



A Holiday Anti-Inflammatory Meal

with Recipes

Ruth Clark RD, MPH

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Creamy Roasted Pumpkin Soup

A creamy and healthy soup that would look lovely on your holiday dinner table. Great as a leftover, too.



Ingredients

4 tablespoons olive oil, divided
One 4-pound sugar pie pumpkin
1 large yellow onion, chopped
4 large or 6 medium garlic cloves,
pressed or minced
½ teaspoon sea salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg

⅛ teaspoon cloves
Tiny dash of cayenne pepper (optional)
Freshly ground black pepper
4 cups (32 oz.) vegetable broth
½ cup full fat coconut milk or heavy
cream
2 tablespoons maple syrup or honey
¼ cup pepitas (green pumpkin seeds)

Preheat oven to 425° F and line a baking sheet with parchment paper. Halve the pumpkin and scoop out the seeds (you can roast the seeds but you won't need them for this recipe).

Slice each pumpkin halve in half to make quarters. Brush or rub 1 tablespoon olive oil over the flesh of the pumpkin and place the quarters, cut sides down, onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced with a fork. Set it aside to cool for a few minutes.

Heat the remaining 3 tablespoons olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add onion, garlic and salt to the skillet. Cook, stirring occasionally, until onion is translucent, about 8-10 minutes. In the meantime, peel the pumpkin skin off and discard skin.

Add the pumpkin flesh, cinnamon, nutmeg, cloves, cayenne pepper (if using), and black pepper. Use a spoon to break up the pumpkin. Add broth. Bring to a boil, reduce heat and simmer for about 15 min.,

Meanwhile, toast pepitas in a small skillet over medium-low heat, stirring frequently, until fragrant, golden and popping a little. They should be toasty, but not burnt. Transfer pepitas to a bowl to cool.

Once the pumpkin mixture is cooked, stir in coconut milk and maple syrup. Remove from heat and let cool. Use an immersion blender to blend this soup in the pot or a stand blender for creamiest results. Working in batches, transfer a portion to a blender (do not overfill!). Securely fasten the blender's lid and use a kitchen towel to protect your hand from escaping steam and purée the mixture until smooth. Transfer the puréed soup to a serving bowl and repeat with the remaining batches.

Taste and adjust if necessary (you can add more coconut milk for extra creaminess/milder flavor).

Ladle the soup into individual bowls. Sprinkle with pepitas and serve. Leftover soup keeps up to 4 days in fridge.

Spiced Salmon with Mustard Sauce

A simple, quick and easy way to prepare salmon that makes a beautiful dish. Just be sure you don't overcook it.



Ingredients

- 2 teaspoons whole-grain mustard
- 1 teaspoon honey
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon garlic powder
- 1/4 teaspoon salt
- 4 (6 ounce) salmon fillets

Preheat oven to 425° F.

Combine all the ingredients but the salmon in a small bowl. Rub mustard mixture over each fillet.

Place fillets, skin side down on a pan coated with cooking spray.

Cook for about 15 minutes or until fish flakes easily. Exact time will depend on how thick the fish is.

Greens with Garlic and Ginger

Use any greens you want including spinach, Swiss chard, kale, collard greens and broccoli rabe. It's quick, easy and one of those veggies it would be wise to eat daily for your liver.



Ingredients

1 large bunch of greens such as Swiss Chard, Kale, Spinach or Broccoli Rabe

3 garlic cloves, minced or thinly sliced

1 tablespoon minced ginger

1 tablespoon tamari

1 tablespoon avocado oil

1/2 teaspoon sesame oil

Wash and chop greens into bite size pieces.

Heat the avocado oil in a large pan or wok at medium high heat. Add the greens (and garlic, if sliced) and stir fry for several minutes or until wilted.

Add the ginger and garlic (if minced) and sauté for 30 seconds.

Add the tamari and sesame oil. Serve.

