



Eating Well:
Recipes to help you flourish

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In addition to being mindful of what foods you eat, it's important to pay attention to when and how you eat, as this can have a profound impact on your overall health and wellness, both mentally and physically.



Here are six tips for eating well.

1. Listen to your body

It will let you know when to start and stop eating. When you feel like a snack, take a second and think about why. Is it physical hunger, boredom or simply a need for comfort?

2. Pause before you're full

Your body takes some time to register how full it is. Before taking a second serving, wait a few minutes. You may find that you're still hungry, in which case go ahead. But you may also find that you don't need any more and are satisfied.

3. Regulate your portion size

Serve out a slightly smaller portion than you might normally. You can always go back for more. We tend to keep eating if there's food in front of us, even if we're no longer hungry. For treats like chips or ice cream, serve yourself a bowl rather than eating from the bag or carton.

4. Don't skip meals

Eating regularly will keep your blood sugar stable and your metabolism working properly. When we go too long between meals or healthy snacks, we tend to overcompensate and overeat.

5. Keep healthy choices handy

Convenience and junk foods are often an easy fix if we're feeling hungry, so try to plan ahead and have healthy snacks available for when you get busy. Pre-cut vegetables, seeds and nuts are easy junk food substitutes.

6. Make it easy

If fatigue or pain make it difficult to do a lot of prep work, take advantage of pre-chopped vegetables and prepared salads. If your budget allows, you can also consider a meal prep delivery service which provides all the ingredients you need to make a meal.

For more nutrition tips and information on eating well, please visit arthritis.ca/eatingwell



Easy Baked Avocado and Feta Eggs

The word “superfood” gets tossed around a lot these days, but when it comes to helping with arthritis, avocados may actually fit the bill. **Research** on the health benefits of avocados highlights a wealth of helpful antioxidant compounds, including the healthy monounsaturated fatty acids that offer anti-inflammatory benefits similar to olive oil. Emerging research also suggests that avocados may help reduce osteoarthritis pain in the lower jaw.

Nutritional information

(per serving*):

Calories: 271; Total Fat (24g); Saturated Fat (5g); Monounsaturated Fat (12g); Carbohydrates (7g); Fibre (6g); Sodium (154mg).

- ▼ **Prep Time:** 5 minutes
- ▼ **Cook Time:** 15-20 minutes
- ▼ **Total Time:** 20-25 minutes
- ▼ ***Servings:** 4

($\frac{1}{2}$ avocado and 1 egg per serving)

Extra Tips:

- ✓ This recipe can be a very satisfying breakfast that keeps you full until lunchtime. Try it with a slice of whole-grain (and, if necessary, gluten-free) toast and kalamata olives.

Ingredients:

- 2 avocados (large work best)
- 4 eggs
- 1-2 green onions, chopped
- 4 tbsp feta cheese, shredded (can be purchased pre-shredded)
- Paprika, dried basil, salt and pepper, sprinkled to taste
- 2 tbsp extra virgin olive oil
- Fresh parsley

Instructions

1. Preheat oven to 425°F.
2. Cut each avocado in half and remove pit.
3. Fill each avocado half with an egg. It might be easier to pour each egg into a bowl first, then into the avocado.
4. Add green onions, paprika, salt, pepper, and dried basil to taste, then drizzle with the olive oil.
5. Bake in the oven for 15-20 minutes, depending on how firm you like your egg yolks.
6. Sprinkle feta cheese over each egg, then top with parsley and serve immediately.



Edamame and Avocado Spread

Edamame is a plant-based soy protein that is popular in Asian cuisine. It is usually boiled or steamed and served with a little bit of salt. **Edamame** is a great source of protein and contains high amounts of folate and vitamin K. **Research** has shown that genistein, a main component in soy protein, has anti-inflammatory, antioxidant and joint protection properties, all potential benefits in the management of rheumatic conditions. This edamame and avocado spread on whole grain toast is a perfect protein-packed snack that provides a boost of energy!

Nutritional information (per serving*):

Calories: 200; Protein (5g); Total Fat (19g); Saturated Fat (3g); Monounsaturated Fat (9g); Carbohydrates (6g); Fibre (1g); Sodium (22mg).

