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

Emma Starkman

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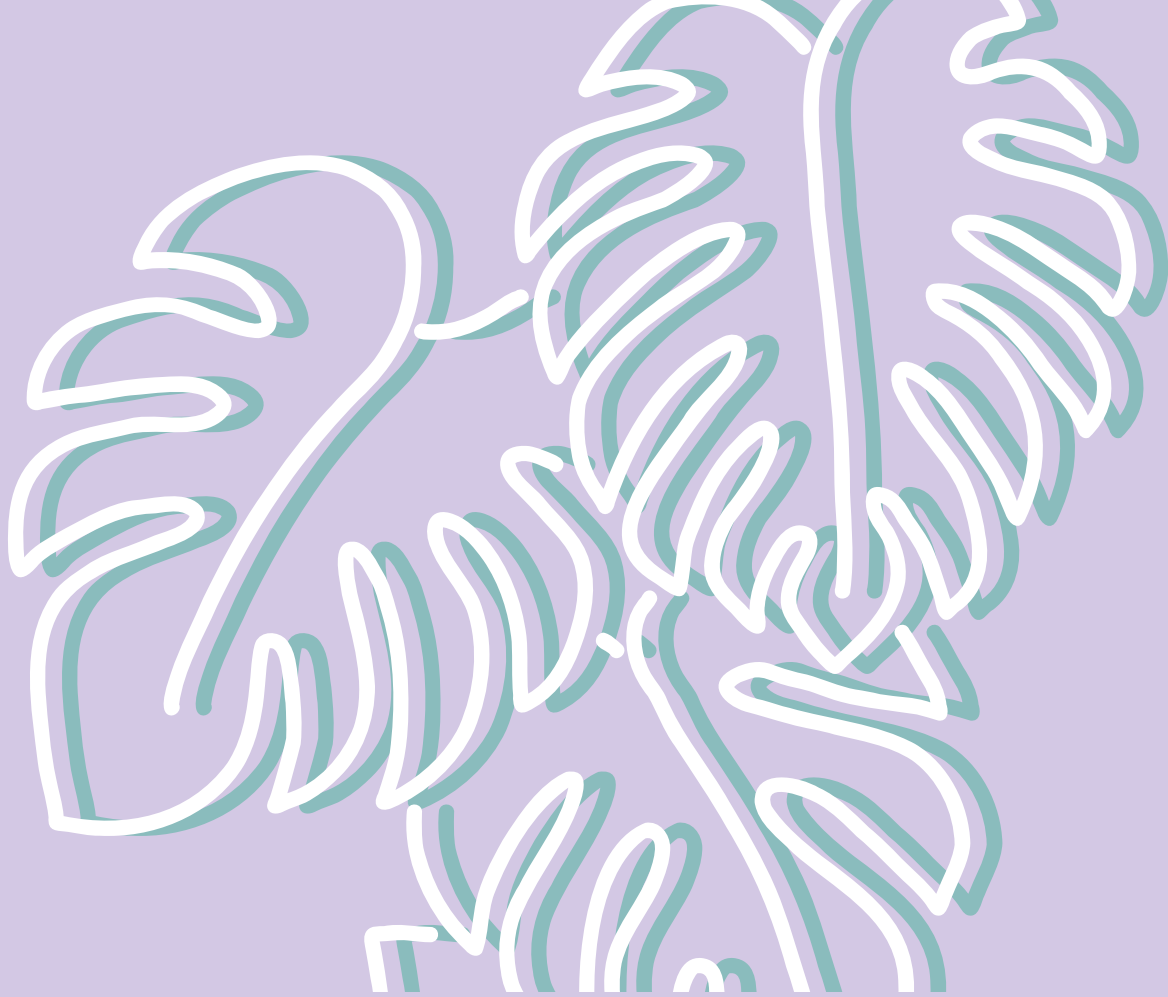
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**Aunt Patti's
Good Cooking
An Anti-Inflammatory
Cookbook and Guide**

by Emma Starkman



To my parents & godparents:
Thank you for continually supporting me,
praying for me, and teaching me how to cook

Contents

Introduction	
What is Inflammation?	4
Lifestyle Choices	6
Tips for Eating Out	8
Pantry Basics	10
Inflammatory Foods	12
Anti-Inflammatory Foods	13
Veggies	14
Fruits	19
Nuts/Seeds/Oils	23
Whole Grains	26
Soy/Legumes	28
Seafood	30
Sweets/Dairy	32
Herbs & Spices	34
Recipes	37
Breakfast	38
Myth vs Fact	47
Lunch/Dinner	48
Desserts	59
Snacks	66
Little Blurb	75
References	76



What is Inflammation?

Inflammation is your body's way of reacting to an injury or infection. Most commonly, it acutely presents as pain, swelling, and/or redness. This type of inflammation is normal and actually good because it shows that the body is working on healing. However, if the inflammation is long lasting, there may be some negative effects.

Chronic inflammation is something that can be characterized as a domino effect. It may start small, but left untreated the problem gets larger over time. Inflammation can be exacerbated by a lack of sleep, stress, certain foods, lack of physical activity, excess alcohol or tobacco consumption, and being overweight. This type of inflammation may present as fatigue, depression, anxiety, digestive issues, or pain in the joints/body.

Over time, the inflammation will begin to degrade the integrity of the body, damaging cells and making you more susceptible to other diseases/infections.

There are many diseases associated with inflammation such as Type 2 Diabetes Mellitus, Arthritis, Depression, Heart Disease, Lupus, Asthma, Cancer, Psoriasis, Digestive Issues, and many others.

There are many ways of aiding prevention or combating a spread of inflammation. One of the biggest ways is through the diet. Healthy fats, high-fiber foods, fruits, and vegetables are key components to an anti-inflammatory diet.

How does your diet negatively affect inflammation?

There are certain foods (saturated and trans fats, refined sugars and carbohydrates, and alcohol) that when consumed, increase the secretion of inflammatory messengers. Another way they promote inflammation is by altering the gut bacteria and intestinal lining. They also play a part in oxidative stress, which damages antioxidant presence.



How do hydration and lifestyle fit in?

What you eat is not the only contributing factor to inflammation. There are some lifestyle choices that have a large impact on promoting lifelong inflammation such as:



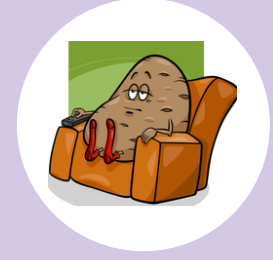
Smoking



**Poor sleep
or
lack of sleep schedule**



Stress



**Lack of
physical activity**



While diet plays a significant role in inflammation, the above factors can have an equal impact. Even if you are following an anti-inflammatory diet, engaging in particular lifestyle choices can restrict any progress made. The way to receive the best results is to make wise food decisions and living a healthy lifestyle.

How do water and hydration fit in?

Water is a fluid, and it is what helps lubricate joints. While hydration is necessary to everyone, it is even more so to those who suffer from diseases that affect the joints. Without it, inflammation and pain will be elevated. You can increase your water intake not only by simply drinking water, but also by eating more high water content foods like strawberries, watermelon, cucumbers, lettuce, and oranges.



Tips for Eating Out

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

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)

Stick to:

- Lean Protein: chicken, fish, eggs
 - Whole Wheat: pasta, rice, bread
 - Fruit: fruit cups, smoothies
 - Low-Fat Dairy
 - Vegetables: salads, side dishes
- Remember to keep your meals balanced!



Pantry Basics

Pantry:

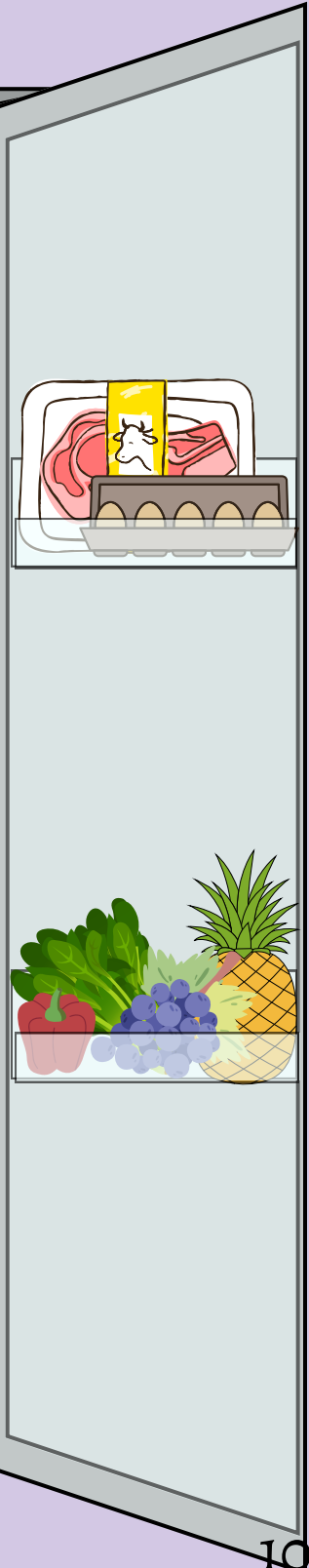
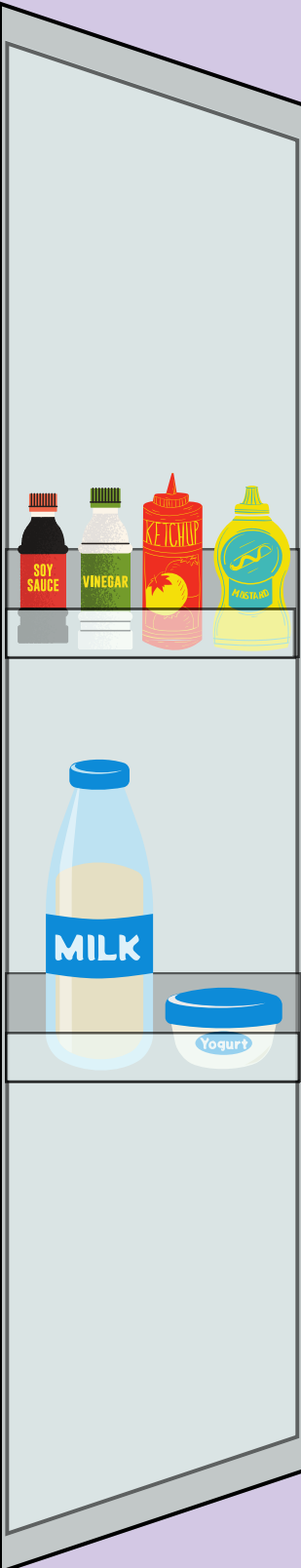
- salt
- pepper
- dry herbs (ex: rosemary, basil, oregano, thyme)
- dried spices (ex: cinnamon, tumeric, cumin, ginger, garlic powder, onion powder, paprika, cayenne)
- flour
- broth
- oil (olive and avocado)
- vinegar (white)
- tomato paste/sauce
- canned beans/tuna
- oats (old fashioned/rolled)
- baking 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





