

IBD Kitchen

Recipes and
food ideas for
people with
Inflammatory
Bowel Disease



IBD Kitchen

Recipes and food
ideas for people
with Inflammatory
Bowel Disease
(PART 2)

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Say hello to comfort

This edition of IBD Kitchen is all about comfort foods. When you have inflammatory bowel disease (IBD) and you have recovered from a flare, it is rewarding to be able to return to eating your favourite foods. When your symptoms have settled and you're feeling better, it is also a great time to try something new.

Our chef and team of registered dietitians want to inspire you to do just that. The recipes you'll find in this series are for comforting foods that include a wide variety of nutrients. The focus of this edition is on *optimizing digestion during remission*. Our recipes incorporate plenty of fibre, probiotics, and prebiotics. They also encourage the use of plant-based proteins and foods with anti-inflammatory properties.

Eating a variety of these types of foods, focusing on ingredients that are not processed (or that are minimally processed), and preparing food in the comfort of your home can help to improve both your overall health and your digestion.

Healthy changes to your diet do not have to be made overnight. And it is not necessary to say goodbye to your favourite recipes. In some cases, you may want to consider swapping a few ingredients in your recipes.

Everyone's experience with IBD is unique and we encourage you to work with a registered dietitian to optimize your nutrition and to help you with any challenges you are facing with your diet. You will find substitutions for various ingredients throughout the book and we invite you to explore what works best for you.

HAPPY COOKING!

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Protein

Protein has many functions in the human body, including playing a major role in digestion and the immune system, and acting as key building blocks to build muscle.

There are two main types of protein: protein from plant sources (legumes, soy, nuts, and seeds) and from animal sources (meat, poultry, fish, eggs, and dairy products).

These two types of protein can have different effects on our bodies and our health.

Plant-based protein sources typically contain more fibre and less fat than animal-based protein sources. Diets high in plant-based protein have been shown to help lower the risk of heart disease and cancer.



Plant-based protein also contributes to healthy digestion by having a positive impact on our healthy bacteria in our digestive tract, as well as reducing inflammation, which can be of benefit in inflammatory bowel disease. Here are some ideas to include more plant-based protein in your diet:

- Add a can of rinsed legumes (such as beans, lentils, or chickpeas) to your salad.
- Replace half of a meat portion in a recipe with a plant-based protein, like we did with the meatball recipe in this book.
- Make one day a week meatless and explore a new plant-based recipe every week. Start with a recipe in IBD Kitchen!
- Include plant-based protein in your daily snack by using nuts or hummus or by making your own energy balls, like the recipe you'll see in this cookbook.

RED PEPPER BEAN SOUP

This fibre-rich soup makes us discover and appreciate legumes even more.

INGREDIENTS

- 2 tbsp olive oil
 - ½ cup yellow onion, diced
 - 1 pint (255g) cherry tomatoes, halved
 - 3 garlic cloves, crushed
 - 2 jars (500ml each) roasted red peppers, drained, chopped
 - 1 cup whole milk kefir ¹
 - 1 can (400ml) full fat coconut milk
 - 1 ½ tsp smoked paprika
 - ½ tsp ground cumin
 - ⅓ tsp chili flakes ²
 - 3 cups chicken bone broth ³
 - 2 cans (398ml each) white beans ⁴
 - Salt and pepper, as needed
 - ¼ cup cilantro, chopped, for garnish
- Sourdough bread for serving

PREPARATION

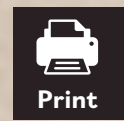
- Heat olive oil over medium heat and sauté onions until translucent (around 3 minutes).
Add tomatoes and cook for another 5 minutes. Add the garlic and roasted red peppers (keep small quantity for garnish) and continue cooking for another 3 minutes; season with salt and pepper.
- Add kefir, coconut milk, paprika, cumin, chili flakes and broth. Bring to a boil, cover, and reduce heat to medium-low and let the soup simmer for 10 minutes.
- Remove 1 cup of broth from the soup and purée in a blender with one can of beans ⁵. Stir bean mixture back into the soup. Add the second can of beans to the soup to warm through. Season with salt and pepper.
- Garnish each serving of soup with sliced red pepper and chopped cilantro. Serve with crusty sourdough bread.

- ¹ or ½ cup sour cream
- ² optional
- ³ or low-sodium chicken, vegetable stock
- ⁴ look for no-salt added beans, Great Northern, cannellini, navy
- ⁵ or use immersion blender



NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Cal: 364 / Protein (g): 16 / Fat (g): 21 / Carb (g): 38 / Fibre (g): 11 / Ca (mg): 223 / Fe (mg): 6 / Sodium (mg): 807

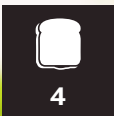




15 min.



10 min.



4

MISO AND MAPLE TOFU SANDWICH

A fresh take on a warm sandwich with a healthy kick of plant-based protein.

