



EAT THE RAINBOW

ANTI- INFLAMMATORY RECIPES

CREATIVE AND FLAVORFUL ANTI-
INFLAMMATORY DISHES

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secoya.
HEALTH



GINGER, TURMERIC & CASHEW SOUP

INGREDIENTS

- 3 TBSP Olive Oil
- 2 Cloves Garlic, Peeled and Smashed
- 3 Inch Piece of Ginger, Peeled and Grated
- 2 tsp Fresh Turmeric, Grated
- 1 Yellow Onion, Roughly Chopped
- 1-1/2 lb Carrots (About 5 Large Carrots), Chopped
- 4 Cups Vegetable Stock
- 3/4 Cup Raw Cashews, soaked in water for 6 hours or overnight
- Salt and Pepper to taste
- Basil (Garnish)

DIRECTIONS

1. Heat oil in a large pot over medium heat and add garlic, ginger and turmeric.
2. Saute for 1-2 minutes. Add in onions and carrots, stir frequently and cook 4-6 minutes, until onions have softened.
3. Add 1/4 cup of veggie stock and simmer until carrots are tender, 12-15 minutes. Remove pan from heat.
4. In a blender or food processor, combine soaked and drained cashews with 1 cup of veggie stock, blend until smooth.
5. Add in carrot and onion mixture and blend until smooth.
6. Put soup back into pot and add the rest of the veggie stock.
7. Season with salt and pepper. Heat until thoroughly warm.
8. Serve warm with additional cashews and basil on top, as a garnish



HASH

INGREDIENTS

- 2 Medium Sweet Potatoes
- 4-5 Tbsp Coconut Oil
- 2/3 Cup Water (approx)
- 1 Leek, Chopped
- 3 Green Onions
- 1 Tbsp Garlic, Minced
- 1 Tbsp Fresh Chives, Minced
- 1 Tbsp Fresh Marjoram Leaves, Chopped
- 1 Tbsp Fresh Thyme Leaves, Chopped
- 1 tsp Fresh Dill, Chopped
- 1 tsp Fresh Rosemary, Minced
- 2 Large Sage Leaves, Minced
- 2 Tbsp Fresh Parsley, Minced
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1 Cup Diced Ham (Or meat of your choice)
- 6 Large Eggs

DIRECTIONS

1. Prep all ingredients by chopping/mincing.
2. Add in coconut oil to skillet.
3. Add in all ingredients to skillet except eggs and mix.
4. Cook covered over medium heat for 25-30 minutes, until potatoes are tender.
5. Crack eggs on top, remove from stovetop and place in oven at 350. Cook for 5-8 minutes, until eggs are cooked to your liking. Serve warm!



ALMOND BUTTER DRESSING

INGREDIENTS

- 1/4 cup almond butter
- 1/2 cup water or coconut milk
- 2 Tbsp coconut aminos
- 2 Tbsp rice vinegar
- 2 Tbsp brown sugar
- 1 Tbsp chili sauce
- 2 tsp garlic, minced
- 2 tsp ginger, grated
- 1 tsp toasted sesame oil
- 1 Tbsp cilantro

DIRECTIONS

1. Puree all ingredients in a blender and enjoy!



BUDDHA BOWLS

INGREDIENTS

- 1 cup quinoa
- 1 3/4 cups water or coconut milk
- 3 cups kale, massaged
- 2 cups bean sprouts
- 1 cup carrot, shredded
- 1 cup cucumber, sliced
- 1 cup red pepper, sliced
- 1 lb chicken satay
 - 1 lb boneless, skinless chicken breasts, cut into bite sized pieces
 - 2 tsp coriander
 - 2 tsp cumin
 - 1 tsp turmeric
 - 1 shallot, finely diced
 - 2 cloves garlic, minced
 - 1 TBSP ginger, grated
 - 2 stalks lemongrass, peeled and chopped (or zest of 1 lemon)
 - 2 Tbsp fish sauce
 - 2 Tbsp brown sugar
 - 1 Tbsp siracha
 - 1 tbsp oil
- 1 cup almond butter dressing
- 1/4 cup green onions, sliced
- 2 Tbsp cilantro, chopped

DIRECTIONS

1. Marinate chicken in all seasonings except oil for 30 minutes or overnight.
2. Bring water and quinoa to a boil, cooking covered until quinoa is tender (about 15-20 minutes).
3. Heat oil over skillet and add in chicken until chicken is cooked thoroughly.
4. Add the vegetables you desire in your buddha bowl, top with chicken and almond butter dressing.
5. Enjoy!



ALMOND CHICKEN

INGREDIENTS

- 5 Chicken Breasts
- 3 TBSP Organic Butter or Ghee
- 1 can coconut milk
- 1 can coconut cream
- 3 TBSP Orange Marmalade
- 1 1/2 TBSP Dijion Mustard
- 1/4 tsp Cayenne Pepper
- Salt and Pepper (+/- to taste)
- 1/2 Cup Sliced Almonds

DIRECTIONS

1. Cook chicken breasts in butter on the stove top until cooked through. Remove chicken from pan.
2. Add in coconut milk, coconut cream, marmalade, dijon and cayenne.
3. Allow to simmer 5-10 minutes until sauce has thickened. Taste the sauce, it should be tangy with a kick. Add more marmalade, dijon or cayenne to your liking.
4. Place the chicken back into the pan and top with sliced almonds.
5. *Pair with mashed sweet potatoes and some fresh roasted veggies!