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Aunt Patti's Good Cooking's: An Anti-Inflammatory Cookbook and Guide

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Aunt Patti's Good Cooking
An Anti-Inflammatory Cookbook and Guide
Emma Starkman

What is this cookbook and why did I make it?



1 Corinthians 6: 19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.



What is inflammation?

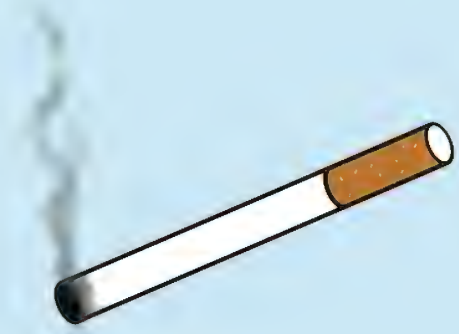
Inflammation: body's way of reacting to an injury or infection

Acute vs Chronic

Exacerbated by lack of sleep and physical activity, stress, certain foods, excess alcohol or tobacco consumption, overweight

Present as fatigue, depression, anxiety, digestive issues, and pain in joints/body

Associated diseases: T2DM, Arthritis, Depression, Heart Disease, Lupus, Asthma, Cancer, Psoriasis, Digestive Issues, etc.



Smoking



**Poor sleep
or
lack of sleep schedule**



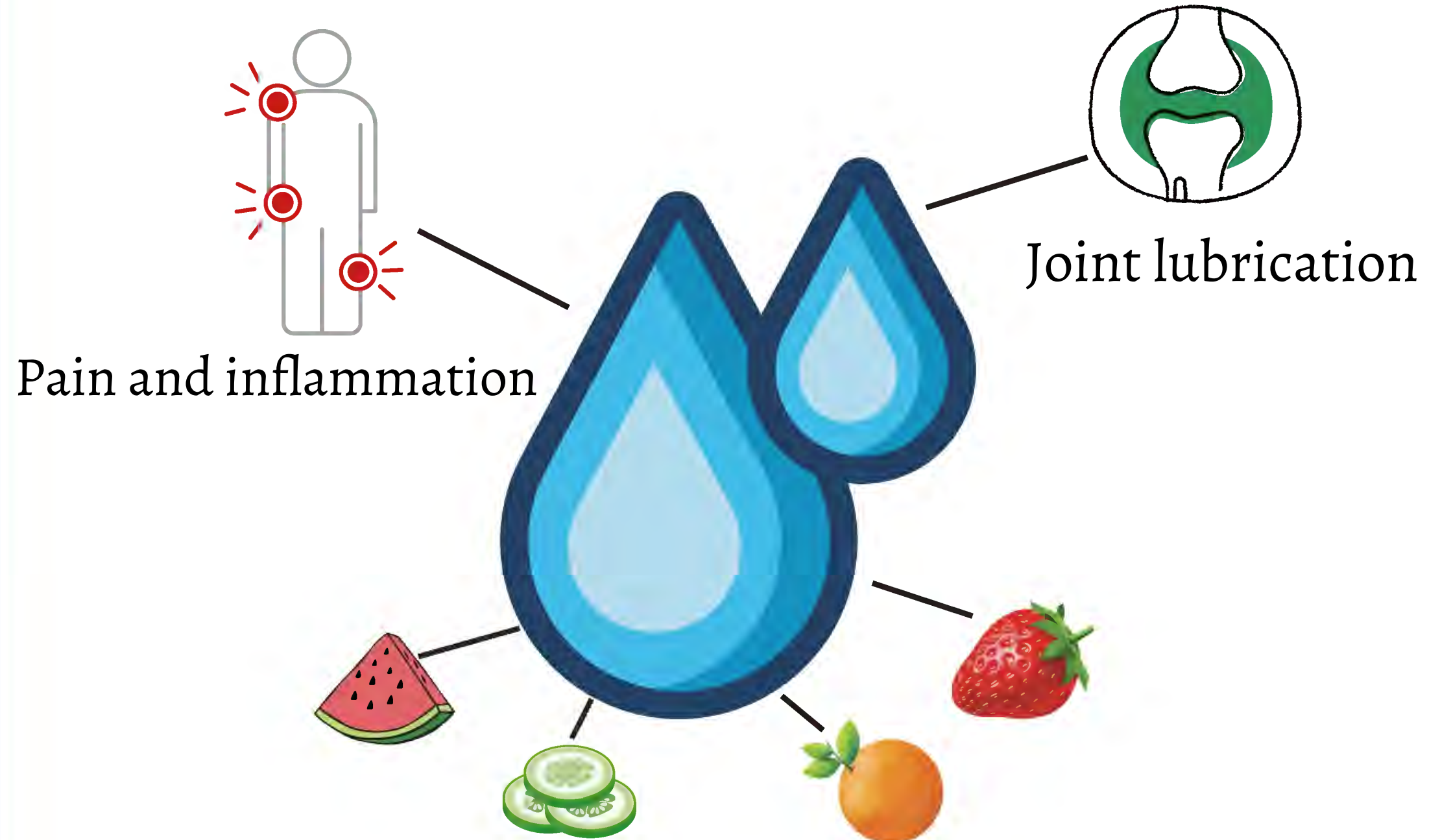
**Lack of
physical activity**



Stress

Hydration and Lifestyle



Wise food decisions + "healthy lifestyle" = best results



Tips:

- Before eating, box up half of your meal (restaurant serving sizes are typically much larger than actual serving sizes)
- Eat a small healthy snack before you go (going on an empty stomach may prompt you to fill up on carbs such as chips and salsa, bread and butter, or sugary drinks)
- Ask how your food is going to be prepared (identify what medium the food is going to be cooked in/on)
- Beware of hidden ingredients (some items may contain sugar, like glazes, or fats, like mixed vegetables)
- Check the menu before you go (be aware of the type of food served and the additional time might help you make a decision without added pressure)
- Review the nutritional information on the menu (seeing the information may help you make more mindful choices when choosing a meal)

Tips for Eating Out

"Key Words"	
	
Broiled, Blackened, Baked, Roasted, Light, Fresh, Grilled, Sauteed, Steamed	Fried, Buttery, Creamy, Crispy, Cheesy, Smothered, Glazed, Breaded, Battered

Pantry Basics



Pantry:

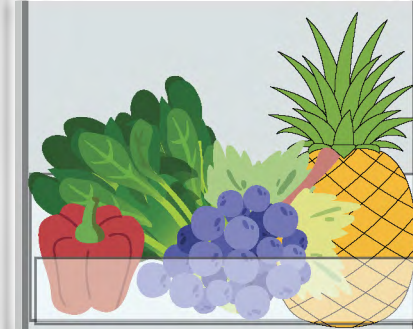