INGREDIENTS

1 package firm tofu (350g)

1 tbsp canola oil

Miso Maple Marinade

1 tbsp miso paste

1 garlic clove, grated

¼ tsp turmeric

1 tbsp fresh ginger, grated

⅛ tsp red chili flakes ¹

2 tbsp apple cider vinegar ²

3 tbsp maple syrup

1 tbsp water

2 tsp cornstarch

Assembly

¼ cup mayonnaise

4 slices Gouda ³

1 cup roasted red peppers, drained

8 slices sourdough bread

1 cup green cabbage, shredded ⁴

PREPARATION

- Whisk all marinade ingredients together in a bowl.
- Slice tofu to desired thickness (e.g., 1 cm-thick rectangles). Gently press a clean kitchen or paper towel on the tofu slices to draw out excess water. Add the tofu to the bowl with the marinade, cover with plastic wrap and refrigerate for 1 hour to overnight.
- Heat oil in a skillet over medium-low heat. Fry the tofu, about 3 minutes each side, or until crisp. Once all the tofu is cooked, set aside and clean the pan to toast the bread.
- Per sandwich: Spread mayonnaise on two slices of bread. Heat ½ tsp of olive oil in a skillet over medium-low heat and place unsauced part of bread in the skillet to toast. Top one side of bread with cheese and red pepper, and the other side with cabbage and tofu. Cover the skillet with a lid to warm for 3 minutes. Uncover, press the sandwich together and cover again to allow flavours to come together and cheese to melt; about 5 minutes, flipping halfway. Remove sandwich from pan, slice in half, and enjoy!

- ¹ optional
- ² or rice vinegar
- ³ or swiss
- ⁴ or coleslaw mix



NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Cal: 396 / Protein (g): 18 / Fat (g): 15 / Carb (g): 48 / Fibre (g): 3 / Ca (mg): 220 / Fe (mg): 4 / Sodium (mg): 935



Anti-inflammatory nutrition



Food can play a key role in helping to reduce or promote inflammation in the body. While short-term inflammation is a natural and protective function of the body's immune system, chronic inflammation can lead to increased damage and decreased health over time. There are a wide variety of foods to choose from that have anti-inflammatory properties.

Anti-inflammatory foods include whole plant-based foods, healthy fats, spices, herbs, and foods with a low glycemic index, like oats, many vegetables and fruits, extra-virgin olive oil, nuts, seeds, turmeric, ginger, green tea, and healthy plant-based proteins such as organic tofu, hummus, and lentils.

Pro-inflammatory foods, on the other hand, include refined sugars found in ultra-processed foods, such as store-bought sweetened cereals, muffins, candies, bars, and cakes. This includes high fructose corn syrup, which is sometimes labelled as glucose-fructose in Canada. Unhealthy fats, such as trans fat and corn oil, as well as processed food chemicals and additives (e.g., polysorbate 80, carrageenan, artificial sweeteners), are also considered to be pro-inflammatory. This does not mean that you can never eat these foods, of course, but opting for natural and unprocessed foods most often is best. Focus on choosing and enjoying anti-inflammatory foods more often, like the recipes in this cookbook!

CARIBBEAN MEATBALL STEW

A flavourful and fun stew, packed with anti-inflammatory foods such as green cabbage and spices.



INGREDIENTS

Meatballs

- 2 tbsp olive oil
- 3 cups (227g) mushrooms, diced
- ½ cup almond flour ¹
- ¼ cup milk ²
- ¼ tsp black pepper
- 1 tsp salt
- 400g medium fat ground pork

Stew

- 2 tbsp olive oil
- 4 cloves garlic, minced
- 2 tbsp fresh ginger, grated
- ½ cup onion, chopped
- ¾ cup carrots, chopped
- 1 cup red bell pepper, chopped
- 2 cups green cabbage, chopped
- 2 cups water
- ¼ cup pineapple juice ³
- Green onions, thinly sliced for garnish

Cooked rice for serving

NUTRITION FACTS

(PER SERVING: ⅓ OF RECIPE)

Cal: 309 / Protein (g): 15 / Fat (g): 24 / Carb (g): 15 /
Fibre (g): 2 / Ca (mg): 59 / Fe (mg): 1 / Sodium (mg): 1116

Spices

- ½ tsp ground allspice
- 1 tsp dried thyme ⁴
- 1 tbsp Worcestershire sauce ⁵
- ¼ tsp ground black pepper
- 1 ½ tsp salt + more for seasoning
- ⅓ tsp chili pepper flakes ⁶
- 1 bay leaf

PREPARATION

1. Preheat the oven to 375°F.
2. In a large pot, heat oil over medium. Sauté the mushrooms for 10 minutes until they have given up their moisture. Season with salt and pepper. Transfer the mushrooms to a plate lined with kitchen towel to absorb remaining moisture.
3. In a large bowl, mix almond flour, milk, salt, and pepper to hydrate the crumbs. Add the ground pork and cooled mushrooms and mix all ingredients together with a fork. Divide the meat into 8 portions and form 8 meatballs.
4. Place meatballs on a baking sheet lined with parchment paper and bake them for 20 minutes.
5. Heat olive oil in the pot over medium heat. Add garlic, ginger, and onion and cook for about 6 minutes until onions are translucent. Add the carrots, bell pepper, cabbage, water, and pineapple juice and all the spices. Stir and bring to a boil.
6. Place cooked meatballs on top of the vegetables and reduce heat. Cover and let simmer on low for 25 minutes, gently stirring halfway, until the vegetables are tender. Garnish with green onions and serve over cooked rice.