Inflammatory Foods

Fats	<ul style="list-style-type: none">• Trans Fat (frozen foods, fried foods, baked goods, dough, shortening and margarine, pie crust, popcorn)• Fatty Meat
Protein	<ul style="list-style-type: none">• Cured (jerky, salami, pepperoni)• Breakfast (sausage, bacon)
Sugar	<ul style="list-style-type: none">• Sweets (cakes, ice cream, cookies, candy, pastries)• Products made with white flour or refined carbs• Alcohol• Refined sugars



Anti-Inflammatory Foods



Vegetables

Leafy Greens



Rich in antioxidants (carotenoids and vitamin C) and plant compounds (lutein) that help fight chronic inflammation. Some of these nutrients are sensitive to heat and water, so eat them either raw or lightly steamed. They help lower blood pressure because they are low in sodium and a good source of potassium. They are rich in vitamin K, but those with blood thinning medication or kidney issues should be careful about consumption.

What are the leafy greens?

Lettuce, spinach, collard greens, Swiss chard, cabbage, watercress, mustard greens, arugula, and kale.

How should they look?

Crisp solid green leaves that are not wilted or broken

Cruciferous Vegetables

These vegetables contain glucosinolates (compounds that have anti-inflammatory and anti-cancer effects). They are also rich in vitamin A and vitamin C, which are antioxidants. Some of the family (cabbage, Brussels sprouts, and broccoli) have an anti-inflammatory compound known as kaempferol.

What are the cruciferous vegetables?

Broccoli, cauliflower, Brussels sprouts, radishes, cabbage, rutabaga, and turnips.

How should they look?

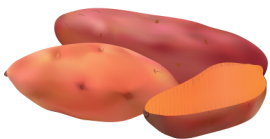
Broccoli/Cauliflower-The bunches on top should be firm and very close together.

Brussels sprouts-Green/white color (no discoloration) and without yellow leaves.

Radishes-Bright green leaves and firm.



Sweet Potatoes



Rich in vitamin C and vitamin A, which act as antioxidants that help against disease development. They are a starchy vegetable, so they are higher in carbs and sugar.

How should they look?

Firm to touch and don't have wrinkles or bruises. The smaller the potato, the sweeter it will be.

Carrots



Rich in vitamin A, lutein, and polyacetylenes. Red carrots have lycopene, while purple carrots have anthocyanins. Both of the pigments act on inflammatory processes in the body and it has been used in studies of inflammatory liver diseases. They are a good source of fiber and carbohydrates.

How should they look?

Bright colored without bruises and should be firm.

Mushrooms

Contain polysaccharides, terpenoids, phenols, and peptides which are anti-inflammatory components.

What are the different mushrooms?

Portabello, shiitake, chanterelle, porcini, and oyster.

How should they look?

Should be firm, but not dry or slimy.



Celery

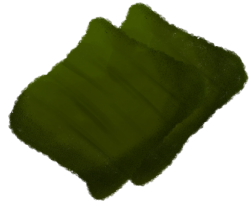


Has a high water content, so it is very hydrating. It is also rich in anti-inflammatory properties such as quertin (a flavinoid that protects cells from damage due to diseases) and apiuman (carbohydrate that can stop production of inflammatory signaling proteins).

How should it look?

Bright green and crisp, not wilted, dry, or bruised.

Sea Vegetables



Good sources of antioxidants, iodine, omega-3 fatty acids and fiber. All the types of sea vegetables have different types of nutritional benefits, but the ones listed below are those that are the most important and have similar qualities. Spirulina and chlorella are actually protein sources, so they are good for those on vegan/vegetarian diets. Although they can be quite tasty, consume in moderation to avoid toxicity of iodine, mercury, and lead.

What are the sea vegetables?

Nori, kombu, wakame, dulse, spirulina, and chlorella.

Peppers

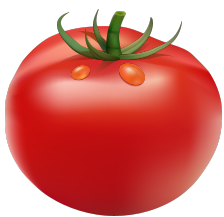
Rich in vitamin C and antioxidant pigments. Peppers that are hot and spicy contain capsaicin, a compound that is responsible for the spiciness and has anti-inflammatory properties. Those with digestive issues might want to avoid these vegetables.

How should they look?

Firm, bright skin, and smooth without any wrinkles or discoloration.



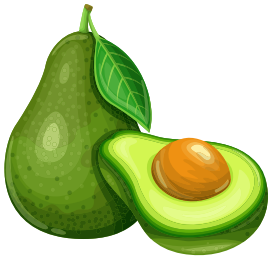
Tomatoes



Rich in anti-inflammatory properties, particularly lycopene (gives the red pigment). High in potassium, so those with kidney issues may want to limit intake.

How should they look?

Bright color (can be orange, yellow, and/or red) and have no cracks or bruises.



Avocados

Rich in unsaturated fats, vitamin A, vitamin E, and fiber. It's anti-inflammatory effects are very strong and help fight against inflammation even in the presence of inflammatory foods.

How should they look?

Dark skin (dark green/black) and soft when push finger into it.

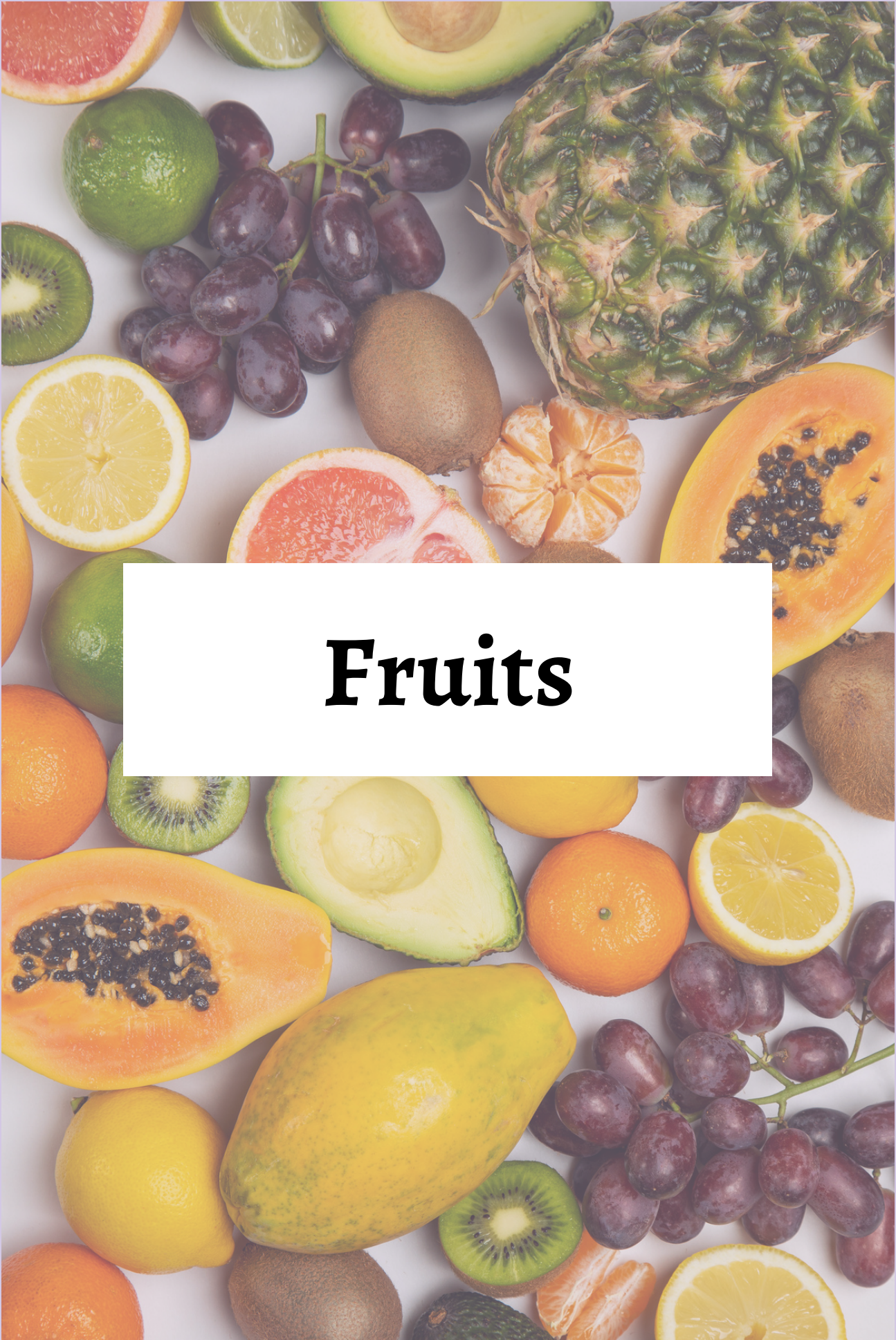
Artichoke

Rich in anti-inflammatory properties, such as cynaropicrin and cynarin, and fiber. Because of its fiber content, it can help those with digestive issues, and liver and heart disease.

How should it look?

Leaves should not be dry, but make a squeaking sound when squeezed.





Fruits



Apple

Contains fiber and polyphenols which are good for healthy gut bacteria, which is linked to effects on inflammation. It has also been linked to lower inflammatory marker levels when eaten on a regular basis.

How should it look?

Firm and smooth without any bruises or soft spots.

Berries

Rich in vitamin C, polyphenols, and anthocyanins. Contain antioxidants that protect against free radicals and suppresses inflammatory signals. Some contain fiber, which helps with digestive issues. While they may have significant brain and disease effects, consumption should be moderate due to sugar content.



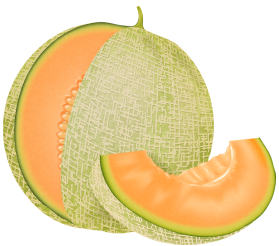
What are the berries?

