



## Recipes for Osteoarthritis

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### Great Salad Recipes for Osteoarthritis

When your joints hurt, think healthy salads to get you ready for dancing! Using hot peppers and curry in your salads can go a long way to help ease osteoarthritis flare up symptoms and calm inflammation in the joints.

Here are a few recipes to try and see how much better they make your joints feel.

#### **Cucumber Celery Hot Pepper Sour Cream Salad**

Yield: 3 servings (10 servings fruits and vegetables)

Ingredients:

- 3 cucumbers, diced
- 1 cup celery, sliced
- 1 medium hot chili pepper, seeds removed, sliced
- 1 sweet red onion, diced
- 1 cup sour cream
- 1 tablespoon sea salt
- 1 teaspoon honey
- 3 tablespoons apple cider vinegar
- ¼ cup fresh dill, chopped

Directions:

- In a large bowl, mix together cucumbers, celery, chili pepper, and onion.
- In a blender, mix sour cream, salt, honey, vinegar and dill.
- Pour the blended mix over the vegetable mixture.
- Then lightly toss the whole salad.
- Refrigerate. Serve cold.

*Next page: cucumber celery hot pepper yogurt chicken salad.*

#### **Cucumber Celery Hot Pepper Yogurt Chicken Salad**

Yield: 4-5 servings (15 servings fruits and vegetables)

Ingredients:

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- 2 cups chicken, cooked and cut into bite size pieces
  - 2 cucumbers, cubed
  - 1 cup celery, sliced
  - ½ cup artichoke hearts
  - 1 zucchini, chopped
  - ½ cup ripe olives
  - 2 apples, diced
  - 1 small can mandarin oranges, drained
  - 1 medium hot chili pepper, seeds removed, sliced
  - 1 sweet red onion, diced
  - 1 cup plain yogurt
  - Pinch of sea salt
  - 1 teaspoon honey
  - 1 teaspoon hot (or mild) curry
  - 3 tablespoons apple cider vinegar
  - ¼ cup fresh dill, chopped

Directions:

- In a large bowl, mix first five ingredients (chicken, cucumbers, celery, hot chili pepper, red onion) together.
- In a blender, mix the last ingredients (yogurt, sea salt, honey, curry, apple cider vinegar, dill)
- Pour blended ingredients over the dry ingredients in the bowl.
- Toss lightly.

### **Celery Watercress Salad**

Yield: 3-4 servings (12 servings fruits and vegetables)

Ingredients:

- 1 bunch watercress, chopped
- 2 cups celery, chopped
- ½ cup fresh fennel, chopped
- ½ cup fresh parsley, chopped
- ½ cup cooked lentils
- 1 cup shredded carrots
- ½ cup pineapple chunks
- 2 tablespoons raisins or currants
- 2 tablespoons olive oil
- Juice of one lemon

Directions:

- In a large bowl, add watercress, celery, fennel, parsley, lentils, carrots, pineapple chunks and raisins. Toss.
- Drizzle olive oil and lemon juice over mixture.
- Toss again. Serve.