- ¹ or breadcrumbs
- ² or water
- ³ or apple, orange juice
- ⁴ or ½ tbsp fresh
- ⁵ or soy sauce
- ⁶ optional



Print



5 min.



10 min.



16

NUTTY BROWNIE ENERGY BALLS

A quick, chocolatey snack with plant-based protein and anti-inflammatory properties.

INGREDIENTS

1 cup dates, pitted

1 tbsp nut butter ¹

½ cup walnuts

2 tbsp cocoa powder

⅛ tsp cinnamon

¼ tsp salt

½ tbsp water,
as needed

1 cup hemp heart
seeds ²

PREPARATION

1. Place dates, nut butter, walnuts, cocoa powder, cinnamon and salt into a food processor and pulse into a semi-coarse mixture. If the mixture feels too dry and crumbly, add water and continue to pulse until it forms a slightly sticky texture.

2. Form mixture into 1-inch balls, then roll each ball in hemp seeds. Place energy bites on a plate and refrigerate for about 10 minutes to allow flavours to blend or serve immediately. Store in the refrigerator.

¹ almond, peanut, soy, sunflower
² or shredded unsweetened coconut



NUTRITION FACTS (PER SERVING: 1 BALL)

Cal: 114 / Protein (g): 5 / Fat (g): 7 / Carb (g): 9 / Fibre (g): 2 / Ca (mg): 16 / Fe (mg): 2 / Sodium (mg): 38



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Probiotics

A probiotic is a product containing live microorganisms which confer a health benefit when administered in adequate amounts. However, many people use the term probiotic when referring to any beneficial bacteria. Probiotics are live microorganisms that are good for our digestion, immune system, and overall health. We all have a variety of bacteria and other microbes living in our digestive tracts that make up our own personal microbiota, or gut flora.

The full effects of probiotics and the impact of our microbiota is the topic of much ongoing research. In terms of digestion, probiotics increase our healthy bacteria and help to fight off more harmful bacteria that can cause inflammation and unwelcome digestive symptoms, like gas, bloating, diarrhea, or constipation.

Foods containing good bacteria, such as yogurt, kefir, miso paste, sourdough bread, and labneh, can be found in this cookbook. Not all these foods will automatically be considered a probiotic, as the bacterial content may not be high enough. These foods still provide health benefits, variety and a



unique and delicious flavour. When choosing a yogurt, look for live and active cultures of probiotics listed as an ingredient on the label, such as bifidobacteria or lactobacillus.

While eating foods with probiotics is helpful for everyone, some people may also benefit from higher doses of probiotics in supplements, but not everyone requires these. It is important to match the type of probiotic that is supported in the research to the condition or symptom that you are trying to improve. Probiotic supplements are not broadly recommended in IBD and can be contraindicated for use with some medications or when people have a compromised immune system. We recommend that you discuss taking any probiotic supplements with your doctor or dietitian before taking any.



10 min.



20 min.



4



MISO ALMOND STIR FRY

This easy and delicious recipe is a great source of probiotics.

INGREDIENTS

Miso Almond Sauce

2 tbsp white miso paste

3 tbsp almond butter

2 garlic cloves, crushed

1 tbsp ginger, crushed

1 tsp soy sauce ¹

1 tsp sesame oil

1/3 cup water

Stir Fry

500g protein of choice ²

3 tbsp canola oil

1/2 cup yellow onion, chopped

1 1/2 cups broccoli, florets

1/2 cup carrots, thinly sliced

1 cup red bell pepper, chopped

1 cup button mushrooms, chopped

1/3 cup water

1-2 green onions, thinly sliced, for garnish

Salt and pepper to taste

Rice noodles for serving

PREPARATION:

- To prepare the sauce, whisk together miso, almond butter, garlic, ginger, and soy sauce until well combined. Whisk in sesame oil and water. Set aside.
- In a bowl, coat the sliced protein with 1 tablespoon of canola oil and season with salt and pepper. Heat 1 tablespoon oil in a deep pan over medium-high and fry the slices until browned and slightly crisp, about 3-5 minutes per side. Transfer to a plate and set aside.
- Add 1 tablespoon oil to the same pan and sauté onions for 3 minutes or until translucent. Add broccoli and carrots and stir fry for 5 minutes. Add red peppers and mushrooms and continue frying until mushrooms have wilted, about 3 minutes. Check to make sure that all vegetables are fork tender.
- Stir the sauce into the pan, followed by 1/3 cup of water. Continue stirring, about 3 minutes, until the sauce has slightly reduced. Add cooked protein to the vegetables and continue cooking for a couple of minutes until sauce has thickened. Garnish with green onions and serve with rice noodles.