Raspberries, blueberries, strawberries, huckleberries, lingonberries, boysenberries, blackberries, cranberries, and elderberries.

How should they look?

They should be plump and dry without bruising or wrinkles.

Cantaloupe



Rich in vitamins A and C, and consumption has been linked to decreased inflammatory markers in the blood. It is a good source of potassium, which is beneficial to those that struggle with high blood pressure.

How should it look?

The rind (outside) should be beige and be a little soft when you press on it. It is similar to the watermelon in that it has a "field spot". You can smell from the outside its sweetness.

Cherries



Rich in antioxidants, anthocyanins, and anti-inflammatory properties. Some benefits include increased recovery from exercise, lesser inflammatory markers in the blood, and improved arthritis symptoms.

How should they look?

Bright or dark red and has a smooth and shiny skin, no bruises.

Citrus

Rich in vitamin C and other properties that help protect cells from damage and disease.

What are the citrus fruits?

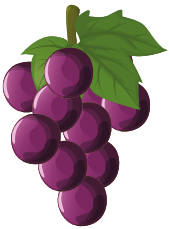
Oranges, lemons, limes, and grapefruit.

How should they look?

Skin is firm and without bruising or soft spots.



Grapes



Rich in antioxidants and anti-inflammatory properties. Red and purple grapes have anthocyanins, and all have resveratrol. Although they are sweet and contain sugar, they are safe for diabetes because of their low glycemic index. A product of grapes, red wine, consumed in moderation can lower risk of heart disease and heart attacks.

How should they look?

Firm and plump with no bruising, squishiness, or dark spots. Bunches should be tightly packed together.

Kiwi



Rich in vitamin C, potassium, fiber and other antioxidants. It contains kispser, which is currently being studied for its anti-inflammatory effects.

How should it look?

The skin is brown and fuzzy without any bruises. It will be slightly soft when you press on it and it also smells sweet.

Pineapple

Excellent source of vitamin C (antioxidant) and bromelain, enzyme group that reduces inflammatory markers.

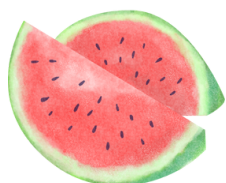
How should it look?

Fresh whole-slightly soft when you press it

Fresh cut-bright yellow without discoloration or mold



Watermelon



Red watermelon is rich in beta-carotene and lycopene, carotenoids that decrease inflammation process. Yellow watermelon has beta-cryptoxanthin, another carotenoid that reduces risk of arthritis. Its high water content is good for hydration.

How should it look?

Smooth skin with no cracks, cuts, or squishy spots. There should be a circular area that is lighter colored, known as the "field spot", and those that are yellow are sweeter than those that are white.



Nuts/Seeds/Oils





Almonds

Rich in vitamin E and consumption can help reduce heart disease risk. It can be beneficial against inflammatory conditions such as diabetes, arthritis, psoriasis, and heart disease.

Pecans

Provide unsaturated fats, fiber, vitamin E, and many polyphenols. Regular consumption can lead to lower low-density lipoprotein levels, cholesterol and risk of heart disease.

How should it look?
Brown color and plump.



Walnuts



Rich in omega-3 fatty acids, antioxidants and polyphenols. Contain ellagitannins, which are compounds that are being studied for cancer and inflammation fighting effects.

How should they look?
Golden brown color without discoloration, mold, or shriveling.



Chia Seeds

Great source of fiber, fat, and anti-inflammatory properties. Rich in omega-3 fatty acid which reduces inflammatory markers. Other antioxidants include caffeic acid, quercetin, and kaempferol.

Flax Seeds

Contain alpha-linolenic acid fatty acids and lignans, polyphenols that act as antioxidants, anti-inflammatories, and estrogen. It reduces C-reactive protein and mediates digestive inflammation.



Olive Oil

Rich in antioxidants and oleic acid. Have many anti-inflammatory properties that help reduce risk of diabetes, heart disease, Alzheimer's, and cancer. It also lessens symptoms of gout, irritable bowel disease, and arthritis.



Whole Grains

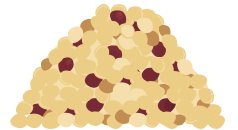
Oats



Contains antioxidants such as ferulic acid and avenanthramides, which help prevent release of pro-inflammatory cytokines. It is a good source of fiber, which can lower cholesterol and risk of heart disease. The fiber content can also help improve insulin sensitivity and blood sugar control.

Quinoa

High in fiber which helps promote production of fatty acids that regulate anti-inflammatory mechanisms.



Rice



High in fiber and contain antioxidants.

What are the types of rices?

Brown, black, red, white, and wild varieties.



Soy/Legumes





Soy

High in fiber, protein, and many micronutrients.

What are the different soy products?

Dried and canned soybeans, yogurt, milk, tempeh, tofu, and miso.



Legumes

High in antioxidants and anti-inflammatory properties. Rich in vitamin C and beta-carotene.

What are the different legumes?

Beans, peas, and lentils.



Seafood



Salmon

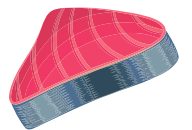
Rich in omega-3 fatty acids, which calm inflammation by decreasing the amount of receptors. Eating moderate amounts can help reduce heart attack and stroke risk.

Fatty Fish/Shellfish

Rich in omega-3 fatty acids and other anti-inflammatory properties.

What are different fatty fish/shellfish?

Oysters, anchovies, trout, mussels, albacore tuna, herring, sardines, and mackerel.





Sweets/Dairy



Dark Chocolate



Rich in flavanols which are strong in antioxidant and anti-inflammatory properties. They can help protect against heart disease, artery damage, and insulin resistance risk that comes with aging. It is preferable to consume moderate amount of 70-85% cocoa with lower sugar content.

Honey

It can be used as a sugar replacer. It is rich in antioxidants that protect against free radicals in the body.



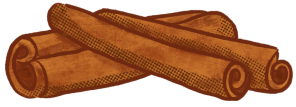
Yogurt



Contains "good" bacteria that is beneficial to gut health and improves the immune system. It can decrease the levels of inflammatory markers in the blood.

A top-down view of various herbs and spices arranged on a dark, textured surface. The spices are contained in small, clear plastic and glass containers. Visible items include cinnamon sticks, cardamom pods, ground turmeric, fennel seeds, coriander seeds, black peppercorns, white peppercorns, star anise, bay leaves, and other whole and ground spices. A white rectangular box with the text "Herbs & Spices" is centered over the image.

Herbs & Spices



Cinnamon

Rich in antioxidants and has strong effects on lowering blood sugar and cholesterol. There are studies over its effectiveness in preventing cancer and improving brain health and function.

Garlic

It has many anti-inflammatory properties, including the sulfur containing compounds which inhibit pro-inflammatory cytokines.

How should it look?

Firm and dry, the cloves should be close together.



Ginger

Excellent source of anti-inflammatory properties. Beneficial in reducing joint stiffness and pain that is associated with arthritis, as well as combating menstrual pain. It can help protect against diseases associated with chronic inflammation.

How should it look?

Firm and dry without any wrinkles.



Green Tea

Rich in polyphenols that suppress inflammatory processes and antioxidants. It has been shown to improve symptoms of arthritis and digestive issues, and can help protect against cancer, heart disease, and other inflammatory diseases.

Parsley

Rich in carotenoids and vitamin C. It also contains apigenin, which inhibits inflammatory markers.

How should it look?

Leaves are bright green and have no blemishes or wilting.

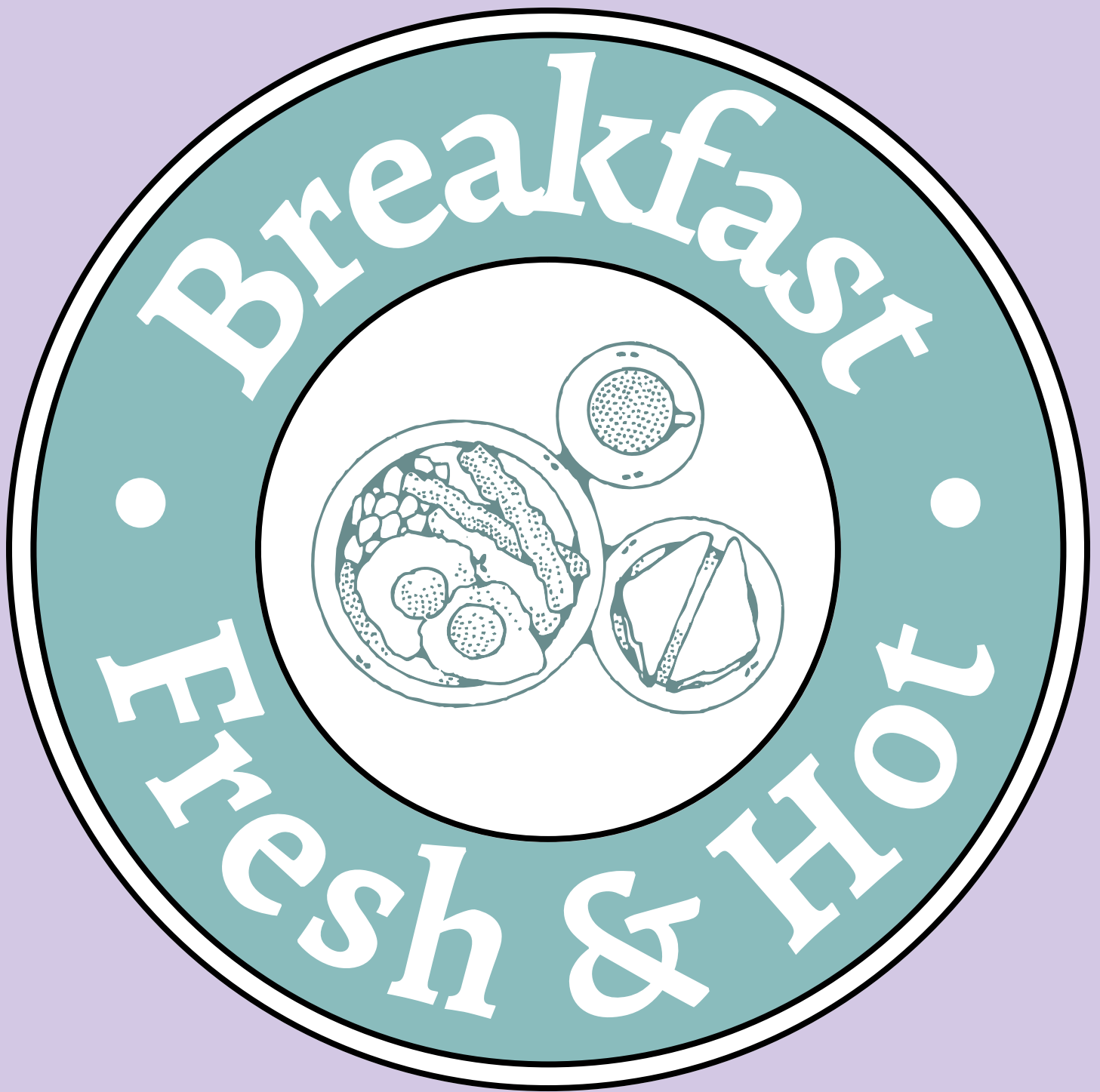


Turmeric

The yellow-orange color (curcumin) has strong anti-inflammatory and antioxidant properties. It is related to reduced risk of Alzheimers, cancers, depression, and heart disease.

