe can certainly help you. It's easy to make and to transform into many variations for a sandwich spread, salad dressing or sauce.

Ingredients

1 cup raw cashews
4 ¼ cups water, divided
1 Tbsp. apple cider vinegar
1 Tbsp. lemon juice
1 tsp. Raisin Reduction*
¾ tsp. dry mustard
½ tsp. distilled vinegar
1 clove garlic, minced
½ tsp. salt
1 pinch of cayenne

*Recipe on page 27.

- 1 Place the cashews in a medium bowl with four cups of water. Cover and let soak overnight in the refrigerator.
- 2 Drain the cashews, then place in a high-speed blender.
- 3 Add ¼ cup water and all remaining ingredients. Blend until smooth, occasionally scraping down the sides of the blender.
- 4 Transfer to a covered bowl or jar and refrigerate until ready to use.

Nutritional Info

Calories:	137
Sodium:	171 mg
Sugars:	1.5 g
Cholesterol:	0 mg
Saturated Fat:	10.7 g
Fiber:	0.8 g
Protein:	3.7 g
Carbohydrates:	8.6 g

Chef's Note

For variation, add freshly chopped chives, parsley or other herbs and spices — even roasted chili pepper!

Garden Chive Bean Dip

Serves 6. Serving Size: 1/2 cup.

If you come home hungry and often go for something sweet, resist that urge and try this dip instead. It's a great filler for late afternoon or early evening cravings because it is loaded with protein and healthy fat. Have it ready to go in the refrigerator with some blanched broccoli, beans or asparagus for dipping.

Ingredients

- 12 oz. (about 2 $\frac{1}{3}$ cups) frozen lima beans, cooked according to package directions
- 1 cup (about 5 ounces) frozen green peas, cooked according to package directions
- $\frac{1}{2}$ cup canned, quartered artichoke hearts, well-drained
- $\frac{1}{2}$ cup tahini
- 5 Tbsp. fresh lemon juice
- 2 tsp. fresh garlic, minced
- 1 tsp. salt
- 1 tsp. ground cumin
- $\frac{1}{8}$ tsp. black pepper
- $\frac{1}{2}$ cup green onions, thinly sliced, firmly packed
- $\frac{1}{4}$ cup fresh chives, thinly sliced, firmly packed

Nutritional Info

Calories:	226
Sodium:	524 mg
Sugars:	2 g
Cholesterol:	0 mg
Saturated Fat:	1.5 g
Fiber:	6.8g
Protein:	9.4 g
Carbohydrates:	24 g



Chef's Notes

For a spicy version of this dip, add fresh minced jalapenos. Not only will they bring on the heat, but jalapenos are also low in calories and a good source of vitamins C and B6.

- 1 In the bowl of a food processor, combine all but the green onions and chives.
- 2 Process until a slightly chunky purée forms, occasionally stopping to scrape down the sides of the bowl, about two minutes.
- 3 Transfer the dip to a medium bowl. Reserve a tablespoon of green onions, but fold the rest of the green onions into the dip along with the chives. Garnish the top with the reserved green onions and serve.

Infinite Green Onions

Did you know that green onions bought at the grocery store can continue growing in your kitchen? Place your green onions in a jar with water just covering their roots. Keep in a well-lit area out of direct sunlight and they will grow new stalks even as you cut them back!



Sweet Potato Hummus

Serves 4. Serving Size: 1/4 cup.

Ingredients

- 15 oz. baked sweet potatoes, skin removed
- 1 4-ounce jar roasted red peppers, drained, blackened skin removed
- 3 Tbsp. fresh lemon juice
- ½ tsp. fresh garlic, finely diced
- ½ tsp. ground cumin
- 1 pinch cayenne
- ¼ tsp. salt
- 1 Tbsp. fresh parsley, chopped (optional)

Nutritional Info

Calories:	130
Sodium:	460 mg
Sugars:	5 g
Cholesterol:	0 mg
Saturated Fat:	0. g
Fiber:	3 g
Protein:	3 g
Carbohydrates:	28 g

- 1** In a food processor, purée the sweet potato, roasted red peppers, lemon juice, garlic, cumin, cayenne and salt. Process until the mixture is fairly smooth.
- 2** Transfer to a serving bowl and refrigerate for at least 1 hour. Sprinkle chopped parsley over hummus before serving.



Chef's Notes

Roasted sweet potatoes can be cooked a day ahead to save time.

Hummus can be used as a dip or a sandwich spread.

Fire-roasted red peppers can be purchased in a jar or a can.

This hummus freezes well.



Baba Ghanoush

Serves 6. Serving Size: 1/2 cup.

Ingredients

2 eggplants, large, about 3 pounds total
½ cup tahini
½ cup fresh parsley, finely chopped, divided
6 Tbsp. fresh lemon juice
2 tsp. fresh garlic, minced
1 tsp. salt
Pinch cayenne pepper
2 Tbsp. extra virgin olive oil
⅓ tsp. smoked paprika

Nutritional Info

Calories:	252
Sodium:	402 mg
Sugars:	8 g
Cholesterol:	0 mg
Saturated Fat:	2 g
Fiber:	9 g
Protein:	8 g
Carbohydrates:	17 g

- 1 Preheat oven to 350°F.
- 2 Place eggplants on a nonstick baking sheet. Prick with a fork and bake in oven until soft inside, about 50 minutes.
- 3 Cool, cut in half lengthwise, drain excess liquid and scoop out large seed pods.
- 4 Scoop out the pulp with a spoon and place in a food processor. Reserve one tablespoon of the parsley, as well as the olive oil and paprika, then add the remaining ingredients to the food processor.
- 5 Blend until smooth and well mixed.
- 6 Garnish with the reserved parsley, paprika and olive oil, and serve with vegetables such as broccoli or whole wheat toast.



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Recipes adapted from *The What to Eat When Cookbook* by Michael F. Roizen, MD, Michael Crupain, MD, MPH, and Chef Jim Perko Sr., CEC, AAC, the Wellness & Preventive Medicine Department at Cleveland Clinic and the Cleveland Clinic Culinary Medicine Program, founded by Chef Jim Perko, Sr. Presented in collaboration with the Arthritis Foundation.

For more recipes and information about healthy eating, please visit clevelandclinic.org/wellnessrecipes. To learn more about how to take control of arthritis and about the Arthritis Foundation, please visit arthritis.org.