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 35 minutes

***Servings:** 2

Instructions

1. Cook edamame beans as per package instructions. If using whole edamame pods, cook for 5 minutes in salted boiling water, then remove the beans from the pods once cooled.
2. In a food processor, mix edamame, avocado, tahini, olive oil, lime juice, cilantro, green onions, salt and pepper until smooth.
3. Divide the spread between two slices of whole grain toast.

Ingredients:

- ¼ cup cooked edamame beans
- 1 tbsp extra virgin olive oil
- 1 tbsp tahini paste
- Juice of 1 lime
- 1 tsp minced garlic
- 2 tbsp chopped cilantro
- ½ an avocado
- 1 stalk green onions, chopped
- Salt and pepper to taste

Extra Tips:

- ✓ If you're unable to find edamame in your area, you can use peas as a replacement.
- ✓ If you want to try a different way to prepare edamame beans other than boiling, try pan frying and adding some seasoning.
- ✓ Place a sunnyside-up egg cooked in olive oil on top of the toast for a balanced breakfast or light lunch.



Festive Red Potato and Dill Salad

Potatoes are a staple food item in many diets. There is a persistent myth that nightshades (a family that includes potatoes, tomatoes, eggplants and bell peppers) are bad for arthritis because they contain **solanine**, a type of alkaloid which is known to be toxic and thought to promote inflammation. Luckily, solanine is mostly found in the leaves and stems of these plants, not the part we eat. So nightshades are actually fine for a person with arthritis to eat in moderation – and are very nutritious!

This vegetable is also a great **source** of carbohydrates, fibre, vitamin C and potassium. Potassium is an important mineral because it regulates nerve signals and cell health. **Research** suggests that potassium could have an analgesic and anti-inflammatory effect in people with rheumatoid arthritis. Since potatoes are high in potassium, this further suggests that potatoes do not increase inflammation.

Nutritional information

(per serving*):

Calories: 118; Protein (2g); Total Fat (7g); Saturated Fat (1g); Monounsaturated Fat (0g); Carbohydrates (15g); Fibre (1g); Sodium (263mg); Potassium (339mg).

- ▼ **Prep Time:** 15 minutes
- ▼ **Cook Time:** 10 minutes
- ▼ **Total Time:** 25 minutes
- ▼ ***Servings:** 6 (¾ cup per serving)

Extra Tips:

- ✓ Microwaves are a safe and convenient cooking appliance for people with arthritis. You can also cook potatoes on the stovetop: place potatoes in a pot of cold water, bring the water to a boil, then simmer for about 10 minutes or until potatoes are tender when poked with a fork. Drain well and proceed with the recipe.
- ✓ Use a food processor to chop the vegetables or use a large-handled knife to make chopping easier.
- ✓ Serve the potato salad warm or chilled.

Ingredients:

Salad

- 12 small red potatoes, skin on
- ¼ tsp salt
- ⅓ cup red onion, finely chopped
- ⅓ cup red or green bell pepper, chopped
- 1 stalk celery, chopped
- 3 tbsp fresh dill, chopped

Dressing

- ½ cup olive oil-based mayonnaise
- 2 tbsp Dijon mustard
- Salt and pepper to taste

Instructions

1. Wash potatoes with a brush under warm running water.
2. Chop potatoes into bite-sized pieces, leaving the skin on.
3. Place potatoes in a microwave-safe bowl with ¼ cup of water and a pinch of salt. Microwave for 4-5 minutes or until a fork can easily be inserted into the potatoes. Drain well.
4. In a large bowl, combine onion, peppers, celery, dill and potatoes.
5. In a medium bowl, whisk together all the dressing ingredients.
6. Gently combine the dressing with the potato mixture.
7. Garnish with additional chopped dill, if desired.



Savoury Chickpea Salad (Chaat)

Chaat is a savoury snack that is widely enjoyed in Southern Asia, and features chickpeas as the main ingredient. Chickpeas, also known as garbanzo beans, are legumes that are a great fit with a plant-based diet as they are a good source of protein, folate and fibre. Chickpeas contain carbohydrates with a low glycemic index (GI), meaning they are slowly digested, absorbed and metabolized. This leads to slower and smaller fluctuations in blood glucose and insulin levels than foods with a high GI, providing you with a steadier stream of energy. [Research](#) shows that low glycemic foods may also decrease inflammation in your body.

If you feel that consuming legumes is worsening your pain and inflammation levels, a Registered Dietitian can help you identify food intolerances and customize a nutritional plan to your individual needs.