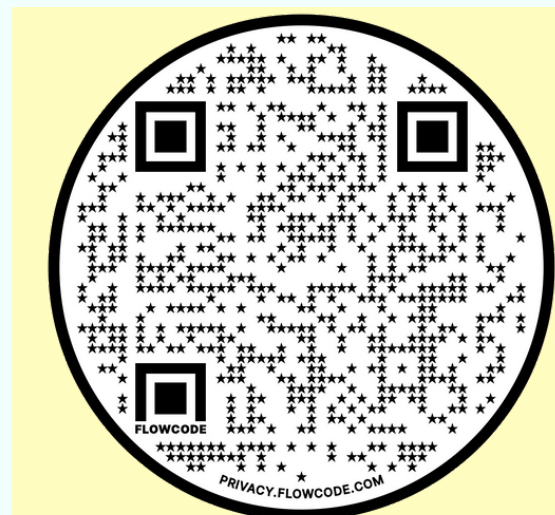
Recipes







Check out my video of how to make this!



Baked Protein Oats

Prep time: 45 minutes Bake Time: 30-35 minutes Servings: 6 squares

Ingredients:

- 2 cups rolled oats
- 4 large eggs
- 1/4 cup vanilla or strawberry protein powder
- 1/4 cup raw honey
- 2 cups unsweet almond or oat milk
- 1 tsp vanilla extract
- 1 large banana
- 1 1/2 cups mixed fresh or frozen berries
- Olive oil for greasing pan

Instructions:

1. In a large mixing bowl, whisk the eggs, protein powder, honey, vanilla, and milk, until frothy.
2. Add in the oats and stir it well until the mixture is evenly combined.
3. Let the mixture sit for 30 minutes (if time allows).
4. Preheat your oven to 350 degrees F. and grease a 9 x 13 baking dish with olive oil.
5. Slice your bananas.
6. After your mixture is done sitting, fold in the sliced bananas and berries.
7. Transfer the oat mixture to the prepared baking pan.
8. Bake at 350 degrees F. for 30-35 minutes or until the top and edges are golden brown and center is set.
9. Once the oats are nice golden brown, remove from the oven and let it cool a bit.
10. Cut the baked oats into 6 even squares.

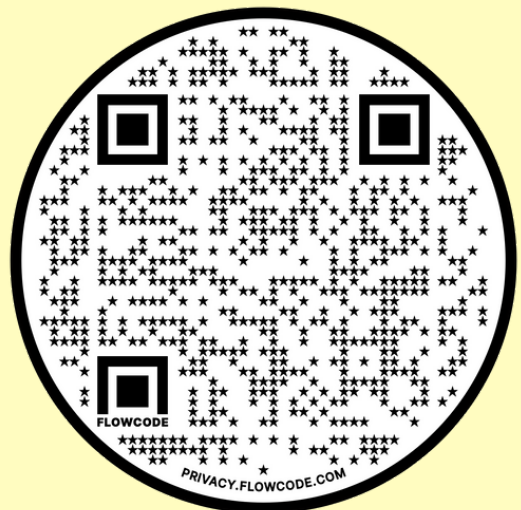
These oatmeal squares are easily stored in an airtight container in the fridge for up to one week. Reheat in the microwave.

Cooking Utensils:

9 x 13 baking dish, large bowl, whisk, knife and cutting board, measurement tools



Check out my video of how to make this!



Blender Oatmeal Muffins

Prep Time: 10 minutes Bake Time: 15 minutes Servings: 12 muffins

Ingredients:

- 2 cups of dry oats
- 2 large ripe bananas
- 2 large eggs
- 1 cup plain unsweet greek yogurt
- 2 Tbsps honey
- 1 1/2 tsps baking powder
- 1/2 tsp baking soda
- 1/2 tsp vanilla extract
- 1/8 tsp sea salt
- 1/2 cups fresh or frozen blueberries
- olive oil for greasing the pan

Instructions:

1. Preheat the oven to 400 degrees F. and lightly grease a 12-cup regular size muffin tin.
2. Place all the ingredients (except the blueberries) into a blender. Blend all of the ingredients on high, stop blending to scrape the sides of the blender and stir the ingredients a couple of times, until the batter is smooth. This should take about 3 minutes.
3. Hand stir in the blueberries.
4. Divide the batter between the prepared muffin cups-fill each cup up no more than 3/4 of the way to the top.
5. Bake the muffins for 15 minutes (or until the tops of the muffins are set and you are able to put a toothpick in the middle and it comes out clean.
6. Let the muffins cool in the pan for at least 10 minutes

These muffins are easily stored in the refrigerator and can be reheated in a microwave.

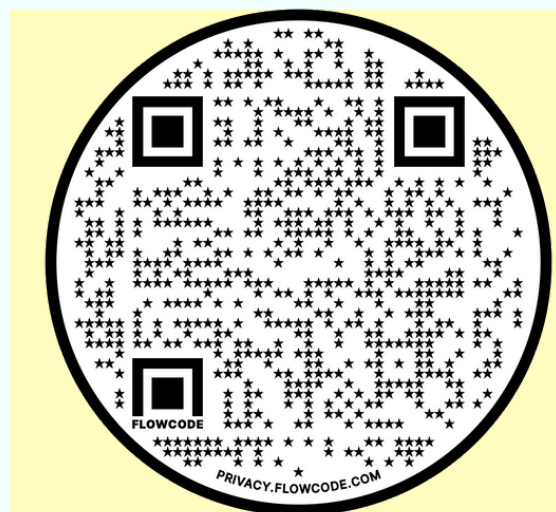
(side note: if you have a smaller blender, put half of the first three ingredients in with the rest. After that is all blended, put the other half in and blend again.)

Cooking Utensils:

12-cup regular muffin tin, blender, spatula, toothpicks, measurement tools



Check out my video of how to make this!



Avocado Toast

Prep Time: 5 min Bake Time: 4 min Servings: 1

Ingredients:

- 1 slice Ezekiel bread
- 1/2 avocado
- 1 egg
- 1/4 tsp lime juice
- salt
- pepper
- avocado oil

Instructions:

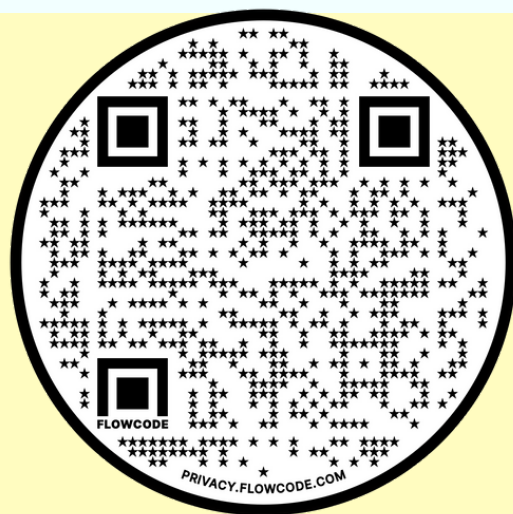
1. Toast the bread to desired toastiness.
2. Cut the avocado in half and scoop out the contents of half an avocado. Place them into a bowl and mash the avocado.
3. Add lime juice and a sprinkle of salt and pepper.
4. Mix all together until well combined.
5. (if you want an egg on your toast) Heat oil in a pan over medium heat and then drop the egg into the pan. Cook to desired runniness.
6. Spread the avocado mixture on the piece of toast and then place the over easy egg on top.

Cooking Utensils:

Measuring tools, knife, spoon, bowl, fork, pan, turner



Check out my video of how to make this!



