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# 10 Easy

RECIPES THAT ADHERE TO  
LOW MOLD, ANTI-  
INFLAMMATORY DIETS



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## Hi friend!

The new year is the perfect time to refresh your recipe rotation.

Here are some recipes I love that are plant forward and low mold (remember to choose organic when possible!).

Let me know what you think at [diana@doctorstafford.com](mailto:diana@doctorstafford.com)!

### 1. Stir-Fry with Chicken

*This is the way I get my family to eat cabbage.*

Ingredients (serves 2-3):

- 2 large zucchinis, spiralized into noodles
- 2 chicken breasts, cut into strips
- 1 bag coleslaw mix
- 1 cup broccoli florets
- 2 cloves garlic, minced
- 2 tbsp olive oil or avocado oil
- 2 tbsp coconut aminos
- 1 tsp ginger, grated
- Sesame seeds and green onions to taste
- Salt and pepper to taste

Instructions:

1. Heat 1 tbsp olive oil in a pan over medium heat. Add the chicken, season with salt and pepper, and cook until browned. Remove from pan.
2. In the same pan, add the remaining oil, garlic, ginger, coleslaw mix and broccoli. Stir-fry for a few minutes.
3. Add the zucchini noodles and stir-fry for 2-3 minutes.
4. Return the chicken to the pan, add coconut aminos, and stir everything together. Cook for another 2 minutes and serve, topping with sesame seeds and green onions.
5. Substitutions: Right Rice, Jovial Cassava noodles, cauliflower rice.

## 2. Avocado & Tuna Salad

*Healthy fats are amazing for the "oil change" – swapping out toxin-laden oils in the body for healthy fats.*

Ingredients (serves 2-3):

- 2 cans of tuna in olive oil, drained
- 1 ripe avocado, diced
- 1 cucumber, diced
- 1/2 red onion, finely chopped
- 2 tbsp lemon juice
- Fresh parsley, chopped
- Salt and pepper to taste

Instructions:

1. In a bowl, mix the tuna, avocado, cucumber, and red onion.
2. Add lemon juice, parsley, salt, and pepper. Toss gently to combine.
3. Chill for 30 minutes before serving.

## 3. Cauliflower Rice Chicken Biryani

*Packed with antifungal spices!*

Ingredients (serves 2-3):

- 1 head cauliflower, riced
- 2 chicken breasts, diced
- 1 large onion, sliced
- 1 cup mixed vegetables without corn (carrots, peas, green beans)
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp coriander
- 2 tbsp olive oil
- Salt to taste

Instructions:

1. Heat oil in a large pan. Add onions and garlic, sauté until golden.

2. Add chicken and spices, cook until chicken is browned.
3. Stir in the riced cauliflower and mixed vegetables. Cook for 10 minutes, stirring frequently.
4. Serve hot.
5. Substitutions: Right Rice

#### **4. Butternut Squash Soup**

*Superfood butternut squash boosts immunity, supports eye health, and enhances cognitive function.*

Ingredients (serves 2-3):

- 1 butternut squash, peeled and cubed
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- Salt and pepper to taste
- 2 tbsp olive oil

Instructions:

1. In a pot, heat the oil and sauté onion and garlic until translucent.
2. Add the butternut squash, broth, cinnamon, and nutmeg.
3. Bring to a boil, then simmer until squash is tender.
4. Blend the soup until smooth. Season with salt and pepper.

#### **5. Spinach Egg Muffins**

*Get those leafy greens!*

Ingredients:

- 6 pasture raised eggs
- 1 cup spinach, chopped
- 1/4 cup red bell pepper, diced
- Salt and pepper to taste

- Olive oil for greasing
- Other add-ins: mushrooms if you can tolerate without increased symptoms, meat of choice

Instructions:

1. Preheat the oven to 350°F (175°C). Grease a muffin tin with olive oil.
2. In a bowl, whisk the eggs and add spinach, bell pepper, salt, pepper, and any other add-ins.
3. Pour the mixture into the muffin tin. Bake for 20-25 minutes.

