

Recipes and Home Cooking

Cooking at home has become more popular due to the pandemic. While this can provide the opportunity to prepare and eat healthier foods, many people are preparing comfort foods that make them feel better emotionally but usually cause inflammation and lack the vital nutrients needed to stay healthy.

In my last article, “How To Maintain Health,” I provided a “recipe” of ingredients that, when used together, deliver a predictable outcome of health. Quick, easy and nutritious recipes are the bridge to healthy eating that also provide a predictable outcome; a tasty, nutritious and healthy meal.

Many of my patients struggle with finding delicious recipes that follow the guidelines I recommend. What works best for my family is any recipe we chose needs the following.

- 1:** To be fresh and nutritious, while avoiding the foods we are sensitive to: milk, cheese, wheat and sugar.
- 2:** To have a prep/cook time of 30 minutes or less for weekdays and 60 minutes or less for weekends (not including time that some recipes need for overnight marinating, etc).

Five-star meals do not need to take all day to prepare. Busy people need recipes that create quick, easy and nutritious meals. To help you create these meals, I will be providing recipes on my website that fulfill the parameters that I recommend to make healthy eating achievable. The recipe included with this article is a little more labor intensive than the others I will be sharing. I started with this because it is a family favorite.

Eating for health takes some effort, but the results are definitely worth it. Take a small amount of time to be good to yourself and expand your healthy lifestyle. Your body and your mind will thank you.

Please email me at support@conceptsforhealth.com if you would like a recipe for a specific type of food and I will see about including it in future article.