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

Myth vs Fact

Myth

All sugar is bad

The diet is very strict

Should avoid soy

No more dairy

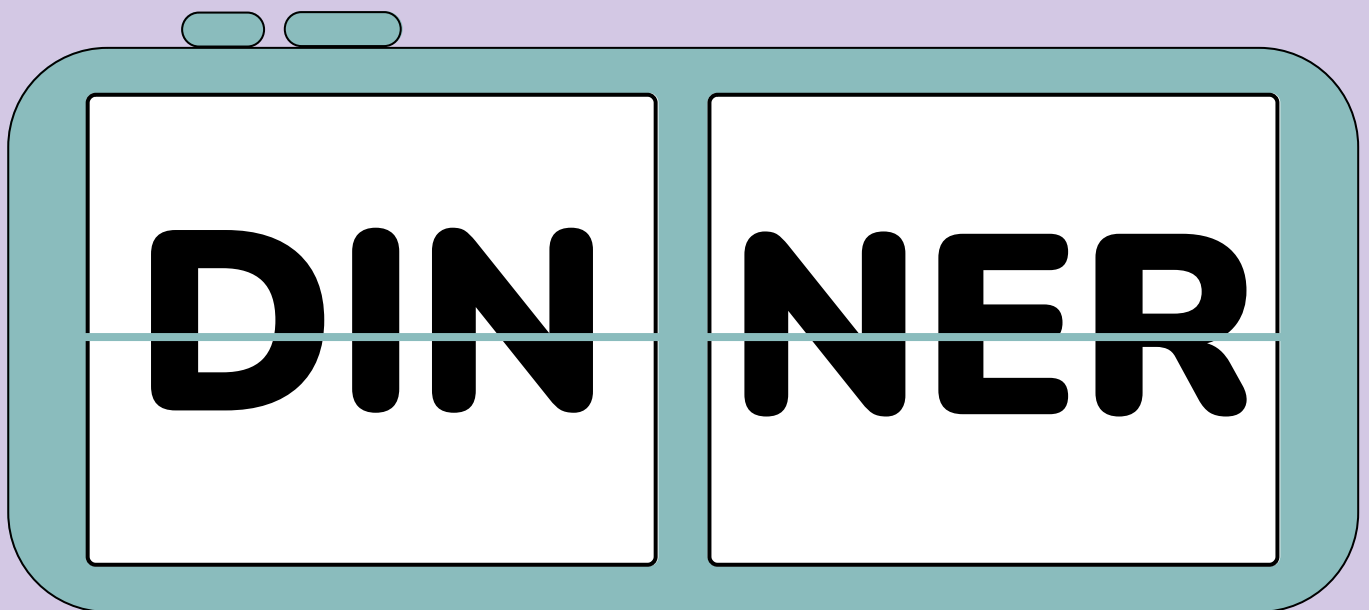
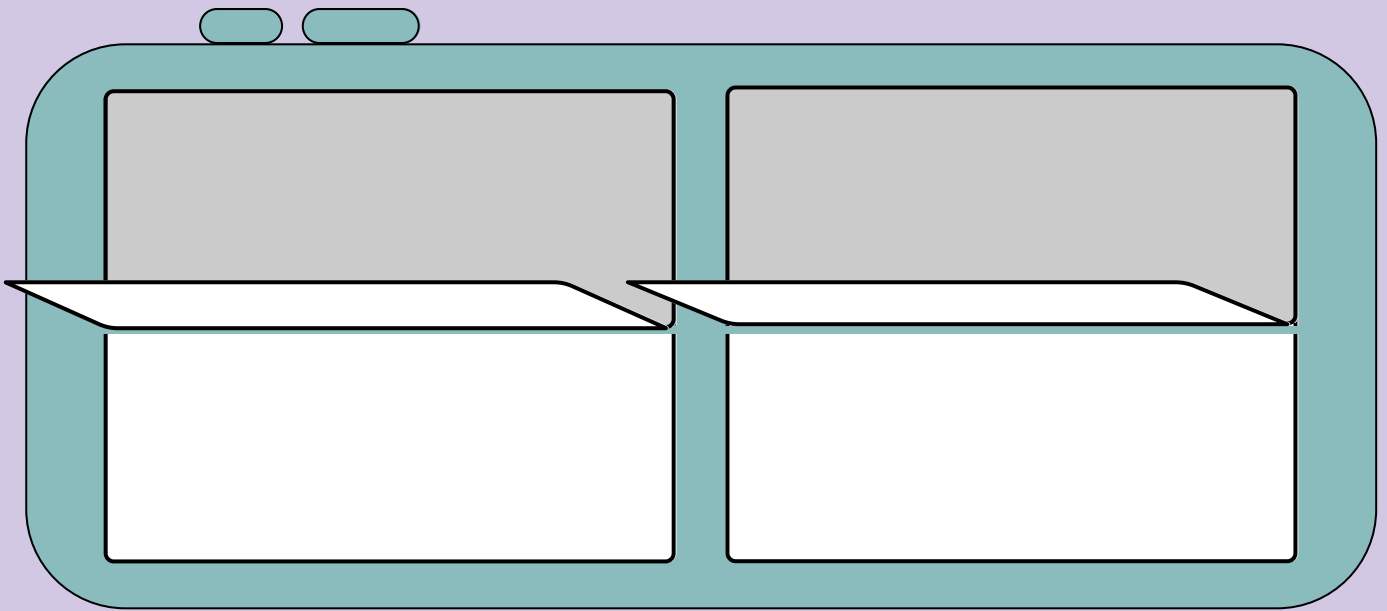
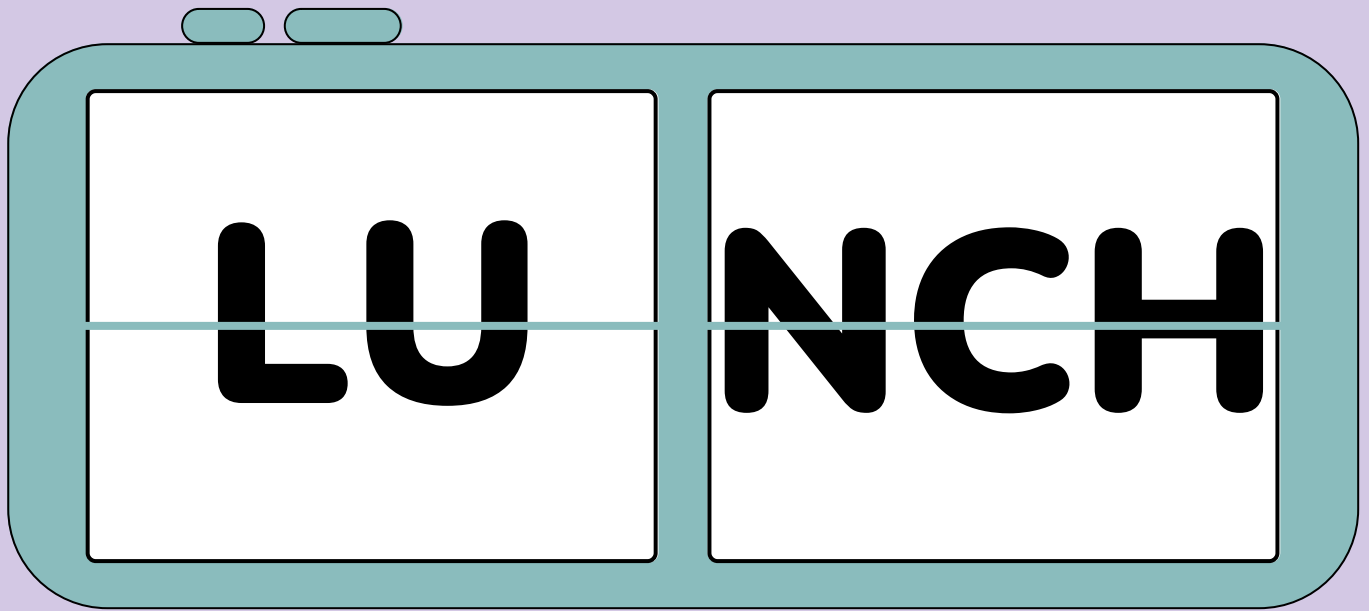
Fact

Diet plays a large role in physical health

Can still drink wine

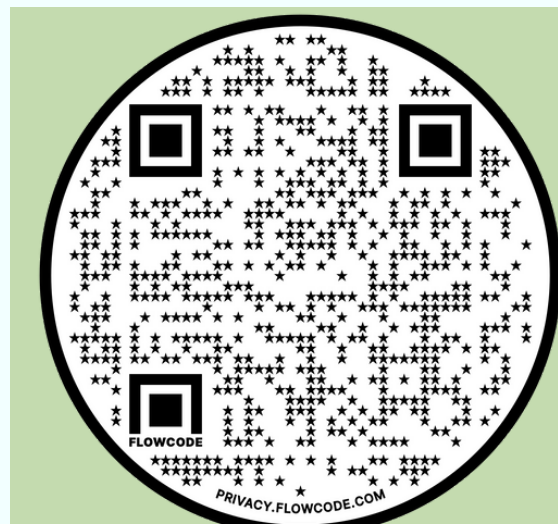
I can adjust the diet to fit my needs

It cannot cure anything, simply help reduce symptoms and risk





Check out my video of how to make this!



Sticky Glazed Chicken Drumsticks

Prep Time: 6 min Bake Time: 45 min Servings: 12-14 drumsticks

Ingredients:

- 12-14 chicken wing drumsticks
- 2 tsps baking powder
- 1 tsp sea salt
- 1/2 tsp white pepper or ground black pepper
- 1 Tbsp sesame seeds (to garnish)
- 1 green onion (thinly sliced)

Glaze

- 1/2 cup honey
- 2-3 Tbsps hot sauce (of choice)
- 2 Tbsp coconut aminos or low sodium soy sauce
- 1 Tbsp sesame oil or avocado oil
- 1 tsp garlic powder

Instructions:

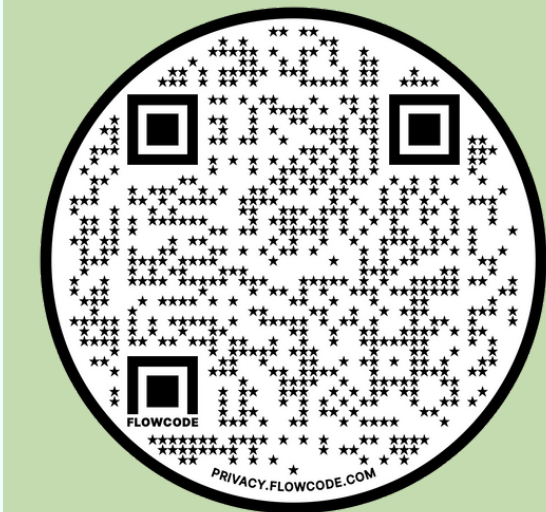
1. Preheat your oven to 375 degrees F. and place a wire rack over a large pan. Pour about 1 cup of water into the pan
2. In a small bowl, whisk the glaze ingredients together until well combined.
3. Pat the drumsticks dry with a paper towel and sprinkle it with some sea salt, pepper, and baking powder. Toss the drumsticks to coat them well.
4. Arrange the chicken on the wire rack and then roast in the oven for about 35 minutes (flip the chicken drumsticks halfway through the time). You will know when the chicken is done when the juices run clear, and the skin is golden and crispy.
5. Remove the chicken from the oven and brush them with the glaze, then place it back in the oven for 1-2 minutes.
6. Repeat this process about three times for the next 5-6 minutes.
7. After you take the drumsticks out for the final time, sprinkle them with sesame seeds and green onions.

Cooking Utensils:

wire rack and pan, small bowl, whisk, tongs, basting brush, knife and cutting board



Check out my video of how to make this!