- ¹ or tamari
- ² sliced chicken breast, lean beef strips, tofu, sliced pork loin, or shrimp

NUTRITION FACTS (PER SERVING: 1/4 OF RECIPE)

Cal: 312 / Protein (g): 34 / Fat (g): 23 / Carb (g): 14 / Fibre (g): 6 / Ca (mg): 84 Fe (mg): 4 / Sodium (mg): 751



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Prebiotics



Prebiotics are plant fibres in certain foods that provide food or fuel for the healthy bacteria in our lower digestive tracts. They are indigestible, which allows them to pass through to the lower digestive tract still intact and be used there as fuel for the good bacteria. This allows the healthy bacteria to produce nutrients that improve digestion and overall health.

Although most prebiotics are fibre, not all fibres are prebiotics. You can get lots of prebiotics in your diet by choosing a wide variety of whole foods. You'll see examples in this cookbook of foods containing natural prebiotics, like oats, bananas, garlic, onions, tomatoes, cocoa, legumes, and leeks. It is best to get prebiotics from whole food sources, as compared to nutritional supplements, because they offer a wide variety of additional healthy nutrients.



5 min.



40 min.



6



CREAMY TOMATO TUNA PASTA

A simple and heartwarming dish with a healthy dose of natural prebiotics.

INGREDIENTS

- 2 tbsp olive oil
- ¾ cup leeks, white part only, sliced ¹
- 2 garlic cloves, minced
- 1 pint (255g) cherry tomatoes, halved ²
- 4 cups low sodium vegetable stock ³, room temperature
- 3 cups (dry) bowtie pasta ⁴
- 2 tbsp capers, chopped
- ¼ cup parsley, chopped
- ½ cup labneh ⁵
- ¼ cup parmesan, grated
- 2 cans (165g each) tuna in water, drained and flaked
- 1 lemon, zested
- Salt and pepper to taste

PREPARATION

1. Heat olive oil in a deep frying pan over medium-low heat. Add leeks and sauté until translucent, about 8 minutes. Add garlic and tomatoes and continue stirring for about 5 minutes until the tomatoes are caramelized. Season with salt and pepper.
2. Add 2 cups of stock and the dried pasta; partially cover the pan. Bring to a boil, then reduce to a low simmer and cook uncovered for 15 minutes, or until the pasta is cooked al dente. Stir in the remaining 2 cups of stock, capers, and parsley and continue cooking for about 10 minutes.
3. Once most of the liquid has been absorbed, create a creamy sauce by gently folding in the labneh and parmesan. Add the tuna flakes and lemon zest. Season with salt and pepper.
4. Cover for a few minutes allowing pasta to cook through. Garnish with more parmesan and enjoy!

- ¹ or chopped whole green onions
- ² or use 1 cup diced tomatoes, drained
- ³ or chicken stock
- ⁴ or penne, rigatoni, rotini
- ⁵ or full fat Greek yogurt

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Cal: 356 / Protein (g): 24 / Fat (g): 9 / Carb (g): 48 / Fibre (g): 3 / Ca (mg): 105 / Fe (mg): 3 / Sodium (mg): 393



Print



3 min.



1

PEACHES AND CREAM OVERNIGHT OATS

A comforting breakfast or snack option rich in soluble fibre and prebiotics.

INGREDIENTS

Oatmeal base

$\frac{1}{3}$ cup rolled oats ¹

1 tsp chia seeds

$\frac{3}{4}$ cup milk ²

Topping

2 tbsp Greek yogurt

$\frac{1}{2}$ cup peaches, sliced

1 tsp coconut oil ³

1 tsp honey

PREPARATION

1. In a jar, combine oats, chia seeds and milk. Cover and refrigerate for at least 2 hours or overnight.
2. Heat in the microwave or serve cold.
3. Sauté peaches in coconut oil.
4. Top prepared oats with yogurt, peaches, and honey.

¹ or 1 minute oats
² or plant-based beverage of choice
³ or unsalted butter

NUTRITION FACTS (PER SERVING: 1 CONTAINER)

Cal: 328 / Protein (g): 16 / Fat (g): 11 / Carb (g): 48 / Fibre (g): 6 / Ca (mg): 368 / Fe (mg): 2 / Sodium (mg): 104



Print



ALMOND JOY OVERNIGHT OATS

INGREDIENTS

Oatmeal base

- 1/3 cup rolled oats ¹
- 1 tsp chia seeds
- 3/4 cup milk ²

Topping

- 1 tbsp sliced almonds
- 1 tbsp shredded cocnut
- 1 tsp cocoa powder
- 1 tbsp maple syrup

PREPARATION

- In a jar, combine oats, chia seeds, and milk. Cover and refrigerate for at least 2 hours or overnight.
- Heat in the microwave or serve cold.
- Add the topping.