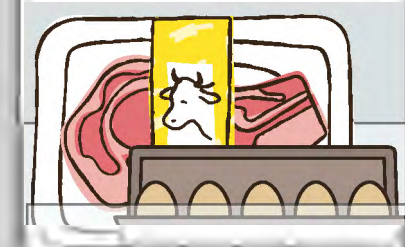
- salt
- pepper
- dry herbs (ex: rosemary, basil, oregano, thyme)
- dried spices (ex: cinnamon, tumeric, cumin, ginger, garlic powder, onion powder, paprika, cayenne)
- flour
- broth
- oil (olive and avocado)
- vinegar (white)
- tomato paste/sauce
- canned beans/tuna
- oats (old fashioned/rolled)
- baking dark chocolate
- whole grains (quinoa, brown rice, wild rice, farro, grain blends)
- nut butters
- honey
- soy sauce/liquid aminos
- baking powder/soda
- vanilla extract
- pasta (legume based)
- onions
- garlic

Fridge:

- eggs
- butter (unsalted)
- milk
- frozen vegetables
- frozen meat
- cheese
- fruits/vegetables
- lettuce
- mustard
- vinaigrette
- lemons

Freezer:

- bread
- meat/poultry/fish
- vegetables
- minced garlic/ginger
- fruits



Fats

- Trans Fat (frozen foods, fried foods, baked goods, dough, shortening and margarine, pie crust, popcorn)
- Fatty Meat

Protein

- Cured (jerky, salami, pepperoni)
- Breakfast (sausage, bacon)

Sugar

- Sweets (cakes, ice cream, cookies, candy, pastries)
- Products made with white flour or refined carbs
- Alcohol
- Refined sugars

Inflammatory Foods



Vegetables



Nuts/Seeds/Oils



Soy/Legumes



Herbs & Spices

Anti-Inflammatory Foods

Fruits

Whole Grains

Seafood

Sweets/Dairy

Egg Muffins

Prep Time: 5 minutes Bake Time: 22 minutes Servings: 8 muffins

Ingredients:

- 5 large eggs
- 1/2 cup egg white
- 1/4 cup onion (diced)
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1/8 tsp salt
- 1/8 tsp pepper

Instructions:

1. Preheat oven to 375 degrees F. and line muffin pan with liners or spray with olive oil.
2. Dice onions.
3. Wash eggs and crack them into a bowl.
4. Pour egg whites into the bowl and whisk together
5. Put the diced onions, garlic powder, onion powder, salt, and pepper into the bowl. Whisk all the ingredients together until well combined and the eggs are slightly frothy (have little bubbles on it).
6. Pour the egg mixture into the muffin tins about 3/4 of the way.
7. Place in the oven and bake for 22 minutes. Remove and let cool before eating.