Wild Rice Mushroom Soup

Prep Time: 1 hour Servings: 8 servings

Ingredients:

- 1 cup of raw cashews
- 1/2 cup of wild rice
- 2 Tbsps of olive oil
- 1 medium onion (finely chopped)- about 1 1/2 cups
- 3 medium carrots (diced)- about 3/4 cup
- 2 celery stalks (diced)- about 1/2 cup
- 4 garlic cloves (minced)
- 8 oz. mushrooms (diced)- about 2 cups
- 1 tsp salt
- 1/4 tsp pepper
- 2 Tbsp soy sauce
- 1 tsp dried thyme
- 1 tsp dried parsley
- 2 cups of water
- 1 Tbsp cornstarch
- 1 1/2 cups chicken broth

Instructions:

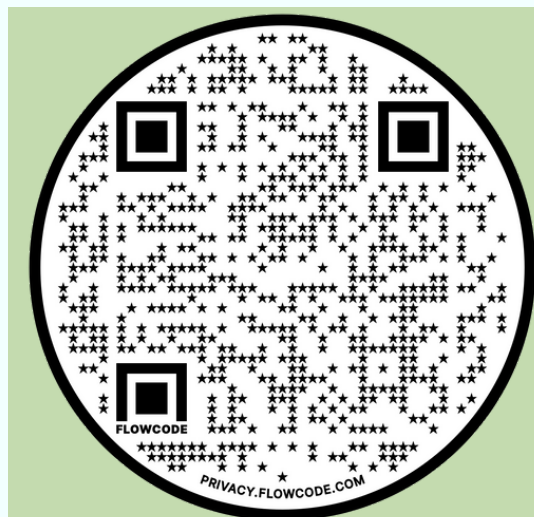
1. In a small pot, bring 2 cups of water to a boil.
2. Add the boiling water and cashews to a medium bowl. Let this sit for 30 minutes.
3. In that small pot, bring 1 cup of water to a boil. Add the wild rice to the boiling water and then reduce the heat to a simmer. Let the rice cook for 30 minutes. Remove the rice from the heat, cover the pot with a lid and then allow it to sit for 15 minutes.
4. Take the time you are waiting for the rice to cook and cashews to soak, to prepare the onions.
5. In a large pot, heat up 2 Tbsps of olive oil over medium heat.
6. Add the onion, salt, and pepper and let it cook for 3 minutes.
7. Add the mushrooms, carrots, garlic, and celery then stir to combine. Cook this for a few minutes.
8. Add the soy sauce, thyme, and parsley and stir again. Cook for about 5 minutes.
9. Once the cashews are done soaking, strain the water and place in a blender with 2 cups of water and cornstarch. Blend on high for 30 seconds, until smooth.
10. Pour the blended mixture into the pot with the broth and stir. Bring the soup to a boil and then reduce the heat and simmer for 10 minutes. Turn the heat off, add the cooked rice, stir and let cool for 20 minutes

Cooking Utensils:

small pot and lid, medium bowl, large pot, knife and cutting board, spoon, blender, measurement tools



Check out my video of how to make this!



Spring Rolls

Prep Time: 1 hour Bake Time: 12 min Servings: 50 rolls

Ingredients:

- 2 packets of lumpia wrappers
- 2 lb ground chicken
- 1 egg white
- 1 medium onion
- 2 medium carrots
- 4 scallions
- 1 cup red cabbage
- 2 tsp salt
- 1 tsp black pepper
- 1 tsp low sodium soy sauce
- oil for cooking (I used avocado)

After finished preparing the rolls, you can either cook them straight away or place in the freezer to be cooked at a later time.

Instructions:

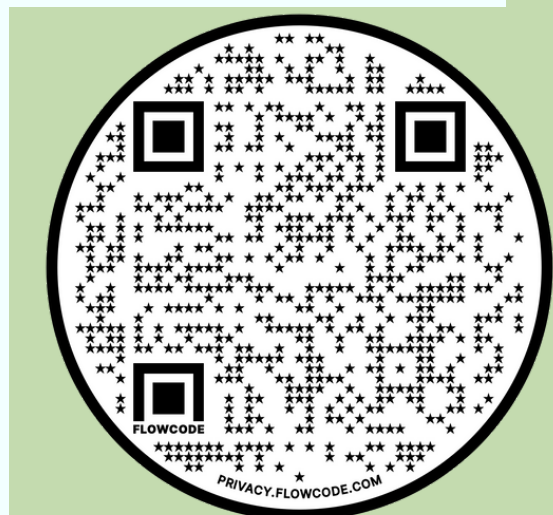
1. Finely chop onion and place in large bowl. Thinly slice cabbage and scallions and place in bowl. Grate the carrots using the larger holes and place in bowl.
2. Mix the ground chicken with salt and pepper.
3. Heat oil in a large pan over medium-high heat. Place the ground chicken in the pan and cook until it is a whitish color.
4. Once the chicken is fully cooked, add a teaspoon of soy sauce and mix.
5. Add in the vegetable and stir until they are soft and easy to bite (I would recommend scooping a little of the mixture and tasting it). Strain mixture to get rid of excess liquid.
6. In a small bowl, add a splash of water (quickly turn the water on and off) with the egg white and whisk until foamy.
7. On a clean surface (I use a large cutting board) place a single lumpia sheet with a corner facing you (it should look like a diamond from your view). Dip your fingers in the egg white mixture and lightly brush some of it on the edges of the wrapper, making sure to put some on the top corner. Place a spoonful of the mixture in the middle of the wrapper and roll the bottom of the wrapper up, fold in the two sides, and then continue to roll upwards (like how you would a burrito). Do this for all of the rolls.
8. Place in an air fryer and spray with oil. Cook at 370 degrees F for 6 minutes on each side. If they are not golden brown, continue cooking 2 minute at a time.

Cooking Utensils:

large pan, cutting boards, knife, strainer, large bowls, small bowl, fork, spoon, measurement tools, grater, spatula, tongs



Check out my video of how to make this!



Layered Sushi

Prep Time: 30 minutes Servings: 12

Ingredients:

Sushi Rice:

- 1 cup uncooked brown rice
- water to finger line

Topping

- Vegan
 - tofu
 - cucumber
 - avocado
 - furikake
- Normal
 - cucumber
 - avocado
 - salmon
 - crab
 - furikake

Sauce

- 1 1/2 cup mayo
- 3-4 Tbsp siracha
- 2 tsp sesame oil
- 1/2 tsp low-sodium soy sauce
- squeeze of lime

Instructions:

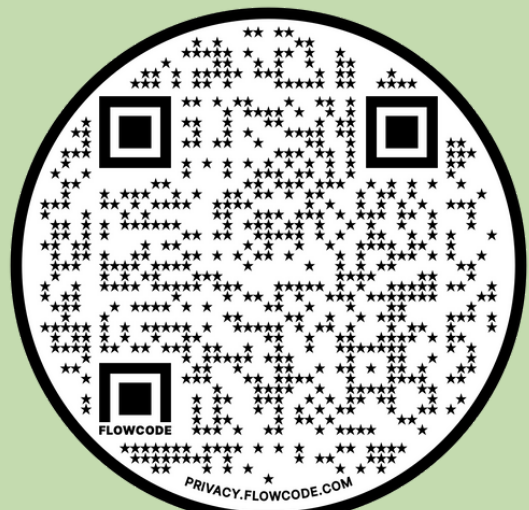
1. Wash and cook rice.
2. Cut avocado and cucumber (place into bowl) and tofu (vegan) or salmon and crab (normal) into bite sized pieces (place into separate bowl).
3. Put a spoonful of the sauce into each of the bowls until the contents are well combined and coated.
4. Put the rice in an even layer in a pan.
5. On top of the rice, put an even layer of the vegetables.
6. On top of the vegetable layer, put either the tofu or crab/salmon mixture.
7. Sprinkle furikake over the whole pan (or tear up some nori and sprinkle that).
8. Eat immediately or store in refrigerator.

Cooking Utensils:

cutting boards, knife, bowls, baking pan, spoons, measuring utensils



Check out my video of how to make this!



Shrimp Summer Rolls with Peanut Sauce

Prep Time: 15 min Bake Time: 2-3 min Servings: 10 rolls

Ingredients:

Shrimp

- 1 lb cleaned shrimp
- 1 tsp sesame oil
- 1 Tbsp chopped ginger
- 1 clove garlic (minced)
- 1 Tbsp low-sodium soy sauce or liquid aminos
- 1 tsp rice wine vinegar
- 1/2 tsp honey

Spring Roll

- 12 rice wrappers
- 1/2 cup basil leaves
- 1/2 cup cilantro leaves
- 1 cup shredded red cabbage

Peanut Sauce

- 1/4 cup all-natural peanut butter
- 1/4 cup coconut milk
- 1 Tbsp rice wine vinegar
- 1 Tbsp low-sodium soy sauce
- 1/2 Tbsp lime juice
- 1/2 Tbsp honey
- 1 tsp sesame oil

Instructions:

Shrimp

1. Heat 1 tsp of sesame oil over medium heat and add the ginger and garlic. Let this cook for about 2 minutes.
2. Add the shrimp and cook for 2-3 minutes on each side (if you are using frozen precooked shrimp, prepare according to package instructions and pan cook for 1 minute each side). You'll know the shrimp is done when it turns orange and the shrimp starts to curl inwards.
3. In a bowl, combine the soy sauce, rice wine vinegar, and honey. Drizzle this mixture over the shrimp after it has finished cooking.
4. Let the shrimp cool for at least 20 minutes.
5. OR prepare according to package instructions.

Spring Roll

1. Fill a bowl with hot water and dip a sheet of rice paper wrapper and wet the whole thing.
2. Transfer the wrapper onto a plate or cutting board and fill it with shrimp, the cabbage, and the herbs.
3. Fold the lower half of the wrapper over the filling, and then fold the left and right sides toward the center. Roll it upwards, like you would a burrito.

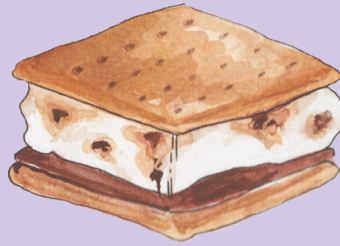
Peanut Sauce

1. Mix the peanut sauce ingredients in a small bowl until well combined.

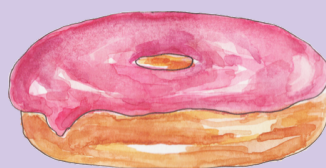
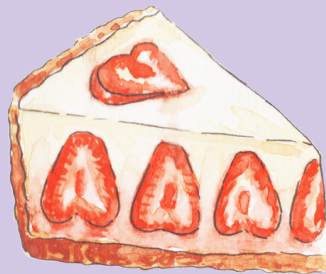
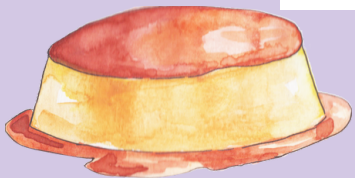
Serve immediately or place in a refrigerator.

