

PAIN FREE RECIPES

These three recipes not only have ingredients that contain anti-inflammatory properties that could help manage the symptoms of arthritis, they're also filled with healthy protein and fibre,



Leek, Asparagus and Herb Soup

Ingredients

- 1 Tbsp olive oil extra-virgin
- 2 medium leeks trimmed, washed and finely chopped
- 2 cloves garlic minced
- 1/2 lb new potatoes scrubbed and diced
- 2 cups chicken or vegetable broth reduced-sodium
- 1 lb fresh asparagus trimmed and cut into 1/2-inch pieces
- 2/3 cup snow peas or sugar snap peas stemmed and cut into 1/2-inch dice
- 3 Tbsp fresh chives chopped, divided
- 2 Tbsp fresh flat-leaf parsley chopped
- 1 Tbsp fresh dill chopped
- 2 tsp fresh chervil chopped, plus sprigs for garnish
- 2 cups 1% milk
- 1 Tbsp lemon juice
- 1/4 tsp salt or to taste
- freshly ground pepper to taste
- 1/3 cup low-fat plain yogurt for garnish

Instructions

1. Heat oil in a large saucepan over medium-low heat. Add leeks and cook, stirring often, until softened but not browned, about 5 minutes. Next, add garlic and cook, stirring, for 1 minute.
2. Add potatoes and broth; bring to a simmer over medium-high heat. Cover and reduce heat to medium-low. Simmer, stirring occasionally, until the potatoes are tender, 10-15 minutes.
3. Increase heat to medium-high and stir in asparagus and peas; simmer, covered, stirring 2 or 3 times, until just tender, 3-4 minutes. Remove from heat; stir in 1 tablespoon chives, parsley, dill and chopped chervil (or parsley). Transfer the soup to a blender and blend until smooth. (Use caution when pureeing hot liquids.)
4. Return the soup to the pan. Add milk and bring to just below a simmer, stirring, over medium heat. Stir in lemon juice, salt, and pepper. Ladle into soup bowls. Lastly, garnish each serving with a dollop of yogurt, a sprinkling of the remaining chopped chives and a sprig of chervil (or parsley).

Edamame and Avocado Spread

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 avocado
- 1 green onion, chopped
- Salt and pepper to taste

Instructions:

1. Cook edamame beans as per package instructions. If using whole edamame pods, cook for 5 minutes in salted boiling water then remove beans from 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 spread between two slices of whole-grain toast. Serves 2.

Tips:

- If you're unable to find edamame in your area, you can use peas as a replacement
- Try pan-frying the edamame beans with seasoning, instead of boiling them.
- Place a sunny-side up egg cooked in olive oil on top of the toast for a balanced breakfast or light lunch.



Edamame beans and avocados have valuable anti-inflammatory properties that could help manage the symptoms of arthritis.



Instead of dates, you can use blueberries or raisins for sweetness.

Banana Date Protein Muffins

Ingredients:

- 2 ½ cups old-fashioned oats
- 1 cup 1 per cent plain Greek yogurt
- 2 egg
- ½ cup sugar
- 2 ripe bananas
- 2 tsp baking powder
- 1 tsp vanilla
- ½ tsp baking soda
- 1 tsp cinnamon
- 3 tbsp chia seeds
- 6 Medjool dates (pitted and halved)

Instructions:

1. Preheat oven to 400°F (200°C) and lightly grease a 12-cup muffin tin with oil.
2. In a food processor or blender, add rolled oats and process into oat flour.
3. Add the rest of the ingredients, except chia seeds and dates, and process until evenly mixed to form a batter. Fold in chia seeds.
4. Divide batter evenly into tin. Place half dates on top of muffins and bake for 18 to 20 minutes.

Tip: Instead of dates, you can use blueberries or raisins for sweetness.

Nutritional Information (per serving): Calories: 188; total fat 3g; saturated fat 1g; monounsaturated fat 0g; carbohydrates 37g; protein 5g; fibre 4g; sodium 148 mg.

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PRICES SUBJECT TO CHANGE

Old-Fashioned Oats.....	1kg	\$4.19
Ground Cinnamon.....	100gr	\$3.69
Organic Chia Seeds.....	455gr	\$7.39
Pitted Dates.....	455gr	\$3.29
Raw Tahini.....	230gr	\$4.99
Green Organic Shelled Edamame..	500gr	\$6.99
Pacific Organic Broth.....	946ml	\$6.99

Emma Extra-Virgin Olive Oil.....	1L	\$15.99
Taylor Farm Snap Peas	227gr	\$4.99
Liberte Vanilla Greek Yogurt	750 gr	\$8.39
Lemon Tree Organic Squeeze.....	125ml	\$2.29
Roots Organic Chives	28 gr	\$2.49
Organic Italian Flat Parsley	ea	\$3.49
Roots Organic Dill	28gr	\$2.49



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