- ¹ or 1 minute oats
- ² or plant-based beverage of choice

NUTRITION FACTS (1 SERVING)

Cal: 339 / Protein (g): 14 / Fat (g): 11 / Carb (g): 52 / Fibre (g): 6 / Ca (mg): 297 / Fe (mg): 2 / Sodium (mg): 127



DOUBLE CHOCOLATE OVERNIGHT OATS

INGREDIENTS

Oatmeal base

- 1/3 cup rolled oats ¹
- 1 tsp chia seeds
- 3/4 cup milk ²

Topping

- 1/2 tsp ground cinnamon
- 1/4 cup mashed banana
- 1 tsp cocoa powder
- 1 tbsp chocolate chips

PREPARATION

- In a jar, combine oats, chia seeds, and milk. Cover and refrigerate for at least 2 hours or overnight.
- Heat in the microwave or serve cold.
- Add the topping.

- ¹ or 1 minute oats
- ² or plant-based beverage of choice

NUTRITION FACTS (1 SERVING)

Cal: 474 / Protein (g): 15 / Fat (g): 18 / Carb (g): 75 / Fibre (g): 8 / Ca (mg): 297 / Fe (mg): 4 / Sodium (mg): 94



NUT BUTTER AND JELLY OVERNIGHT OATS

INGREDIENTS

Oatmeal base

- 1/3 cup rolled oats ¹
- 1 tsp chia seeds
- 3/4 cup milk ²

Topping

- 1/2 tsp ground cinnamon
- 1/4 cup mashed banana
- 1 tbsp jelly or jam
- 1 tbsp nut butter of choice
- 1 tbsp chopped almonds

PREPARATION

- In a jar, combine oats, chia seeds, and milk. Cover and refrigerate for at least 2 hours or overnight.
- Heat in the microwave or serve cold.
- Add the topping.

- ¹ or 1 minute oats
- ² or plant-based beverage of choice

NUTRITION FACTS (1 SERVING)

Cal: 449 / Protein (g): 18 / Fat (g): 16 / Carb (g): 65 / Fibre (g): 7 / Ca (mg): 306 / Fe (mg): 3 / Sodium (mg): 97



IBD Overnight Oats Guide



1

Prepare **oatmeal base**: choose your preferred type of oats and milk or plant-based beverage. Chia seeds are a great source of many nutrients including fibre and omega-3 fatty acids, and serve to help “set” the overnight oats.

COMBINE

⅓ cup oats
1 tsp chia seeds
¾ cup milk

In a jar, stir, and close with a lid. Refrigerate for 2 hours or overnight.



2

Choose a **topping** to add some extra protein to your oatmeal:

- Greek yogurt or labneh
- Whey protein
- Cottage cheese

3

Add some **healthy fats** and additional flavour and/or crunch:

- Hemp heart seeds
- Pumpkin seeds
- Sunflower seeds
- Flax seeds
- Dried shredded coconut
- Chopped nuts (almonds, pecans, cashews, walnuts, pistachios)
- Nut butter (almond butter, peanut, soy, sunflower, etc.)

4

Add a touch of **sweetness** for taste:

- Maple syrup
- Honey
- Brown sugar
- Chocolate chips or cacao nibs
- Jam or jelly
- Lightly sweetened granola



5

Add some **fruit or vegetable** to enjoy and increase fibre content:

- Fresh berries (raspberries, blueberries, strawberries, blackberries, etc.)
- Diced or grated apples, pears, peaches, carrots, bananas, kiwi
- Dried fruit (raisins, cranberries, dried mango, apricots, pineapple, apples, figs, dates)
- Pumpkin or sweet potato puree



6

Add additional **spices** or flavourings as desired to complete your oatmeal:

- Ground spices (cinnamon, nutmeg, ginger, cardamon)
- Extracts (vanillas, almond, butter)
- Cocoa powder

Meet our team!

Jessica Grenier, RD

Registered Dietitian, University of Montreal Health Centre (CHUM), Montreal, Quebec

Jessica has a degree from Laval University, Quebec, from where she graduated in 2009, and is passionate about nutrition and health. She has been working in two university medical centres in Quebec City and Montreal. She is now part of a multidisciplinary team at the specialized clinic for inflammatory bowel disease at the University of Montreal Health Centre (CHUM). She is dedicated to her patients and enjoys working with them to improve their gastrointestinal symptoms and support them throughout treatment. She loves to work on a variety of projects and is happy to be part of *IBD Kitchen!*

Ashley Manuel, RD

Registered Dietitian, Nova Scotia Health, Truro, Nova Scotia

Ashley has been an Inpatient Clinical Dietitian with Nova Scotia Health for 12 years. She is passionate about clinical nutrition, particularly optimizing nutrition support in critical care, GI and surgical patients. Ashley has a special interest in IBD and works closely with these patients in hospital. She believes the key is to empower people to improve their nutritional status while also managing symptoms, by identifying well tolerated foods that are palatable, visually appealing and nutrient dense to best meet their needs. Ashley is excited to have this new resource available for her patients and get to bring together her clinical skills and love for cooking healthy, delicious foods!

