

Plant-Based Anti-Inflammatory Recipes

Linda Tyler, the Gracious Vegan, author of *The Plant-Based Anti-Inflammatory Cookbook* (2024)

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Eggplant Parmesan Stacks

Roast the eggplant. Preheat the oven to 475°F (or 450°F if your oven runs hot). Line 2 sheet pans with parchment paper. Slice the eggplant into ¼”–½” disks (12 or more slices per eggplant).

2 eggplants totaling about 2 pounds, unpeeled

Lay the eggplant slices on the pans, in a single layer.

For the coating, whisk the following ingredients together in a measuring cup or other small bowl.

1/3 cup water

1/4 cup tahini

1 teaspoon salt (or to taste)

½ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon smoked paprika

Brush both sides of each eggplant slice with the coating. Roast the slices in the oven for 15 minutes. Flip and roast another 12 minutes, or until they are golden brown and soft. When they are done, lower the oven temperature to 375°F.

Assemble and bake the stacks. Use an oval or rectangular casserole dish (approximately 11”x7”). Spread a thin layer of tomato sauce in the bottom of the pan.

2 cups marinara sauce (store-bought or homemade)

Lay 6 eggplant disks on the layer of tomato sauce. Top each with a spoonful of marinara and a sprinkling of parmesan.

½ cup vegan parmesan (see www.graciousvegan.com for a recipe)

Lay another disk onto each of the 6 disks, top each with marinara and parmesan. Repeat until all disks are used. Sprinkle any remaining parmesan on top. Bake uncovered for 25-30 minutes, until the sauce is bubbly and the top parmesan is darker. The stacks are ready to serve. The leftovers will keep in the refrigerator 4-5 days. The stacks do not freeze well.

Daily Habit Berry Smoothie Bowl

Makes 4 smoothie bowls

Blend the following ingredients together in a blender until smooth.

2 cups frozen berries (I prefer blueberries)

1 1/2 cup water or cold chamomile tea (or more, if needed)

1 banana, sliced and frozen

¼ cup flaxseed meal

¾ teaspoon ginger powder (or more)

(Optional) Sweetener of choice

The smoothie bowls are ready to eat. You can freeze the smoothie bowls in individual portions for eating later.

Cherry Waldorf Salad

Makes 5 servings

Stir together the following ingredients in a medium mixing bowl or salad bowl.

2 medium apples (red and unpeeled for anti-inflammatory effect), cored and diced

3 celery stalks, chopped or sliced

1/3 cup dried cranberries or raisins

1/3 cup chopped walnuts

1/3 cup vegan mayonnaise (try an oil-free plant-based recipe for mayonnaise on www.graciousvegan.com)

Gently stir the cherries in right before serving (otherwise their color will bleed onto the apples).

1 cup fresh cherries, pitted and cut into halves or quarters

Taste and add sweetener if you need it.

1 or more teaspoons maple syrup

The salad is ready to eat, but can be made 1 to 2 hours in advance and then served. The salad will keep for 2 to 3 days in the refrigerator. It does not freeze well.