



RECEIPES FOR HEALTHY JOINTS

Food should be our medicine, and our medicine should be our food

Believe it or not, but what you eat can impact on the health of your joints. Following are recipes for a four course meal that will not only promote optimal joint health but will also make your taste buds smile! Bon appetite!

ENTRÉE: LENTIL SOUP

Hippocrates used soups as a treatment for many ailments. Soup is a meal loaded with many vitamins/minerals and fibre and are 'restorative foods,' which help reduce inflammation in the body and improve digestion. Lentil soup is easy to prepare and freezes well, making it both a convenient dish and easy on the budget. A bowl of soup with corn bread makes for an excellent meal.

Ingredients (serves 4)

300 grams brown lentils	1 tablespoon dried oregano
1 litre water or vegetable broth	1 tablespoon fresh or dried basil
170 grams chopped baby carrots	6 ounces extra virgin olive oil
100 grams chopped celery	1 tablespoon apple cider vinegar
6-8 garlic cloves, chopped	

Instructions

1. Wash lentils thoroughly, drain and place in saucepan with water or vegetable broth.
2. Bring to a boil then allow to simmer for approximately 30 minutes, at which time you should skim any froth from the surface and discard it.
3. Add the remaining ingredients, with the exception of the apple cider vinegar.
4. If the consistency appears too thick add additional boiling water (1 to 2 cups).
5. Reduce heat and simmer until vegetables and lentils are tender (estimated time, 45 to 60 minutes).
6. Remove from heat and add apple cider vinegar, stirring in thoroughly and serve.

Left overs may be sealed in an airtight bowl and frozen.

MAIN COURSE: BAKED TUNA WITH GINGER AND LEMON

Tuna contains the high levels of essential oils (omega-3) that help reduce the inflammatory processes in arthritis. You can use salmon steaks or fillets in place of the cod if you wish or for a change. Combine with a dinner salad and sweet potato for a hearty and healthy meal.

Ingredients (serves 2)

2 tuna steaks (approx. 170 grams each)	2 ginger cloves, crushed
3 ounces extra virgin olive oil	4 twists fresh ground black pepper
1/4 teaspoon sea salt	1/4 teaspoon. Cayenne pepper
3 tablespoons lemon juice	

Instructions

1. Wash the tuna and pat it dry.
2. Put it on a plate and sprinkle a little sea salt on both sides, cover with wax paper and refrigerate for 1 hour.
3. Preheat the oven to 190 degrees Celsius (375 degrees Fahrenheit)

4. Mix the oil, lemon juice, garlic, oregano, cayenne, salt and pepper together in a small bowl.
5. Bake tuna in a covered bowl in the preheated oven for approximately 25 minutes.

SIDE DISH: SWEET POTATOES WITH PINEAPPLES AND GINGER

Sweet potatoes contain very useful levels of vitamins (such as A and C) and minerals, such as potassium. Pineapples contain enzymes that aid in digestion as well as good levels of Vitamin C. Ginger is a wonderful herb that stimulates the immune system in a very positive way.

Ingredients (serves 2 to 3)

1 kilogram sweet potatoes	2 tablespoon crushed ginger
2 cups pineapple chunks	1/2 cup water
2 ounces extra virgin olive oil	1/4 teaspoon sea salt

Instructions

1. Preheat the oven to 200 degrees Celsius (400 degrees Fahrenheit).
2. Peel the sweet potatoes, then cut them in half length-wise and each half into 3 pieces.
3. Place sweet potato pieces, in an ovenproof dish with pineapple chunks.
4. Add all the remaining ingredients, mix well, and then add the water.
5. Cover the container with kitchen (aluminum) foil and bake in the preheated oven for 30 minutes.
6. Remove the foil, turn the potatoes and return to the oven to bake until all the water has evaporated and the sweet potatoes are tender (20 to 30 minutes).

DESSERT: ORANGE WALNUT SALAD

This may be served as a dessert or appetiser as the fruit makes for a nice palette cleanser.

Ingredients (makes 5 to 6 servings)

1 cup celery, chopped	5 stalks of chopped green onions
50 grams soy cheese	1/3 cup walnuts, coarsely chopped
1 teaspoon flax oil	
6 cups mixed salad greens, washed and dried	
2 medium oranges, peeled and thinly sliced	

Instructions

Toss all ingredients together and enjoy.

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Mark is an author, lecturer, exercise physiologist and nutritional consultant with more than 22 years experience. He has conducted over 700 seminars to more than 70,000 health and fitness professionals and is currently completing his studies to become a doctor of naturopathic medicine.