Sheridan O'Day

Chef, recipe developer, Montreal, Quebec

Sheridan is a boundless food connoisseur and believes you should never sacrifice delicious flavour for healthy food. A graduate of Johnson & Wales University from Providence, Rhode Island, Sheridan has been leveraging her education in culinary arts and nutrition to develop tasty recipes, creative menus, and innovative retail food products. Having worked in various areas of the food industry this project was personal for Sheridan as she's witnessed several family members struggle with the effects of IBD. She hopes that by providing her chef's point of view to achieving remission, patients will gain a new love for cooking and the food that fuels them!

Anne-Marie Stelluti, RD

Registered Dietitian, Vancouver, British Columbia

Anne-Marie is passionate about helping people solve their digestive issues and optimize their gut health through natural and practical food and lifestyle strategies. As a graduate from McGill University, she has twelve years of experience working in the hospital and clinical setting, and three years working in her private practice focusing on digestive health disorders including IBD, IBS, GERD, and celiac disease.

For further information, check out these links:

Inflammatory Bowel Disease: www.badgut.org/inflammatory-bowel-disease

Nutrition for IBD Video: www.badgut.org/ibd-nutrition-video

Probiotics and Prebiotics: www.badgut.org/prebiotics-probiotics

Dietary Fibre: www.badgut.org/dietary-fibre

Anti-Inflammatory Nutrition: www.badgut.org/anti-inflammatory-nutrition



Red Pepper Bean Soup

This fibre-rich soup makes us discover and appreciate legumes even more.

INGREDIENTS

2 tbsp olive oil

½ cup yellow onion, diced

1 pint (255g) cherry tomatoes,
halved

3 garlic cloves, crushed

2 jars (500ml each) roasted red
peppers, drained, chopped

1 cup whole milk kefir

1 can (400ml) full fat coconut milk

1 ½ tsp smoked paprika

½ tsp ground cumin

⅛ tsp chili flakes

3 cups chicken bone broth

2 cans (398ml each) white beans

Salt and pepper, as needed

¼ cup cilantro,
chopped, for garnish

Sourdough bread for serving

PREPARATION

1. Heat olive oil over medium heat and sauté onions until translucent (around 3 minutes). Add tomatoes and cook for another 5 minutes. Add the garlic and roasted red peppers (keep small quantity for garnish) and continue cooking for another 3 minutes; season with salt and pepper.
2. Add kefir, coconut milk, paprika, cumin, chili flakes and broth. Bring to a boil, cover, and reduce heat to medium-low and let the soup simmer for 10 minutes.
3. Remove 1 cup of broth from the soup and purée in a blender with one can of beans. Stir bean mixture back into the soup. Add the second can of beans to the soup to warm through. Season with salt and pepper.
4. Garnish each serving of soup with sliced red pepper and chopped cilantro. Serve with crusty sourdough bread.

NUTRITION FACTS (PER SERVING: ⅓ OF RECIPE)

Cal: 364 / Protein (g): 16 / Fat (g): 21 / Carb (g): 38 / Fibre (g): 11 / Ca (mg): 223 / Fe (mg): 6 / Sodium (mg): 807

Miso and Maple Tofu Sandwich

A fresh take on a warm sandwich with a healthy kick of plant-based protein.

INGREDIENTS

1 package firm tofu (350g)

1 tbsp canola oil

Miso Maple Marinade

1 tbsp miso paste

1 garlic clove, grated

¼ tsp turmeric

1 tbsp fresh ginger, grated

⅛ tsp red chili flakes

2 tbsp apple cider vinegar

3 tbsp maple syrup

1 tbsp water

2 tsp cornstarch

Assembly

¼ cup mayonnaise

4 slices Gouda

1 cup roasted red peppers, drained

8 slices sourdough bread

1 cup green cabbage, shredded

PREPARATION

1. Whisk all marinade ingredients together in a bowl.
2. Slice tofu to desired thickness (e.g., 1 cm-thick rectangles). Gently press a clean kitchen or paper towel on the tofu slices to draw out excess water. Add the tofu to the bowl with the marinade, cover with plastic wrap and refrigerate for 1 hour to overnight.
3. Heat oil in a skillet over medium-low heat. Fry the tofu, about 3 minutes each side, or until crisp. Once all the tofu is cooked, set aside and clean the pan to toast the bread.
4. Per sandwich: Spread mayonnaise on two slices of bread. Heat ½ tsp of olive oil in a skillet over medium-low heat and place unsauced part of bread in the skillet to toast. Top one side of bread with cheese and red pepper, and the other side with cabbage and tofu. Cover the skillet with a lid to warm for 3 minutes. Uncover, press the sandwich together and cover again to allow flavours to come together and cheese to melt; about 5 minutes, flipping halfway. Remove sandwich from pan, slice in half, and enjoy!

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Cal: 396 / Protein (g): 18 / Fat (g): 15 / Carb (g): 48 / Fibre (g): 3 / Ca (mg): 220 / Fe (mg): 4 / Sodium (mg): 935

Caribbean Meatball Stew

A flavourful and fun stew, packed with anti-inflammatory foods such as green cabbage and spices.

