

# Living Well with Osteoarthritis Recipes



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# Breakfasts

## Blueberry Ginger Smoothie

### INGREDIENTS

1 cup unsweetened almond milk or skim milk  
1 ½ cups fresh or frozen blueberries (If using fresh blueberries add several ice cubes for a colder smoothie.)  
½ cup Greek yogurt  
¼ cup oatmeal, ground in blender or coffee/spice grinder

1 tablespoon flaxseed, round in coffee/spice grinder  
1 teaspoon brewers yeast  
1 teaspoon to 1 tablespoon grated fresh ginger, to taste  
1-2 tablespoons honey (optional)  
½ teaspoon ground cinnamon  
1-2 teaspoons vanilla extract

### INSTRUCTIONS

1. Place all ingredients in a blender and blend several minutes.
2. Serve with extra blueberries.

*Makes about two cups.*

*Note: The consistency will be thin but will thicken after several minutes as the oatmeal and flaxseed absorb the liquid.*

## Berry Chia Yogurt Bowl

### INGREDIENTS

1/3 cup milk or unsweetened dairy-free milk of choice  
1 cup plain 2% Greek yogurt  
1 1/2 cups fresh or frozen (thawed) strawberries, plus more for topping  
2 tsp. honey (optional)  
1 tsp. lemon zest or orange zest (optional)

1/2 tsp vanilla extract  
1/2 tsp cinnamon  
6 Tbsp chia seeds  
2/3 cup muesli  
4 Tbsp. chopped walnuts

### INSTRUCTIONS

1. Place milk, yogurt, strawberries, honey, lemon zest or orange zest, vanilla, cinnamon and a pinch of salt in a blender container and blend until smooth.
2. Stir 3 tablespoons chia seeds into each bowl. Chill bowls overnight to thicken.
3. Top each bowl with equal amounts of muesli, berries and walnuts.

# Lunch

## Turmeric, Chickpea, and Vegetable Soup

<b>Ingredients</b> 2 teaspoons extra virgin olive oil 1 cup diced yellow onion 2 cloves of garlic, minced 1 1/2 teaspoons fresh grated ginger 2 carrots, diced 1 cup peeled and diced sweet potato 2 cups chopped kale 2 teaspoons ground turmeric	Kosher salt and fresh ground black pepper to taste 4 cups low sodium chicken broth 1 cup water 3 cups cooked and shredded boneless skinless chicken breast or sprouted tofu 15 ounces canned chickpeas, rinsed and drained 1/2 cup canned light coconut milk Juice of a lime Cilantro and lime wedges for serving
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### INSTRUCTIONS

1. Heat the olive oil in a large pot over medium-high heat. Stir in the onion, garlic and ginger and cook for 2-3 minutes. Add in the carrots, sweet potato and kale and cook for another 3 minutes until the kale starts to wilt.
2. Stir in the turmeric and season with salt and pepper. Add in the chicken broth and water and bring to a boil. Once boiling reduce the heat to a simmer and cook for approximately 10 minutes or until the sweet potato is tender.
3. Add in the chicken or tofu, chickpeas and coconut milk and increase the heat to medium-high, returning the soup to a simmer.
4. Cook until everything is warmed through, about 5 minutes.
5. Remove from the heat and squeeze in the lime juice and season with more salt and pepper as needed.
6. Serve the soup topped with cilantro and lime wedges if desired.

## Slow Roasted Salmon

Preheat the oven to 300°F.

<b>Ingredients</b> 3 Tbsp extra virgin olive oil 3 Tbsp raw honey 2 Tbsp rice vinegar 2 Tbsp Dijon mustard Grated zest and juice of one lime 1 Tbsp grated fresh ginger	 ¼ cup finely chopped fresh flat leaf parsley 1 Tbsp freshly ground black pepper Big pinch of kosher salt 1 side wild salmon, pin bones removed (about 2 ½ pounds)
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### INSTRUCTIONS

1. In a medium bowl, whisk together the olive oil, honey, vinegar, mustard, lime zest, lime juice, ginger, parsley, black pepper and salt.
2. Place the salmon in a 9 x 13-inch baking dish, evenly coat both sides with the marinade, and refrigerate uncovered for 1 to 2 hours.
3. Cook the fish until the thickest part reaches an internal temperature of 110°F for medium rare, about 30 minutes. If you prefer your fish done medium, continue cooking for another 10 minutes.