Nutritional information (per serving*):

Calories: 160; Total Fat (1g); Saturated Fat (0g); Monounsaturated Fat (0g); Carbohydrates (35g); Fibre (7g); Sodium (137mg).

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

***Servings:** 4 (1 cup)

Instructions

1. In a medium bowl, mix together lime juice and tamarind (or plum) sauce.
2. Add in tomatoes, onions, cilantro, mint and chaat masala spices. Combine all ingredients.
3. Mix in the chickpeas and cooked diced potatoes.
4. Serve at room temperature or chilled.

Ingredients:

- 1 – 19 fl oz can chickpeas, low sodium, washed and rinsed
- 1 medium potato, peeled, cooked, diced
- 1 large tomato, diced
- 1 small onion, diced
- ½ cup cilantro, fresh, chopped
- ⅓ cup mint, fresh, chopped
- ⅓ cup tamarind or plum sauce
- ½ tbsp fruit chaat masala seasoning (often includes mango powder, cumin, coriander, dried ginger, salt and black pepper)
- Juice from ½ a lime
- Sprinkle salt to taste (optional)

Extra Tips:

- ✓ Find the fruit chaat masala seasoning at your local grocery store in the international section or buy online. You can also replace the chaat masala with ground cumin, salt and pepper to taste.
- ✓ Replace potatoes with sweet potatoes for added fibre and vitamin A.
- ✓ Add diced avocado to enhance the mixture of flavours and textures.
- ✓ Serve as a snack or as a light meal.



Thai Butternut Squash and Coconut Soup

Butternut squash is a winter squash that has an amazing flavour profile with a sweet and nutty taste. Its bright orange colour (due to the presence of carotenoids) and versatility makes this ingredient loved by many. **Butternut squash** is high in vitamins like folate and B6, minerals such as magnesium and potassium, as well as fibre and antioxidants (vitamins A, C and E). Antioxidants have been proven to reduce inflammation, which makes this soup perfect for a cold winter night. Vitamins A and C are also important to support immune function and aid in the healing and repairing of cuts and bruises.

Ingredients:

- 2 ½ lb butternut squash (1 medium squash)
- 1 medium sweet potato
- 2 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 1 tbsp minced garlic
- ¼ cup Thai red curry paste
- Salt and black pepper to taste
- 2 ½ cups low-sodium vegetable broth
- 1 can coconut milk or 1 cup organic coconut milk

Garnish (optional):

- 2 tbsp unsalted peanuts
- 1 stalk green onions, chopped
- 2 tbsp chopped fresh coriander or cilantro
- 1 tbsp lime juice

Instructions

1. Preheat oven to 400°F and line a baking sheet with aluminum foil.
2. Place the whole butternut squash and sweet potato on the baking sheet and bake for 30-40 minutes to enhance the flavours. Baking squash and sweet potato beforehand will make them easier to peel and chop. Set the baked vegetables aside and let them cool.
3. Once cooled, scoop the flesh out of the butternut squash. Peel the sweet potato and cut in cubes.
4. In a large saucepan, heat the olive oil over medium-high heat. Add onions and cook until softened.
5. Add the baked squash and cubed potato to the saucepan. Cook for about 5 minutes, stirring occasionally.
6. Add the garlic and curry paste, stirring gently until the vegetables are well coated. Add the broth, cover and bring it to a boil.
7. Reduce heat to low and simmer for about 25 minutes, stirring occasionally. Remove from heat and let stand for 5 minutes.
8. Blend soup until smooth using a hand blender. Return the soup to medium heat and stir in the coconut milk. Add salt and black pepper to taste.
9. While soup cooks, combine peanuts, coriander, green onions and lime juice in a small bowl (optional).
10. Ladle soup into deep bowls and garnish with peanut mixture (if using).

Nutritional information

(per serving*):

Calories: 252; Protein (20g); Total Fat (11g); Saturated Fat (2g); Monounsaturated Fat (5g); Carbohydrates (21g); Fibre (5g); Sodium (267mg).