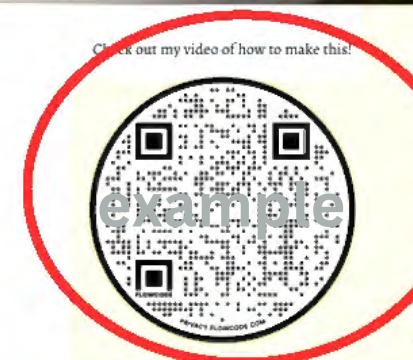
Serve immediately or store in refrigerator.

Cooking Utensils:

Measuring tools, large bowl, whisk, knife, cutting board, muffin pan

Recipe Accessibility

- Pictures of all the recipes
- Easy to understand terms
- Cooking utensil list
- Consistent measurements
- Follow along videos





Baked Protein Oats



Avocado Toast

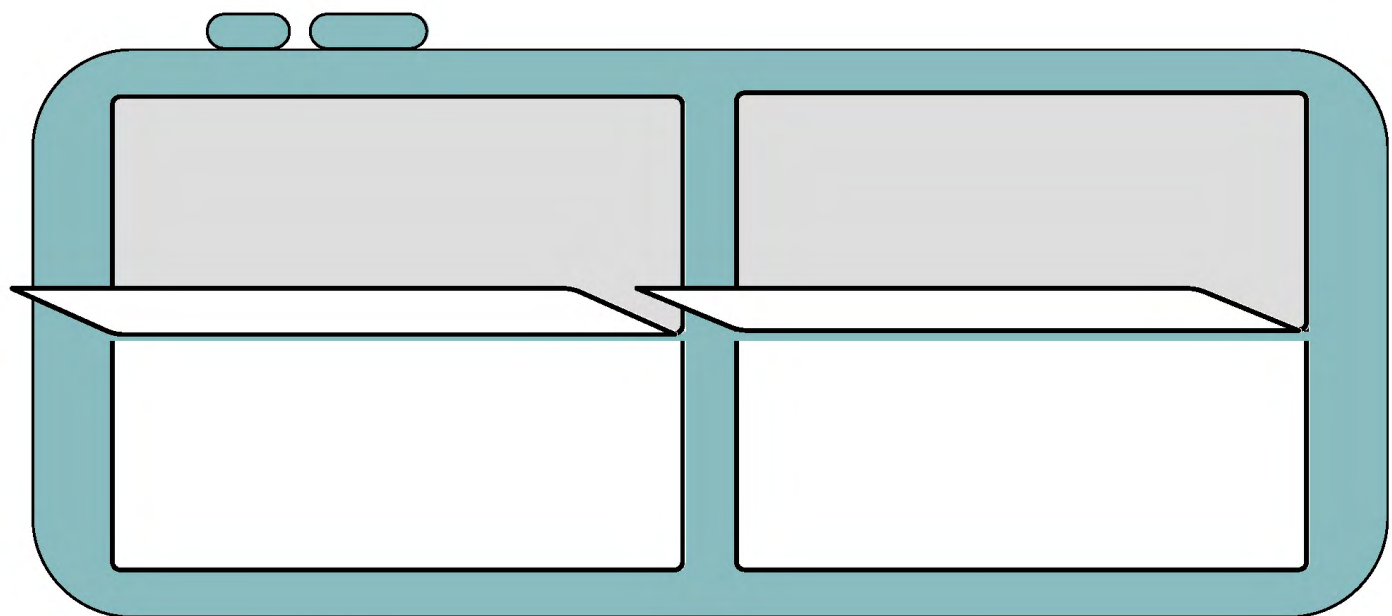


Blender Oatmeal Muffins



Egg Muffins

LU NCH



DIN NER



Sticky Glazed Drumsticks



Wild Rice Mushroom Soup



Layered Sushi



Spring Rolls



Shrimp Summer Rolls



DESSERTS



Chocolate PB Stuffed Dates



Cran-Apple Crisp



PB & Chocolate Banana Ice Cream



Protein To-Go Box



Chocolate Chip Protein Balls



Fancy Rice



Granola