Dark Chocolate Dipped Banana Bites

I'm not a great fan of desserts because eating sugar only feeds cravings. Occasionally, however, we all love a great dessert.



Ingredients

- 2 tablespoons dark chocolate chips
- 1 small banana, peeled and cut into 1-inch chunks

Place chocolate in a small microwave safe bowl and microwave for 30 seconds.

Dip banana in chocolate. Let it set and serve.

Note: You can make this with strawberries, pineapple, pears — just use your imagination.

Pomegranate Lime Spritzer

A Mocktail – Pomegranate is loaded with antioxidants even in small amounts.



Ingredients

Grapefruit seltzer water
1 to 2 ounces of pomegranate juice
Ice cubes
1 drop of doTerra Lime Essential Oil
Lime wedges

Fill glass with ice and pour grapefruit seltzer three quarters of the way.

Fill additional one quarter of glass with pomegranate juice.

Squeeze one wedge of lime into the glass

Add 1 drop Lime essential oil and stir. Garnish with extra lime wedge.

Lemon Ginger Fizz

A tasty holiday Mocktail.

Ingredients

4 ounces lemon seltzer
4 ounces ginger beer
Dash of Bitters
Slice or wedge of lemon for garnish

Place ice cubes in a 12 ounce glass, fill half the glass with ginger beer and the rest with lemon seltzer, add bitter and stir to combine. Garnish with lemon.



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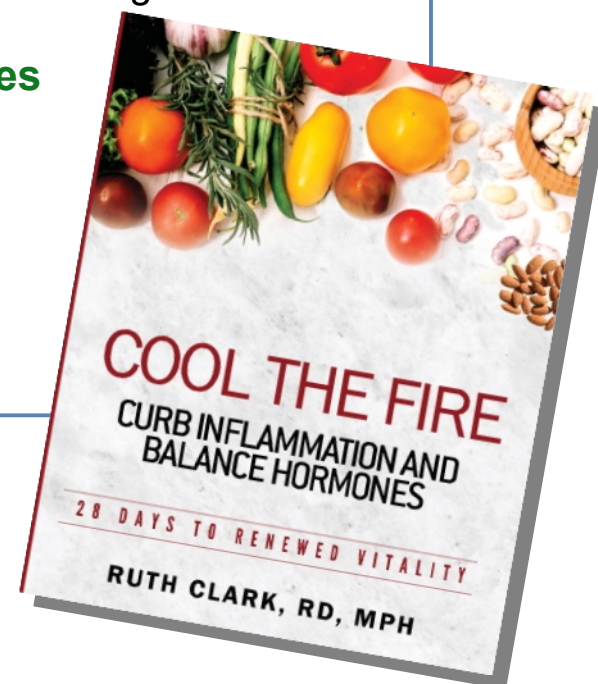
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About Ruth Clark

Ruth Clark, RD, MPH is a Registered Dietitian and Functional Nutritionist with a B.S. in Human Nutrition, a Master's degree in Public Health from Boston University School of Medicine and over 35 years of experience in the healthcare field. She is author of the best-seller **Cool the Fire: Curb Inflammation and Balance Hormones**.

As a functional nutrition expert with many years of experience in nutrition and wellness, Ruth offers sound advice through custom designed nutrition programs for individuals and groups. Her core philosophy centers around a holistic, personalized approach to health and healing based on a variety of nutrition therapies including whole foods, tailored supplements, and mind-body modalities.

Ruth practices from a holistic perspective which means looking at all aspects of a person's needs including psychological, physical and social as they relate to your nutrition and lifestyle. A busy single mom has different eating and lifestyle challenges than a business person who travels extensively. To create long term change we believe all of these facets need to be taken into account and seen as a whole to work with individuals to create a lifestyle/nutrition plan.

Ruth offers **online** and **phone** counseling for individuals who lead a busy lifestyle or live in other locations. Her online (Zoom) client base is nationwide and in several other countries.



For more information and to contact Ruth, visit www.ruthclarkrd.com.