- ▼ **Prep Time:** 30 minutes
- ▼ **Cook Time:** 30 minutes
- ▼ **Total Time:** 60 minutes
- ▼ ***Servings:** 4

Extra Tips:

- ✓ Instead of baking the butternut squash and sweet potato, you may poke a few holes in the raw vegetables and place each in the microwave for 5 minutes. This softens the vegetables, making them easier to chop.
- ✓ Leave the skin on the sweet potato for added fibre, but make sure the skin is scrubbed under cold water first.
- ✓ Find the Thai red curry paste at your local grocery store in the international section or buy online. You can also replace the curry paste with ½ teaspoon of ground chili peppers or cayenne pepper powder. Adjust according to your taste.



Turmeric-Infused Beef and Barley Soup

An anti-inflammatory diet favours foods that are rich in nutrients, antioxidants and healthy fats. **Barley** is a whole grain filled with soluble fibre and several antioxidants such as vitamin E and beta-carotene. **Research** shows that barley helps to regulate blood pressure, boost immunity and provide anti-inflammatory effects.

Can beef also be part of an anti-inflammatory diet? Beef is a great source of high-quality protein, vitamin B12, iron, selenium and zinc, but it also contains saturated fats which can trigger inflammation and pose other health problems. Each person is different; however, moderation is key: think smaller servings, leaner cuts, served less frequently. Find what works for you, but if you follow these guidelines, having beef once in a while should be acceptable in an anti-inflammatory diet.

Nutritional information (per serving*):

Calories: 252; Protein (20g); Total Fat (11g); Saturated Fat (2g); Monounsaturated Fat (5g); Carbohydrates (21g); Fibre (5g); Sodium (267mg).

Prep Time: 15 minutes

Cook Time: 60 minutes

Total Time: 75 minutes

***Servings:** 4

Ingredients:

- ½ lb stewing beef, cubed
- 2 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 1 tbsp minced garlic
- 2 medium tomatoes or ½ can diced tomatoes
- 1 stalk celery, chopped
- 1 tbsp minced ginger
- ½ tsp turmeric
- ½ cup pearl barley, rinsed
- 6 cups low-sodium beef or vegetable broth
- Salt and black pepper to taste
- Cilantro for garnish

Instructions

1. In a large saucepan, heat the olive oil over medium-high heat. Add onions, garlic and celery and cook until transparent.
2. Add the beef and brown evenly.
3. Reduce the heat to medium. Add 1 cup of broth and scrape the bottom of the pot. Add the remaining broth, barley, tomatoes, ginger, turmeric, salt and pepper, and bring to a boil.
4. Reduce the heat and simmer, stirring the soup occasionally, until the barley is fully cooked and the meat is tender, about 60-90 minutes (longer cooking time makes for more tender meat).
5. Serve in deep bowls and garnish with cilantro leaves.

Extra Tips:

- ✓ Soaking the barley overnight will reduce cooking time the next day.
- ✓ You can also use a slow cooker: after heating the onions, garlic, celery, and browning the beef, transfer to a slow cooker and add seasonings, barley and broth. Cover and cook on low for 6-8 hours.
- ✓ Leftover roast beef or ground meat can be used instead of raw meat. This soup is a great way to use leftover veggies and beef. Add carrots for added flavour and thickness.



Asparagus Quinoa Risotto with Baked Rosemary Chicken

Asparagus is an excellent source of folate, which helps to build new red blood cells.

Without enough folate to make healthy red blood cells, you may feel weak or tired and find it hard to concentrate. Folate keeps both the blood vessels and heart healthy, which may reduce the risk of heart disease and reduce the risk of some birth defects. Folate often gets depleted in people with inflammatory arthritis taking methotrexate, a disease-modifying anti-rheumatic drug. Keep in mind that although eating high-folate foods is essential, it won't be enough to replenish the folate you lose from taking **methotrexate**. Talk to your healthcare provider for guidance.

Asparagus is also a source of vitamin A and vitamin C.

Nutritional information

(per serving*):

Calories: 450; Total Fat (20g); Saturated Fat (1g); Monounsaturated Fat (6g); Carbohydrates (40g); Fibre (5g); Sodium (665mg).