Cooking Utensils:

measuring utensils, knife, cutting board, turner, bowls, spoons

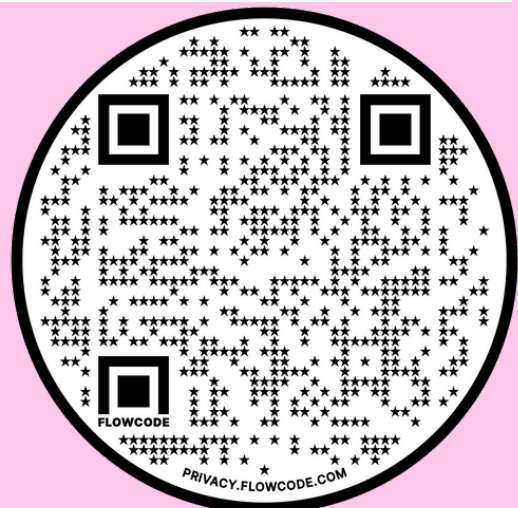


DESSERTS





Check out my video of how to make this!



Peanut Butter & Chocolate Ice Cream

Prep Time: 7 min Servings: 2 servings

Ingredients:

- 2 scoops Chocolate Protein Powder
- 1 Tbs unsweetend cacao powder
- 6 Tbsp unsweetend almond milk
- 4 Tbs all natural Peanut Butter or Almond Butter
- 4 medium frozen chopped bananas

Instructions:

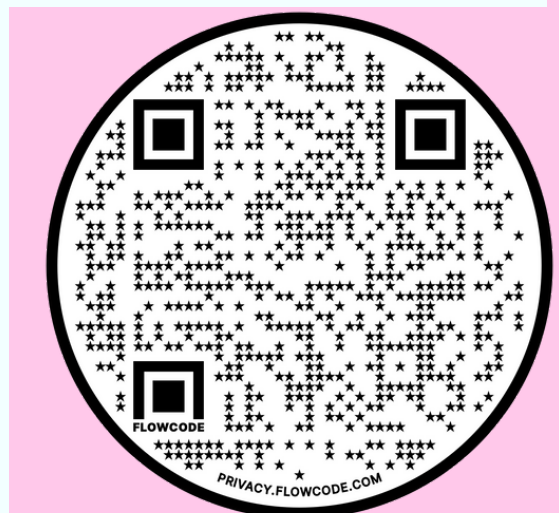
1. Combine protein powder, cocoa powder, and almond milk in a small bowl until completely dissolved.
2. Place all ingredients in a blender and process until ice cream consistency. Stop blender several times to stir.
3. Serve immediately, or transfer to container & freeze covered tightly.

Cooking Utensils:

blender, measuring utensils, spoon



Check out my video of how to make this!



Chocolate Peanut-Butter Stuffed Dates

Prep Time: 15 min Servings: 12 dates

Ingredients:

- 12 Medjool dates
- 1/2 cup crunchy all-natural peanut butter
- 2 Tbsp chopped peanuts
- 1/4 cup dark chocolate
- sea salt flakes (to taste-if you have)

Instructions:

1. Place the peanut butter in the fridge for at least 1 hour so it hardens up a little bit.
2. Using a knife, cut a slit into each date so that there is an opening
3. Fill the dates with peanut butter and then freeze them for about 15 minutes.
4. Melt the chocolate in a microwave safe bowl and chop your peanuts.
5. Drizzle the dates with the melted chocolate and then sprinkle it with the peanuts and sea salt flakes.

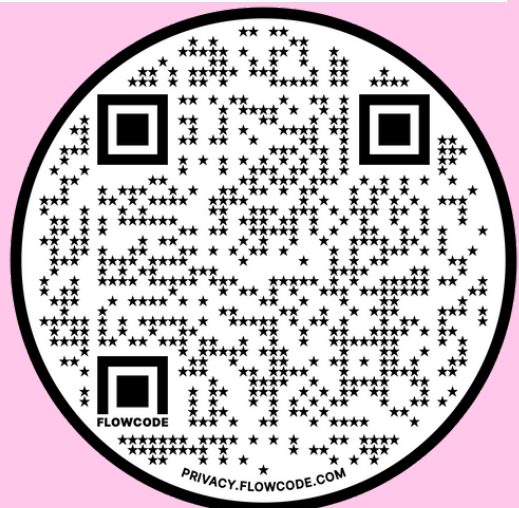
Serve these immediately or store in refrigerator. They last up to 3-4 days in a sealed container

Cooking Utensils:

knife, cutting board, measuring tools, microwave safe bowl,
spoon



Check out my video of how to make this!



Cran-Apple Crisp

Prep Time: 40 min Bake Time: 20-25 min Servings: 8 servings

Ingredients:

- 2 cups rolled oats
- 1/2 cup chopped walnuts
- 1/2 cup chopped almonds
- 2 tsp sea salt
- 2/3 cups honey or maple syrup
- 1/3 cup oil

For Filling:

- juice and zest of 1 large fresh orange
- 8 large apples of choice, peeled, cored, and chopped into 1/2-inch cubes
- 1-1/2 cups fresh cranberries
- 1/3 cup honey or maple syrup
- 2 Tbsp cornstarch
- 2 tsp ground cinnamon

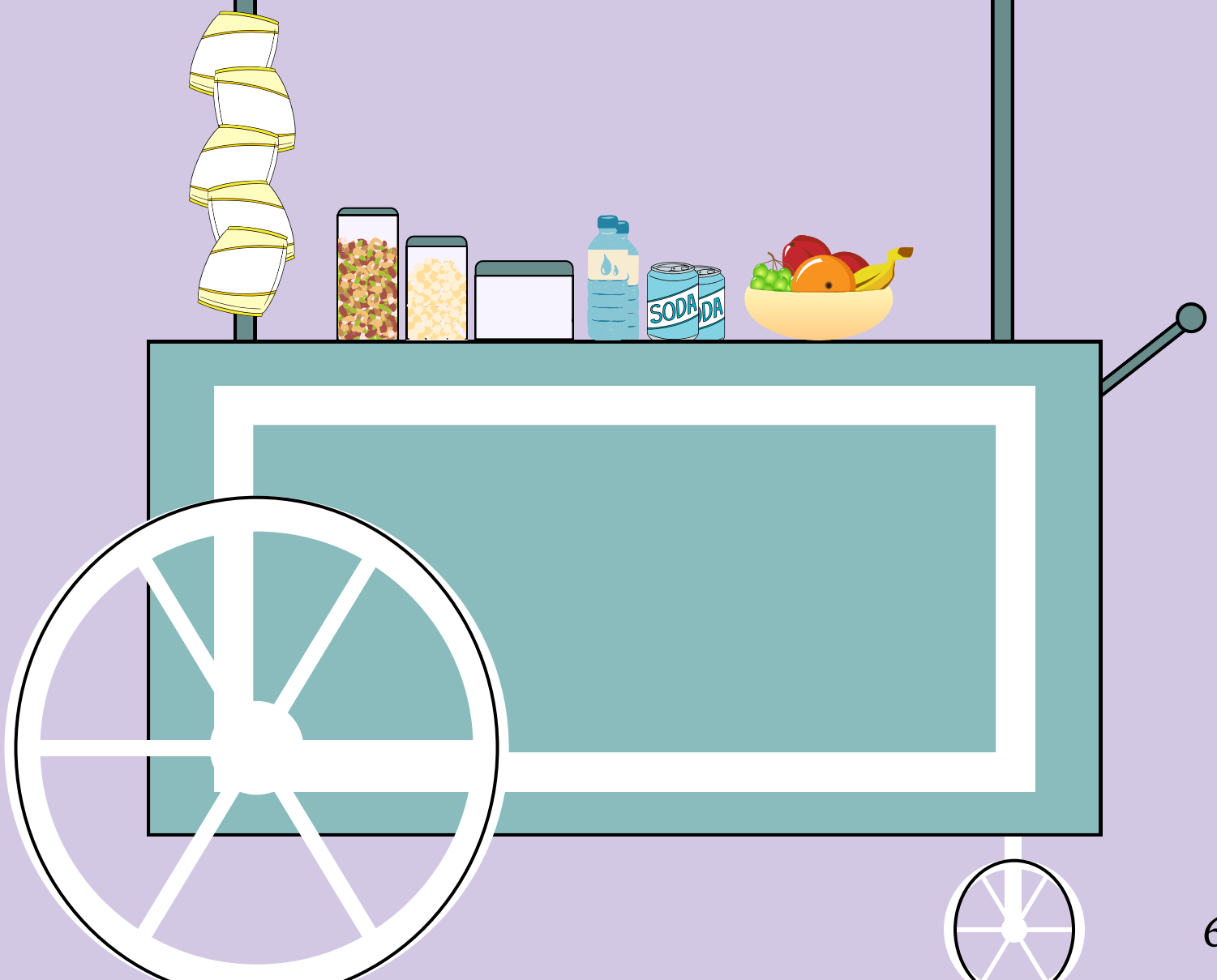
Instructions:

1. Preheat oven to 350 degrees F. and grease 9x13 pan with coconut oil/ghee.
2. Pour the orange juice into a large bowl.
3. Slice 2-3 apples and quickly toss in your orange juice. Repeat with the rest of the apples, slicing them in small batches so they don't brown.
4. Once all the apples are prepared, add the remaining filling ingredients to your bowl. Stir well to combine.
5. Transfer the mixture into your prepared baking dish using a spatula. Level the mixture out into an even layer and cover with parchment or aluminum foil. Bake for 20-25 minutes and halfway through the baking time, stir the mixture.
6. In a medium bowl, stir the oats, walnuts, almonds, salt, honey/maple syrup, and ghee/coconut oil. Stir well until every piece is lightly coated.
7. Remove from the oven when done baking.
8. Stir the filling, then evenly sprinkle the oat topping.
9. Put it back into the oven and bake for another 20-25 minutes uncovered, or until the crumble is lightly golden and bubbly on the sides. Watch it to make sure it does not burn.