## 6. Lemon Garlic Shrimp with Asparagus

*Asparagus is antifungal!*

Ingredients (serves 2-3):

- 1 lb shrimp, peeled and deveined
- 1 bunch asparagus, trimmed and cut into pieces
- 3 cloves garlic, minced
- 1 lemon, juice and zest
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. In a pan, heat the olive oil over medium heat. Add garlic and asparagus, cook until tender.
2. Add the shrimp, lemon juice, zest, salt, and pepper. Cook until the shrimp are pink.
3. Serve immediately.

## 7. Beet and Carrot Salad

*Colorful and delicious*

Ingredients (serves 2-3):

- 2 beets, grated
- 2 carrots, grated
- 1/4 cup walnuts, chopped
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar

- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a bowl, combine grated beets and carrots.
2. Add olive oil, apple cider vinegar, salt, and pepper. Toss well.
3. Garnish with walnuts and fresh parsley.

## 8. Mediterranean Veggie Stuffed Bell Peppers

*You won't miss the rice!*

Ingredients (serves 2-3):

- 4 large bell peppers, tops removed and seeds scooped out
- 1 zucchini, diced
- 1 eggplant, diced
- 1 red onion, finely chopped
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1/4 cup kalamata olives, pitted and sliced
- 1/4 cup fresh basil, chopped
- 2 tbsp olive oil
- Salt and pepper to taste
- Optional: crumbled feta cheese (not aged feta) for topping

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a large skillet, heat the olive oil over medium heat. Add the garlic and onion, sautéing until softened.
3. Add zucchini and eggplant, cook until they begin to soften.
4. Stir in cherry tomatoes and olives, cook for another 5 minutes. Season with salt, pepper, and mix in the basil.
5. Fill each bell pepper with the vegetable mixture and place them in a baking dish.
6. Bake for 25-30 minutes, until the peppers are tender. Optional: Top with crumbled feta in the last 5 minutes of baking.

7. Serve warm, garnished with more fresh basil.

## 9. Thai Coconut Curry Chicken with Cauliflower Rice

*Coconut is another powerful antifungal!*

Ingredients (serves 2-3):

- 2 chicken breasts, cut into bite-sized pieces
- 1 head cauliflower, grated into 'rice'
- 1 can coconut milk
- 1 red bell pepper, sliced
- 1 cup snap peas
- 1 tbsp coconut oil
- 2 tbsp Thai green curry paste
- 1 tbsp fish sauce
- 1 tbsp ginger, grated
- 1 lime, juice, and zest
- Fresh cilantro for garnish

Instructions:

1. In a large skillet, heat coconut oil over medium heat. Add the chicken and cook until browned. Remove and set aside.
2. In the same skillet, add the red bell pepper and snap peas, sautéing until slightly tender.
3. Stir in the curry paste, ginger, and cook for 1 minute.
4. Add coconut milk and fish sauce, bringing to a simmer. Return the chicken to the skillet and cook for 10 minutes.
5. In a separate pan, cook the grated cauliflower with a bit of coconut oil for about 5 minutes, until it's tender but not mushy.
6. Serve the curry over the cauliflower rice, garnished with lime zest, lime juice, and fresh cilantro.

## 10. Roasted Vegetables

*This is my favorite – smells, looks, and tastes amazing! A real crowd pleaser.*

Ingredients (serves 3-4):

- 1/2 butternut squash, cubed
- 1 parsnip, chopped
- 1 lb rainbow carrots
- 1 bag rainbow potatoes
- 1 cup Brussels sprouts, halved
- 5 whole cloves garlic
- 5 shallots, roughly chopped
- 3 tbsp olive oil
- Salt and pepper to taste
- Fresh rosemary, chopped

Instructions:

1. Preheat the oven to 425F.
2. Place all vegetables on a baking sheet. Drizzle with olive oil, season with salt, pepper, and rosemary, and toss to coat.
3. Roast for 30-40 minutes, until vegetables are tender and slightly caramelized.
4. Serve warm or at room temperature.

A low mold diet is one very important component to keeping fungal load low in the body as well as healing from mold illness.

Here's to 2024 being your best year yet!

Dr. Diana