

DIANA STAFFORD, MD

# 10 Easy

RECIPES THAT ADHERE TO  
LOW MOLD, ANTI-  
INFLAMMATORY DIETS



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## **Garlic Lemon Herb Chicken with Roasted Vegetables**

### **Ingredients:**

- 4 organic, pasture-raised chicken thighs
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 red bell pepper, sliced
- 4 tbsp avocado oil
- 4 cloves garlic, minced
- Juice of 1 lemon
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp dried oregano
- 1 tsp dried thyme

### **Instructions:**

1. Preheat the oven to 400°F (200°C).
2. Toss vegetables with half the avocado oil, salt, and pepper.
3. Mix garlic, lemon juice, oregano, thyme, and the rest of the avocado oil; coat the chicken.
4. Place chicken and vegetables on a sheet pan. Roast for 30–35 minutes until chicken is fully cooked and veggies are golden.

## Zucchini Noodles with Pesto Shrimp

### Ingredients:

- 3 medium zucchinis, spiralized
- 1 lb wild shrimp, peeled and deveined
- 2 tbsp avocado oil
- 1/2 cup fresh basil
- 1/4 cup pine nuts or walnuts
- 1 clove garlic
- 1/3 cup extra virgin olive oil
- Salt and pepper to taste

### Instructions:

1. Blend basil, nuts, garlic, olive oil, salt, and pepper for pesto.
2. Sauté shrimp in avocado oil (about 2 minutes per side).
3. Lightly sauté zucchini noodles for 2–3 minutes.
4. Toss everything together and serve.

## **Breakfast Hash with Sweet Potato, Kale, and Sausage**

### **Ingredients:**

- 1 large sweet potato, diced
- 1 bunch kale, chopped
- 1/2 lb organic, sugar-free sausage (like pork or chicken)
- 2 tbsp avocado oil or coconut oil
- Salt, pepper, smoked paprika to taste

### **Instructions:**

1. Brown sausage in a skillet; remove and set aside.
2. Cook sweet potato cubes in oil until tender (~10 minutes).
3. Add kale and cook until wilted.
4. Stir sausage back in; season with salt, pepper, and paprika.

## **Avocado Chicken Salad with Lemon-Tahini Dressing**

### **Ingredients:**

- 2 organic, pasture-raised chicken breasts (cooked and shredded or diced)
- 1 ripe avocado, diced
- 4 cups mixed greens (arugula, spinach, or baby kale)
- 1 cucumber, diced
- 1/4 red onion, thinly sliced
- 1/4 cup fresh cilantro or parsley, chopped
- 2 tbsp pumpkin seeds (pepitas)

### **Lemon-Tahini Dressing:**

- 3 tbsp tahini (sesame paste)
- 2 tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- 1 tbsp water (more if needed to thin)
- 1 clove garlic, finely minced
- Sea salt and black pepper to taste

### **Instructions:**

1. **Make the dressing:** Whisk tahini, lemon juice, olive oil, garlic, salt, and pepper. Add a little water to thin it to your desired consistency.
2. **Assemble the salad:** Layer greens, cucumber, red onion, chicken, and avocado.
3. Drizzle with lemon-tahini dressing.
4. Sprinkle with pumpkin seeds and fresh herbs.
5. Toss gently and serve immediately.

**Optional variations:** Add radishes, roasted sweet potato cubes, or grilled zucchini slices for even more color and nutrition.

## Ginger-Garlic Salmon with Coconut Lime Sauce

### Ingredients:

- 2 wild-caught salmon fillets
- 2 tbsp avocado oil
- 2 cloves garlic, minced
- 1-inch piece fresh ginger, peeled and grated
- 1/2 cup full-fat coconut milk (BPA-free can)
- Juice and zest of 1 lime
- 2 cups baby spinach
- 1/2 cup shredded carrots
- 1/4 cup chopped cilantro
- Sea salt and black pepper, to taste

### Instructions:

1. **Season the salmon** with salt and pepper.
2. Heat avocado oil in a skillet over medium heat.
3. **Sear salmon** skin-side down (if skin-on) for about 4 minutes, then flip and cook another 2–3 minutes until just cooked through. Remove salmon and set aside.
4. In the same pan, **sauté garlic and ginger** for about 30 seconds.
5. Add coconut milk, lime juice, and lime zest; **simmer for 2–3 minutes** until slightly thickened.
6. Toss in spinach and carrots until just wilted.

7. Return salmon to the pan, spoon sauce over the top, and heat through.
8. Garnish with cilantro and a little extra lime if desired.

### **Serving suggestion:**

- Serve with roasted asparagus or sautéed zucchini noodles to keep it low-toxin and veggie-heavy.