Cooking Utensils:

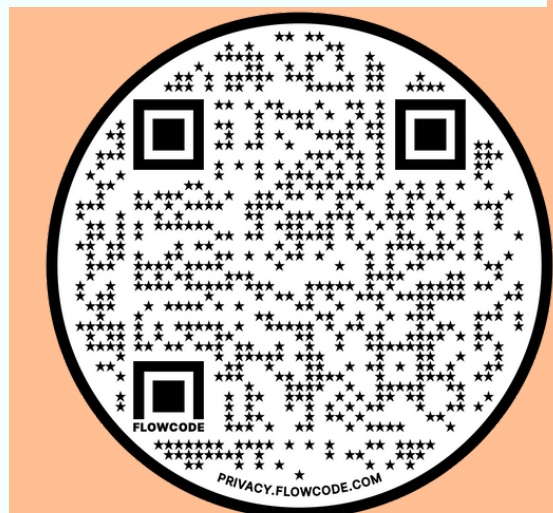
9 x 13 pan, large bowl, measuring utensils, knife, cutting board, mixing spoon, spatula, parchment paper/aluminum foil, medium bowl

SNACKS





Check out my video of how to make this!



Protein To-Go Box

Servings: 1 box

Ingredients:

- 1 slice Ezeikel toast
- 1 mini cheese wedge
- 2 Tbsps
peanut/almond
butter
- 1 small organic apple
- 1/2 cup green grapes
- 2 whole hardboiled
eggs

Alternative Ingredients:

- 1/2 cup nuts
- 1/2 cup berries
- 1 small pear
- 2 celery stalks
- 1/2 cup granola

Instructions:

1. Throw everything in a box or on a plate! So easy!

How do you boil an egg??

This is the way I do it and they come out great everytime!

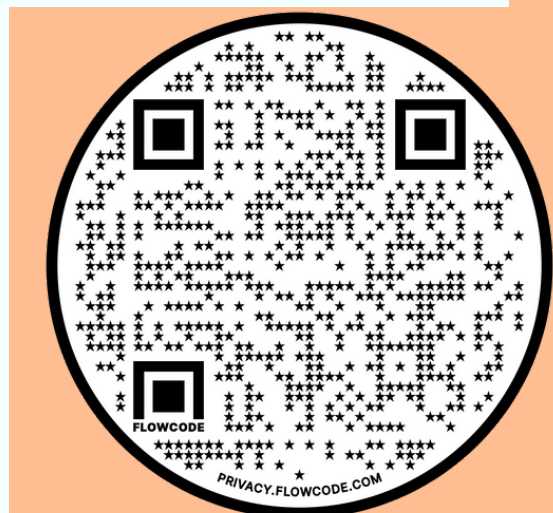
1. Place eggs in a pot and fill the pot with cold water until the eggs are completely covered.
2. Place pot on stove and bring the water to a boil.
3. Once the water is at a hard boil (lots of large bubbles), take the pot off the stove and cover.
4. For a soft boil, leave eggs in for 4 minutes. For a medium boil, leave eggs in for 6 minutes. For a hard boil, leave eggs in for 8 minutes.
5. Once the time is up, place the eggs into a bowl of ice cold water for at least 10 minutes.
6. After the ice bath, take the eggs out and lightly tap the egg on a countertop or hard surface and then peel the shell off.

Cooking Utensils:

knife, cutting board, measuring tools, container or plate



Check out my video of how to make this!



Granola

Prep Time: 5 minutes Bake Time: 21 minutes Servings: 8 cups

Ingredients:

- 4 cups old-fashioned rolled oats
- 1 1/2 cup raw nuts and/or seeds
- 3/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 cup melted coconut oil or olive oil
- 1/2 cup maple syrup or honey
- 1 tsp vanilla extract
- 2/3 cup dried fruit

Instructions:

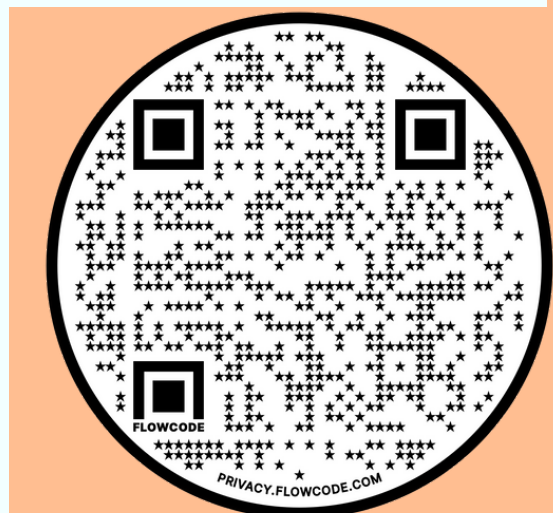
1. Preheat your oven to 350 degrees F. and line a large baking sheet with parchment paper.
2. Combine the oats, nuts and/or seeds, salt, and cinnamon in a large bowl and stir well.
3. Pour in maple syrup or honey, oil, and vanilla extract. Mix well to make sure that all the ingredients are well combined.
4. Pour the granola onto the parchment lined baking sheet and spread it out making sure it's an even layer.
5. Put it in the oven and bake for 21 minutes.
6. Remove from the oven and let it cool.
7. After it is done cooling, break up the granola into bite-size or smaller pieces.

Cooking Utensils:

baking sheet, parchment paper, measuring utensils, mixing spoon,



Check out my video of how to make this!



"Fancy Rice"

Prep Time: varies Servings: 2

Ingredients:

- 1 cup uncooked brown rice
- 1/4 cup edamame
- 1 Tbsp mushroom
- 1 1/2 Tbsp furikake (I like to use Ochazuke Wakame)

Instructions:

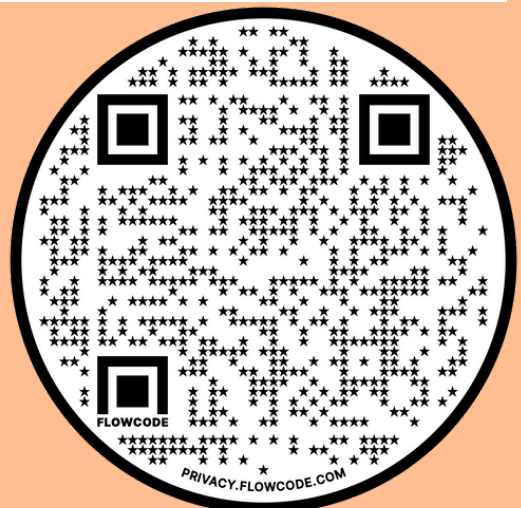
1. Wash rice and cook.
2. Right after it is done cooking, add the furikake and mushrooms and mix.
3. Pop the edamame beans out of the pod (if frozen, heat according to the package instructions and then pop the beans out).
4. Mix the edamame beans in.
5. Enjoy!

Cooking Utensils:

bowl, spoon, measuring utensils



Check out my video of how to make this!



Chocolate Chip Protein Balls

Prep Time: 10 minutes Servings: 24 balls

Ingredients:

- 2 cups old fashioned rolled oats
- 1 cup tahini
- 1/4 cup honey
- 2 scoops vanilla protein powder
- 2 Tbsp chocolate chips

Instructions:

1. In a large bowl, combine all of the ingredients making sure to stir well. Near the end, you may want to knead the mixture as it is thick.
2. Once it is combined, use a small cooking scoop or a tablespoon to scoop the mixture and form it into balls.
3. Store the balls in a covered container in the fridge or freezer.

Cooking Utensils:

large bowl, mixing spoon, measuring utensils, baking pan

A little blurb about me and why I wrote this cookbook



My house is one that is filled with laughter, spontaneity, faith, and a variety of aromas. Growing up, my mom made a cookbook for me. All the recipes I liked, she printed them out or wrote them on recipe cards and placed them into an ornate cookbook that was meant to travel with me whenever I would eventually leave the nest. Some of these recipes are ones we found off the internet, like the scones I make for my mom every year on her birthday and Mother's Day, we get from friends, the most savory chicken and barley soup, or from my mother's own imagination. She has such a gift at making everything better, and in the kitchen she excels. My friends always get so excited when she comes to visit because they know that they will feast on good home cooking. Her food is one of the things that draws me home, for I may follow her recipes, but nothing tastes as good as when she makes it.

This year has been one of adjustment as it is my first in an apartment. Despite having a kitchen, it is easy to become lazy and rely on frozen meals or noodles. I wanted to vanquish this laziness and become a mini-me of my mother in the kitchen. My first grocery shopping trip, my cart was filled with fruits, vegetables, eggs, and meats. It seemed easy at first to keep up with cooking my own "healthy" meals, but I began to struggle as classes took off and I was constantly in and out of my room. It takes time not only to cook a meal, but to come up with what you are going to cook in the first place. I would start at the search bar on my computer and simply look up easy recipes, then whittle it down using filters such as "healthy", "quick", and "cheap". I figured there must be an easier way to find recipes that I wanted, but I had no success in finding a way that was easily accessible to me. So, what else to do then make myself a cookbook? Simply making a cookbook was the easy part but constructing it under filters was the challenge. I needed to make these recipes easy for inexperienced cooks like myself, relatively cheap, delicious, and have some sort of health benefit. My mother inspired me again for the last aspect.

A few years ago, my mom began her health journey. She discovered the relationship between physical exercise and what she was fueling her body with. After attending many nutrition seminars, she decided to follow a "clean" diet according to a program. Many of the rules of food she had to follow, aligned with the anti-inflammatory diet. This was extremely beneficial because she suffers from an inflammatory disease that affects her joints, mainly her hands. She found that her carpal tunnel symptoms had lessened, and she was in less pain. In our nutrition classes, we learn the importance of preventative medicine. Not only is it good for your current health, but also for your future. Many people think that it is unimportant to be concerned about how they are currently living or tell themselves that living healthy is too expensive or hard. But the truth is that living unhealthily in the present will be more expensive in the future when they are paying for blood pressure medicine, doctor's appointments, treatments, or insulin. 1 Corinthians 6:19-20 says that our bodies are a temple in a spiritual and physical sense. This analogy is excellent because it can be helpful in explaining how in our younger years, we are building the foundation whether it is through our intake of calcium to reduce our risk of osteoporosis or limiting salt intake to decrease risk of developing high blood pressure. This inspired me to not only research the anti-inflammatory diet, but also attempt to follow it.

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