INGREDIENTS

Meatballs

- 2 tbsp olive oil
- 3 cups (227g) mushrooms, diced
- ½ cup almond flour
- ¼ cup milk
- ¼ tsp black pepper
- 1 tsp salt
- 400g medium fat ground pork

Stew

- 2 tbsp olive oil
- 4 cloves garlic, minced
- 2 tbsp fresh ginger, grated
- ½ cup onion, chopped
- ¾ cup carrots, chopped
- 1 cup red bell pepper, chopped
- 2 cups green cabbage, chopped
- 2 cups water
- ¼ cup pineapple juice
- Green onions, thinly sliced for garnish

Cooked rice for serving

Spices

- ½ tsp ground allspice
- 1 tsp dried thyme
- 1 tbsp Worcestershire sauce
- ¼ tsp ground black pepper
- 1 ½ tsp salt + more for seasoning
- ⅛ tsp chili pepper flakes
- 1 bay leaf

NUTRITION FACTS (PER SERVING: ⅓ OF RECIPE)

Cal: 309 / Protein (g): 15 / Fat (g): 24 / Carb (g): 15 / Fibre (g): 2 / Ca (mg): 59 / Fe (mg): 1 / Sodium (mg): 1116

PREPARATION

1. Preheat the oven to 375°F.
2. In a large pot, heat oil over medium. Sauté the mushrooms for 10 minutes until they have given up their moisture. Season with salt and pepper. Transfer the mushrooms to a plate lined with kitchen towel to absorb remaining moisture.
3. In a large bowl, mix almond flour, milk, salt, and pepper to hydrate the crumbs. Add the ground pork and cooled mushrooms and mix all ingredients together with a fork. Divide the meat into 8 portions and form 8 meatballs.
4. Place meatballs on a baking sheet lined with parchment paper and bake them for 20 minutes.
5. Heat olive oil in the pot over medium heat. Add garlic, ginger, and onion and cook for about 6 minutes until onions are translucent. Add the carrots, bell pepper, cabbage, water, and pineapple juice and all the spices. Stir and bring to a boil.
6. Place cooked meatballs on top of the vegetables and reduce heat. Cover and let simmer on low for 25 minutes, gently stirring halfway, until the vegetables are tender. Garnish with green onions and serve over cooked rice.

Nutty Brownie Energy Balls

A quick, chocolatey snack with plant-based protein and anti-inflammatory properties.

INGREDIENTS

- 1 cup dates, pitted
- 1 tbsp nut butter
- ½ cup walnuts
- 2 tbsp cocoa powder
- ⅛ tsp cinnamon
- ¼ tsp salt
- ½ tbsp water, as needed
- 1 cup hemp heart seeds

PREPARATION

1. Place dates, nut butter, walnuts, cocoa powder, cinnamon and salt into a food processor and pulse into a semi-coarse mixture. If the mixture feels too dry and crumbly, add water and continue to pulse until it forms a slightly sticky texture.
2. Form mixture into 1-inch balls, then roll each ball in hemp seeds. Place energy bites on a plate and refrigerate for about 10 minutes to allow flavours to blend or serve immediately. Store in the refrigerator.

NUTRITION FACTS (PER SERVING: 1 BALL)

Cal: 114 / Protein (g): 5 / Fat (g): 7 / Carb (g): 9 / Fibre (g): 2 / Ca (mg): 16 / Fe (mg): 2 / Sodium (mg): 38

Miso Almond Stir Fry

This easy and delicious recipe is a great source of probiotics.

INGREDIENTS

Miso Almond Sauce

2 tbsp white miso paste

3 tbsp almond butter

2 garlic cloves, crushed

1 tbsp ginger, crushed

1 tsp soy sauce

1 tsp sesame oil

1/3 cup water

Stir Fry

500g protein of choice

3 tbsp canola oil

1/2 cup yellow onion, chopped

1 1/2 cups broccoli, florets

1/2 cup carrots, thinly sliced

1 cup red bell pepper, chopped

1 cup button mushrooms, chopped

1/3 cup water

1-2 green onions,
thinly sliced, for garnish

Salt and pepper to taste

Rice noodles for serving

PREPARATION

1. To prepare the sauce, whisk together miso, almond butter, garlic, ginger, and soy sauce until well combined. Whisk in sesame oil and water. Set aside.
2. In a bowl, coat the sliced protein with 1 tablespoon of canola oil and season with salt and pepper. Heat 1 tablespoon oil in a deep pan over medium-high and fry the slices until browned and slightly crisp, about 3-5 minutes per side. Transfer to a plate and set aside.
3. Add 1 tablespoon oil to the same pan and sauté onions for 3 minutes or until translucent. Add broccoli and carrots and stir fry for 5 minutes. Add red peppers and mushrooms and continue frying until mushrooms have wilted, about 3 minutes. Check to make sure that all vegetables are fork tender.
4. Stir the sauce into the pan, followed by 1/3 cup of water. Continue stirring, about 3 minutes, until the sauce has slightly reduced. Add cooked protein to the vegetables and continue cooking for a couple of minutes until sauce has thickened. Garnish with green onions and serve with rice noodles.