## Sesame Ginger Turmeric Salad

<b>SALAD</b> Arugula Chopped Cilantro Shredded Carrots Cucumber Avocado	<b>DRESSING</b> ¼ cup raw tahini 2 T water (or more- depending on desired thickness) juice of 1 lemon (or lime) 1 thumb of fresh ginger 1 tsp fresh turmeric 1 clove garlic pinch black pepper optional: 1 tsp honey pinch of cayenne
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### INSTRUCTIONS

1. Combine salad ingredients. Adjust portion sizes to your preference.
2. Mix together dressing ingredients. Pour 1 Tbsp. on salad mixture.

# Dinner

## Turmeric Ginger Grilled Chicken

*This recipe pairs very well with brown rice.*

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 4

Ingredients	
4 boneless skinless chicken breasts	1 tsp ground coriander
1/2 cup canned coconut milk	1/2 tsp cumin
1 Tbsp olive oil	1/2 tsp salt
2 cloves garlic	1 tsp black pepper
1 Tbsp turmeric, grated	1 Tbsp fresh lime juice
1 Tbsp ginger, grated	

### INSTRUCTIONS

1. Place chicken in a large ziplock bag or bowl.
2. To make the marinade, whisk together coconut milk, olive oil, garlic, turmeric, ginger, coriander, cumin, salt, pepper and lime juice until combined. Pour marinade over top of chicken until completely coated and seal.
3. Marinate chicken in the fridge for at least an hour, but best overnight.
4. Pre-heat grill on medium-high heat, making sure to lightly spray with oil to avoid sticking.
5. Grill chicken, covered, for about 5-6 minutes on each side until cooked through and juices run clear. Top with additional lime juice if desired and enjoy!

### Nutrition

Serving: 1 chicken breast | Calories: 320kcal | Carbohydrates: 2.7g | Protein: 47.9g | Fat: 11.6g | Saturated Fat: 6.6g | Sodium: 425.5mg | Fiber: 0.4g | Sugar: 0.1g

## Beef and Broccoli Dinner

<p>Ingredients</p> <p>1 pound very thinly sliced beef (ask for thin-sliced chuck roast or beef labeled “for stir fry”)</p> <p>12-ounce bag of broccoli florets</p> <p>2 tablespoons for oyster sauce</p>	<p>½ cup low-sodium teriyaki sauce</p> <p>1 tablespoon ginger paste</p> <p>1 teaspoon garlic paste</p> <p>Chili flakes</p>
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### INSTRUCTIONS

1. On a foil-lined sheet pan, toss together 1 pound very thinly sliced beef (ask for thin-sliced chuck roast or beef labeled “for stir fry”) and a 12-ounce bag of broccoli florets.
2. Blend 2 tablespoons oyster sauce, 1/2 cup low-sodium teriyaki sauce, 1 tablespoon ginger paste, 1 teaspoon garlic paste and a dash of chili flakes. Pour over beef and broccoli, mixing to distribute.
3. On top of the oven rack for 15 to 20 minutes, turning the pan and tossing ingredients every 5 minutes until the meat is curling and vegetables begin to brown. Serve with brown rice. Serves 2 to 4.

# Dessert

## Strawberry Chocolate Greek Yogurt Bark

### Ingredients

3 cups whole-milk plain Greek yogurt  
¼ cup pure maple syrup or honey  
1 teaspoon vanilla extract  
1 ½ cups sliced strawberries  
¼ cup mini chocolate chips

### INSTRUCTIONS

1. Line a large rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

## Cheesecake Fruit Dip

You can easily tweak this recipe to make it cheesier or more sweet! Pair this dessert with berries to make a great anti-inflammatory option.

### Ingredients

¼ cup Philadelphia Cream Cheese (unwhipped)  
2 tsp Monk Fruit sweetener (or to your liking)  
1 tbsp crushed Granola  
1 cup Berries of your choice (Strawberries and blueberries work best)

### INSTRUCTIONS

1. Whip the cold cream cheese and slowly add sweetener with an electric beater.
2. Sprinkle Granola and Berries on top.