Recipes for Osteoarthritis

by DONNA SCHWONTKOWSKI

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:

- 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.