- ▼ **Prep Time:** 10 minutes
- ▼ **Cook Time:** 25 minutes
- ▼ **Total Time:** 35 minutes
- ▼ ***Servings:** 4 (1 thigh and $\frac{3}{4}$ cup of quinoa)

Extra Tips:

- ✓ Meal prep: place each chicken thigh and $\frac{3}{4}$ cup of cooked quinoa into 4 airtight containers for lunch or dinner. Store in the refrigerator for up to 1 week.
- ✓ Chicken thighs are considered dark meat due to their slightly higher fat content compared to chicken breasts. Their tender and soft texture makes them a great alternative for people with temporomandibular joint pain and swallowing difficulties.
- ✓ For extra high-quality plant-based protein, add $\frac{1}{2}$ cup of thawed edamame to the quinoa at least 5 minutes before it's finished cooking.
- ✓ For a 100% gluten-free meal, use gluten-free soy sauce to marinate the chicken.

Ingredients:

Rosemary Chicken

- 4 boneless skinless chicken thighs (approx. 1-1.5 lb total)
- 3-4 tbsp reduced sodium soy sauce
- 1 tbsp Balsamic vinegar
- $\frac{1}{2}$ tbsp Dijon mustard
- $\frac{1}{2}$ tsp dried rosemary
- Juice of 1 orange
- 1 tsp garlic, minced

Instructions

1. Trim excess fat from the chicken, if any.
2. In a large bowl, whisk together soy sauce, garlic, balsamic vinegar, olive oil, Dijon mustard, rosemary and orange juice. Add chicken and coat it well with the marinade. Cover and refrigerate for at least 1 hour or overnight.
3. Preheat oven to 425°F. Prepare a baking sheet with parchment paper.
4. Place the chicken thighs on the baking sheet and bake for about 20-25 minutes until the chicken reaches an internal temperature of 165°F or until fully cooked and the juices run clear.

Ingredients:

Quinoa and Asparagus

- 1 cup quinoa, well rinsed and drained
- 2 tbsp extra virgin olive oil
- ½ cup onion, chopped (about 1 small onion)
- 1 tsp garlic, minced
- 1 ½ cups vegetable broth, low sodium
- Salt and black pepper to taste
- 15-20 thin spears asparagus (1 bunch), ends trimmed, cut diagonally into 2-inch lengths
- ⅓ cup chopped basil leaves

*Did you know:
Asparagus is one of the
first vegetables ready for
harvest each spring?*

Instructions

1. Wash the quinoa in warm running water a few times to eliminate its slight bitter taste.
2. In a medium saucepan, heat olive oil in medium heat, add onions, garlic and asparagus, cook for about 3-5 minutes, stirring occasionally. Remove asparagus and set aside on a plate.
3. Add broth, quinoa, salt and black pepper. Bring the broth and quinoa to a boil. Reduce heat to low and cook for 10 minutes and cover.
4. Mix asparagus with quinoa, cover and simmer for about 5 more minutes or until liquid had been absorbed. Total cooking time 12-15 minutes. Remove from heat, toss and fluff with a fork. Mix in chopped basil leaves.





Cayenne Haddock with Sofrito

Moderate amounts of seafood are recommended in the Mediterranean Diet, which is a way of eating with beneficial effects in reducing pain and disease activity in **rheumatoid arthritis** and **psoriatic arthritis**. Fish are an excellent source of protein and healthy fats, filled with vitamins such as riboflavin and vitamin D as well as minerals like iron and zinc. They are also high in **omega-3 fatty acids**, which help regulate blood pressure, the nervous system and inflammatory activity. Sofrito is a sauce made with vegetables and spices that adds plenty of flavour to any savoury dish.

Ingredients:

Cayenne Haddock

- ½ tsp cayenne pepper
- ½ tsp each salt and pepper
- 2 tbsp extra virgin olive oil
- Juice of 1 medium lime
- 1 tbsp minced garlic
- 4 haddock fillets (about 14 oz / 420g total)

Sofrito

- 2 tbsp extra virgin olive oil
- 2 tbsp minced garlic
- ⅓ cup onion, chopped
- 4 medium tomatoes, cubed (or 14 oz canned whole tomatoes)
- 4 tbsp chopped fresh basil or parsley (or 1 tbsp dried basil)
- 1 tsp dried thyme
- ¼ tsp turmeric (optional)
- Salt and pepper to taste

Nutritional information

(per serving*):

Calories: 250; Protein (24g); Total Fat (15g); Saturated Fat (2g); Monounsaturated Fat (10g); Carbohydrates (9g); Fibre (1g); Sodium (290mg).