### **Green Power Smoothie**

#### **Ingredients:**

- 1/2 ripe avocado
- 1 small cucumber (peeled if not organic), chopped
- 1 handful spinach or baby kale
- 1/2 small green apple or 1/2 frozen banana (for slight sweetness)
- 1 tbsp chia seeds or ground flaxseeds
- 1 scoop collagen peptides or a clean protein powder (optional, unflavored or vanilla)
- 1 tbsp extra virgin olive oil or MCT oil
- Juice of 1/2 lemon
- 3/4 cup cold coconut water (or filtered water)
- Ice cubes (optional)

#### **Instructions:**

1. Add all ingredients to a high-speed blender.
2. Blend until very smooth and creamy.
3. Taste — add more lemon juice or a tiny pinch of sea salt if you want a brighter flavor.

## **Creamy Cauliflower & Leek Soup (Paleo, Dairy-Free)**

### **Ingredients:**

- 1 head cauliflower, cut into florets
- 1 large leek (white and light green parts), sliced
- 2 cloves garlic, minced
- 3 cups vegetable broth (or filtered water + sea salt)
- 1/2 cup full-fat coconut milk
- 2 tbsp avocado oil
- 1 tsp fresh thyme leaves (or 1/2 tsp dried thyme)
- Sea salt and black pepper, to taste
- Optional topping: pumpkin seeds, fresh parsley

### **Instructions:**

1. In a large pot, heat avocado oil over medium heat.
2. Sauté leek and garlic until softened (~5 minutes).
3. Add cauliflower florets and vegetable broth. Bring to a boil, then reduce to simmer for 15–20 minutes until the cauliflower is very tender.
4. Stir in coconut milk and thyme.
5. Use an immersion blender (or transfer to a blender) and blend until silky smooth.
6. Season with salt and pepper.
7. Serve topped with pumpkin seeds or fresh herbs if you like.

## **Vegan Recipe: Spicy Tahini Roasted Vegetable Bowl**

### **Ingredients:**

- 1 small head broccoli, cut into florets
- 1 small head cauliflower, cut into florets
- 1 large carrot, sliced
- 1 red bell pepper, sliced
- 2 tbsp avocado oil
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp black pepper
- 1/2 tsp sea salt

### **Spicy Tahini Sauce:**

- 3 tbsp tahini
- 2 tbsp water (more if needed)
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 1/2 tsp cayenne pepper or a few dashes hot sauce (adjust to your spice level)
- Salt to taste

**Instructions:**

1. Preheat the oven to 400°F (200°C).
2. Toss veggies with avocado oil, paprika, cumin, salt, and pepper.
3. Spread evenly on a baking sheet. Roast for 25–30 minutes, flipping halfway.
4. Meanwhile, whisk all the tahini sauce ingredients until smooth.
5. Drizzle the sauce over the roasted veggies when serving.

**Sweet Treat Recipe: Coconut Cacao Energy Bites****Ingredients:**

- 1 cup unsweetened shredded coconut
- 1/4 cup raw cacao powder
- 1/4 cup almond butter (or tahini for nut-free)
- 2 tbsp coconut oil, melted
- 2–3 tbsp raw honey or pure maple syrup (adjust to taste)
- 1 tsp vanilla extract
- Pinch of sea salt

**Instructions:**

1. In a bowl, mix shredded coconut, cacao powder, and salt.
2. Stir in almond butter, melted coconut oil, honey/maple syrup, and vanilla until combined into a thick dough.
3. Roll into small balls.
4. Place on a parchment-lined plate and chill in the fridge for at least 30 minutes before eating.

**Notes:**

- Keep them stored cold.
- You can roll them in extra shredded coconut for a "snowball" look!

**Baba Ganoush (Smoky Eggplant Dip) with Veggie Sticks****Ingredients:**

- 1 large eggplant
- 2 tbsp tahini
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- Juice of 1 lemon
- 1/2 tsp sea salt
- 1/4 tsp smoked paprika (optional, for extra flavor)
- Fresh parsley for garnish
- Sliced veggies for dipping (carrot sticks, cucumber, bell pepper strips, celery)

**Instructions:**

1. **Roast the eggplant:** Preheat the oven to 425°F (220°C). Pierce the eggplant a few times with a fork. Roast directly on the oven rack or on a baking sheet for about 35–40 minutes until collapsed and very tender. (You can also char it over a gas flame for extra smokiness!)
2. Let the eggplant cool slightly, then peel off the skin and scoop out the soft flesh.
3. In a food processor or bowl, combine eggplant flesh, tahini, olive oil, garlic, lemon juice, salt, and smoked paprika (if using).
4. Blend or mash until mostly smooth but still a little rustic.
5. Transfer to a bowl, drizzle with extra olive oil, and sprinkle with parsley.
6. Serve with fresh veggie sticks for dipping.