



**GOLDSTER**★  
*THE BEST SOLUTION FOR YEARS*

Recipes to Reduce  
Inflammation

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## Creamy Carrot Soup

4 servings

50 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 cup Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	133
Fat	5g
Carbs	22g
Fiber	5g
Protein	3g
Calcium	192mg

### Directions

- 1 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
- 2 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 3 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 4 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with a slice of bread for dipping and/or a mixed greens salad.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is roughly 1 1/2 to 2 cups of soup.



## Moroccan Chickpea Stew

4 servings  
20 minutes

### Ingredients

- 1/2 cup Vegetable Broth
- 2 Yellow Onion (medium, diced)
- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 tsps Sea Salt
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 3 Tomato (large, diced)
- 1/2 cup Parsley
- 1/3 cup Pitted Dates (chopped)

### Nutrition

Amount per serving	
Calories	213
Fat	2g
Carbs	42g
Fiber	10g
Protein	9g
Calcium	86mg

### Directions

- 1 Add the broth and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
- 2 Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
- 3 Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup of stew.

**More Flavor:** Add fresh garlic, ginger, chili flakes, and/or raisins.

**Serve it With:** Rice, quinoa, roasted potatoes, sweet potato, squash, tortillas or crusty bread.



## Baked Cod with Green Beans & Carrots

2 servings

35 minutes

### Ingredients

- 2 Carrot (large, peeled and thinly sliced)
- 2 cups Green Beans (trimmed)
- 1 tbsp Coconut Oil (melted, divided)
- 1/4 tsp Sea Salt (divided)
- 1/2 tsp Paprika
- 1/4 tsp Turmeric
- 1/4 tsp Cumin
- 1/4 tsp Ground Ginger
- 2 Cod Fillet

### Nutrition

Amount per serving	
Calories	311
Fat	9g
Carbs	14g
Fiber	5g
Protein	44g
Calcium	99mg

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 3 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 4 Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add other dried herbs and spices. Serve with lime or lemon wedges.

**No Cod Fillets:** Use another white fish instead.

**Vegetables:** Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

**Fillet Size:** One cod fillet is equal to 231 grams or 8 ounces.



## Pistachio Crusted Salmon

4 servings

30 minutes

### Ingredients

1/2 cup Pistachios (removed from shell)  
 1/4 tsp Sea Salt  
 567 grams Salmon Fillet  
 1/4 cup Pine Nuts  
 1 Garlic (clove, minced)  
 2 cups Parsley (chopped)  
 1/4 cup Extra Virgin Olive Oil  
 1 Lemon (juiced)  
 1 head Cauliflower (chopped into florets)

### Nutrition

Amount per serving	
Calories	515
Fat	36g
Carbs	16g
Fiber	6g
Protein	36g
Calcium	111mg

### Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

### Notes

**More Veg:** Serve with a side of baby spinach drizzled with leftover pesto

**Likes it Warm:** Saute the cauliflower rice in a bit of olive oil before serving



## Roasted Sweet Potato & Beet Salad

2 servings

50 minutes

### Ingredients

- 1 Beet (sliced into 1 inch sticks)
- 1 Sweet Potato (sliced into 1 inch sticks)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup (divided)
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)
- 1/2 cup Pecans
- 4 cups Baby Spinach
- 1 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	595
Fat	46g
Carbs	46g
Fiber	14g
Protein	8g
Calcium	149mg

### Directions

- 1 Preheat the oven to 375°F (191°C) degrees.
- 2 Line a baking sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt, and pepper. Bake for 40 to 45 minutes until slightly browned.
- 3 In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
- 4 Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
- 5 When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.