- ▼ **Prep Time:** 15 minutes
- ▼ **Cook Time:** 20 minutes
- ▼ **Total Time:** 35 minutes
- ▼ ***Serving size:** 1 fillet
- ▼ **Yield:** 4 servings

Extra Tips:

- ✓ Top each haddock fillet with sofrito to boost the anti-inflammatory effect.
- ✓ Alternatively, you can pan sear the haddock fillets in a skillet. Heat olive oil over high heat (don't let it smoke). Place haddock in heated olive oil. When sides have changed colour within 2-3 minutes, turn carefully. Lower heat and cook fish until it flakes easily with a fork. Top haddock with the sofrito and let it simmer for another 5 minutes.

Instructions

1. In a small bowl, combine the cayenne pepper, salt, pepper, olive oil and lime juice.
2. Place fish on a rimmed baking sheet lined with aluminum foil and coat fish with the cayenne marinade.
3. Cover with plastic wrap and refrigerate for 1-2 hours. While the fish is in the fridge, prepare the sofrito.
4. Heat the oil in a medium skillet over medium heat.
5. Add garlic and onion, and sauté for about 2 minutes or until beginning to soften.
6. Add the tomatoes, basil, thyme, pepper and salt and simmer for 10-15 minutes.
7. Add extra herbs to taste, including turmeric if using, and set aside.
8. After the fish has been refrigerated for 1-2 hours, preheat oven to 450°F.
9. Remove fish from the refrigerator, take off plastic wrap, and bake for about 20 minutes or until it flakes easily with a fork. Serve with sofrito.



Parmesan Polenta and Eggplant

Eggplant, technically a fruit, is a low-calorie nightshade often used as a staple in many plant-based, Mediterranean, and low-carbohydrate diets. There is a persistent myth that nightshades (a family that includes eggplants, potatoes, tomatoes and bell peppers) are bad for arthritis because they contain solanine, a type of alkaloid which is known to be toxic and thought to promote inflammation. The solanine is mostly found in the leaves and stems of these plants, not the part we eat, so they are fine to eat in moderation.

Eggplants have a low glycemic index and contain antioxidants, both of which have been shown to reduce inflammation in your body. The type of antioxidant that they contain is called *anthocyanin*, which is responsible for the vibrant, purple colour. They are also a rich source of fibre, which is needed to regulate digestion and promote gut health.

Nutritional information (per serving*):

Calories: 191; Protein (6g); Total Fat (2g); Saturated Fat (2g); Monounsaturated Fat (0g); Carbohydrates (27g); Fibre (3g); Sodium (325mg).

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

***Servings:** 7 (approx. 2 polenta slices and 2 eggplant slices)

Instructions

1. Preheat oven to 425°F and line 2 baking sheets with parchment paper.
2. Slice polenta into ½ inch thick slices. An average tube yields about 14 slices.
3. Slice eggplant into ¼ inch thick slices.
4. Whisk or beat eggs with a fork in a shallow bowl.
5. In a separate bowl, mix the oat flour, parmesan cheese, parsley and oregano.
6. Dip each polenta and eggplant slice in the egg, covering all sides. Lift each slice up and let any excess egg drip off back into the bowl.
7. Next, dip each slice into the parmesan and oat flour mixture. Press the mixture into the top, bottom and sides of the slices.
8. Place the polenta slices on 1 baking sheet and the eggplant slices on the other baking sheet.
9. Bake for 20 minutes or until the polenta and eggplant appear crispy and golden.

Ingredients:

- 1 - 18 oz tube polenta
- 1 large eggplant
- 2 large eggs
- ¾ cup oat flour (see note below, or substitute ¾ cup whole-grain breadcrumbs)
- 1 tbsp parsley, dried
- 1 tbsp oregano, dried
- 1 ¼ cup parmesan cheese, grated

Extra Tips:

- ✓ To get rid of the potential bitter taste that eggplant can have, soak the slices for 30 minutes in a large bowl filled with cold water and 1 teaspoon of salt. Pat the eggplant slices dry with a paper towel before proceeding with the recipe.
- ✓ Grind oat flakes in a food processor for quick homemade oat flour. Use certified gluten-free oats to make the recipe 100% gluten-free.
- ✓ Look for a ripe eggplant by pressing your finger against the exterior. If an imprint is created, it is ripe!



Souvlaki Paneer Kebabs

Paneer cheese is a popular dairy product in Indian cuisine. This fresh type of cheese is versatile. It can be eaten as-is or cooked with seasoning. Paneer cheese fits well with a plant-based diet as it is high in protein, and a good source of fat, calcium and vitamin D. While there is some conflicting evidence about the impact of cheese on inflammation, **research** has shown that small amounts of dairy products are acceptable in an anti-inflammatory diet and may even be helpful. Moderation is key!

Nutritional information

(per serving*):

Calories: 192; Protein (13g); Total Fat (13g); Saturated Fat (7g); Monounsaturated Fat (3g); Carbohydrates (7g); Fibre (1g); Sodium (308mg).

- ▼ **Prep Time:** 15 minutes
- ▼ **Cook Time:** 15 minutes
- ▼ **Total Time:** 30 minutes
- ▼ ***Serving size:** 1 skewer
- ▼ **Yield:** 8 skewers

Extra Tips:

- ✓ Kebab skewers can be made ahead of time. Coat the kebabs with dressing and place them in the fridge for 1 hour before cooking to let the flavours soak into the vegetables and paneer.
- ✓ Grill it up! These kebabs can also be cooked on the barbeque. Preheat a greased grill to medium-high heat. Grill kebabs for 12-15 minutes, turning every 3 minutes.
- ✓ Serve with tzatziki sauce to add a tangy flavour.
- ✓ Kebabs are a great way to use up any vegetables in the fridge before they spoil.

Ingredients:

Dressing

- 2 tbsp extra virgin olive oil
- ¼ cup lime juice
- ¼ cup plain Greek yogurt
- 2 tbsp soy sauce
- ½ tsp salt
- 1 tsp pepper
- 1 tbsp minced garlic

Kebabs

- 8 wooden skewers
- 1 piece of paneer, about 12 oz, cut into bite-sized squares (approx. 28 cubes)
- 1 small red onion, quartered, segments separated
- 1 medium red pepper, cut into bite-sized pieces
- 14 cherry tomatoes
- 1 small zucchini, thickly sliced

Instructions

1. Soak wooden skewers in water for 30 minutes to avoid burning in the oven.
2. Preheat oven to 425°F and prepare a baking sheet with aluminum foil.
3. Dressing: In a small bowl, whisk together olive oil, lime juice, yogurt, soy sauce, salt, pepper and garlic. Set aside.
4. Kebabs: Arrange paneer and vegetables onto the skewers. Each skewer should have between 3 and 4 pieces of paneer alternating with assorted vegetables.
5. Place kebabs on the baking sheet and coat them generously with the dressing.
6. Roast for about 12-15 minutes or until cheese starts melting.

Alfajores: Dulce de Leche Shortbread Cookies

Alfajores are popular South American sandwich shortbread cookies filled with dulce de leche and coconut. Living with arthritis does not mean you have to stop living. You can still enjoy a little treat once in a while! Alfajores contain coconut, which is high in dietary fibre, copper, iron and selenium, an important antioxidant. **Research** has shown that some people with rheumatoid arthritis have lower levels of selenium.



Nutritional information (per serving*):

Calories: 175; Protein (2g); Total Fat (7g); Saturated Fat (5g); Monounsaturated Fat (1g); Carbohydrates (24g); Fibre (1g); Sodium (73mg).

Prep Time: 20 minutes

Cook Time: 12 minutes

Total Time: 32 minutes

Yield: 12 cookies

***Servings:** 1 Alfajor cookie

Ingredients:

- 1 ⅓ cup cornstarch
- ⅓ cup condensed milk
- 1 egg yolk
- ¼ cup unsalted butter, softened
- 1 tbsp icing sugar
- 1 tsp baking powder
- ¼ tsp baking soda
- 1 tsp vanilla
- 1 tsp brandy (optional)
- ½ tsp lime or lemon zest
- 4 oz dulce de leche (½ an 8 oz jar or bottle)
- ½ cup finely shredded coconut

Extra Tips:

- ✓ Find the dulce de leche at your local grocery store in the international section or buy online.
- ✓ Store the alfajores in the lower section of your refrigerator and take them out 10 minutes before serving. This keeps them fresh but allows them to be served at room temperature.
- ✓ This recipe is gluten-free if you use gluten-free cornstarch. If you are able to consume wheat, add 3 tablespoons of all-purpose flour to the cornstarch mix to obtain a firmer cookie dough.

Instructions

1. In a medium bowl, sift together the cornstarch, baking powder and baking soda.
2. Place the softened butter, icing sugar and condensed milk in a large mixing bowl. Using an electric mixer on low speed, beat until ingredients form a light cream, scraping down the sides of the bowl as necessary.
3. Add the egg yolk to the butter cream. Gradually increase speed to medium and mix well. Add lime or lemon zest, vanilla, and brandy (if using). Mix until combined. Start to add the dry ingredients slowly into the mixture and beat with the electric mixer until just combined. Do not overmix.
4. Form dough into a bowl and wrap in plastic wrap. Place in the fridge for 1 hour.
5. Preheat oven to 350°F. Line 2 baking sheets with parchment paper.
6. Cut the dough in half and return the other half to the fridge. Lightly sprinkle cornstarch on a work surface. Using a rolling pin, roll the dough to a thickness of ¼ inch and cut into 12 2-inch rounds, re-rolling scraps as needed.
7. Place the cookie dough onto prepared baking sheets. Bake for 10-12 minutes, or until the edges are golden. It's okay if the tops are a little pale.
8. Place the cookies on a cooling rack to cool. Repeat with the other half of the dough and bake remaining 12 cookies.
9. Once all the cookies have cooled, turn over half of them. Using the back of a spoon or a small spatula, place 1 tablespoon of dulce de leche on the flat surface of the cookie. Place a right-side-up cookie on top of the filling and gently press the sandwich together until the dulce de leche slightly overflows from the sandwich.
10. Spread the shredded coconut on a flat plate and roll the edges of the cookies in the coconut.
11. Dust with icing sugar (optional).



Spiced Summer Fruit Salad

Honeydew and pomegranate are two tasty fruits that will add a pop of colour to any salad or snack. Honeydew is a sweet, light green fruit that is mostly made up of water, has little carbohydrates, and has lots of fibre to aid in digestion. Pomegranate is a good source of vitamins E and K, as well as folate and potassium.

These two fruits are known for their anti-inflammatory properties due to the presence of antioxidants. Antioxidants help to reduce inflammation by slowing down or preventing damage to cells. Vitamin C is a powerful antioxidant, and high amounts can be found in honeydew and pomegranates. Pomegranates are also rich in **flavonoids**, a type of antioxidant with anti-inflammatory effects. This salad will provide a rainbow of antioxidants to relieve inflammation.

Nutritional information

(per serving*):

Calories: 100; Total Fat (0g); Saturated Fat (0g); Monounsaturated Fat (0g); Carbohydrates (22g); Fibre (4g); Sodium (27mg).

- ▼ **Prep Time:** 15 minutes
- ▼ **Cook Time:** 15 minutes
- ▼ **Total Time:** 20 minutes
- ▼ ***Serving size:** 6 (1 cup per serving)

Extra Tips:

- ✓ Find the fruit chaat masala seasoning at your local grocery store in the international section or buy online. You can replace the chaat masala with ground cumin, ground coriander, salt and pepper to taste.
- ✓ Buy pre-cut honeydew and packaged pomegranate seeds to reduce the amount of chopping needed.
- ✓ If you do not have pomegranates, you can use strawberries or blackberries as a substitute – the antioxidant benefits are very similar.

Ingredients:

- 1 medium honeydew melon, cubed
- 2 fresh mandarin oranges or clementines, peeled and segmented
- 1 cup red or green seedless grapes, halved
- ½ cup pomegranate seeds
- ½ cup blueberries
- 1 medium apple, cubed
- 1 medium guava, cubed (optional)
- 1 ½ tbsp fruit chaat masala seasoning (often includes mango powder, cumin, coriander, dried ginger, salt and black pepper – see note below)

Instructions

1. Wash the honeydew's skin with a scrub brush under running water to avoid contaminants entering the fruit when cutting through it.
2. Slice the honeydew melon in half and remove the seeds. Remove the rind and chop the melon into bite-sized pieces. If cutting honeydew is difficult, have someone else cut it for you or try pre-cut fruit from the store.
3. In a large bowl, combine the honeydew, clementines, grapes, pomegranate seeds, blueberries, apple and guava (if using).
4. Add in chaat masala seasoning. Combine all ingredients.
5. Serve chilled.

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