NUTRITION FACTS (PER SERVING: 1/4 OF RECIPE)

Cal: 312 / Protein (g): 34 / Fat (g): 23 / Carb (g): 14 / Fibre (g): 6 / Ca (mg): 84 Fe (mg): 4 / Sodium (mg): 751

Creamy Tomato Tuna Pasta

A simple and heartwarming dish with a healthy dose of natural prebiotics.

INGREDIENTS

2 tbsp olive oil
¾ cup leeks, white part only, sliced
2 garlic cloves, minced
1 pint (255g) cherry tomatoes, halved
4 cups low sodium vegetable stock, room temperature
3 cups (dry) bowtie pasta
2 tbsp capers, chopped
¼ cup parsley, chopped
⅓ cup labneh
¼ cup parmesan, grated
2 cans (165g each) tuna in water, drained and flaked
1 lemon, zested
Salt and pepper to taste

PREPARATION

1. Heat olive oil in a deep frying pan over medium-low heat. Add leeks and sauté until translucent, about 8 minutes. Add garlic and tomatoes and continue stirring for about 5 minutes until the tomatoes are caramelized. Season with salt and pepper.
2. Add 2 cups of stock and the dried pasta; partially cover the pan. Bring to a boil, then reduce to a low simmer and cook uncovered for 15 minutes, or until the pasta is cooked al dente. Stir in the remaining 2 cups of stock, capers, and parsley and continue cooking for about 10 minutes.
3. Once most of the liquid has been absorbed, create a creamy sauce by gently folding in the labneh and parmesan. Add the tuna flakes and lemon zest. Season with salt and pepper.
4. Cover for a few minutes allowing pasta to cook through. Garnish with more parmesan and enjoy!

NUTRITION FACTS (PER SERVING: ⅓ OF RECIPE)

Cal: 356 / Protein (g): 24 / Fat (g): 9 / Carb (g): 48 / Fibre (g): 3 / Ca (mg): 105 / Fe (mg): 3 / Sodium (mg): 393

Peaches and Cream Overnight Oats

A comforting breakfast or snack option rich in soluble fibre and prebiotics.

INGREDIENTS

Oatmeal base

1/3 cup rolled oats

1 tsp chia seeds

3/4 cup milk

Topping

2 tbsp Greek yogurt

1/2 cup peaches, sliced

1 tsp coconut oil

1 tsp honey

PREPARATION

1. In a jar, combine oats, chia seeds and milk. Cover and refrigerate for at least 2 hours or overnight.
2. Heat in the microwave or serve cold.
3. Sauté peaches in coconut oil.
4. Top prepared oats with yogurt, peaches, and honey.

NUTRITION FACTS (PER SERVING: 1 CONTAINER)

Cal: 328 / Protein (g): 16 / Fat (g): 11 / Carb (g): 48 / Fibre (g): 6 / Ca (mg): 368 / Fe (mg): 2 / Sodium (mg): 104

Almond Joy Overnight Oats

INGREDIENTS

Oatmeal base

1/3 cup rolled oats

1 tsp chia seeds

3/4 cup milk

Topping

1 tbsp sliced almonds

1 tbsp shredded coconut

1 tsp cocoa powder

1 tbsp maple syrup

PREPARATION

1. In a jar, combine oats, chia seeds, and milk. Cover and refrigerate for at least 2 hours or overnight.
2. Heat in the microwave or serve cold.
3. Add the topping.

NUTRITION FACTS (1 SERVING)

Cal: 339 / Protein (g): 14 / Fat (g): 11 / Carb (g): 52 / Fibre (g): 6 / Ca (mg): 297 / Fe (mg): 2 / Sodium (mg): 127

Double Chocolate Overnight Oats

INGREDIENTS

Oatmeal base

1/3 cup rolled oats

1 tsp chia seeds

3/4 cup milk

Topping

1/2 tsp ground cinnamon

1/4 cup mashed banana

1 tsp cocoa powder

1 tbsp chocolate chips

PREPARATION

1. In a jar, combine oats, chia seeds, and milk. Cover and refrigerate for at least 2 hours or overnight.
2. Heat in the microwave or serve cold.
3. Add the topping.

NUTRITION FACTS (1 SERVING)

Cal: 474 / Protein (g): 15 / Fat (g): 18 / Carb (g): 75 / Fibre (g): 8 / Ca (mg): 297 / Fe (mg): 4 / Sodium (mg): 94

Nut Butter and Jelly Overnight Oats

INGREDIENTS

Oatmeal base

1/3 cup rolled oats

1 tsp chia seeds

3/4 cup milk

Topping

1/2 tsp ground cinnamon

1/4 cup mashed banana

1 tbsp jelly or jam

1 tbsp nut butter of choice

1 tbsp chopped almonds

PREPARATION

1. In a jar, combine oats, chia seeds, and milk. Cover and refrigerate for at least 2 hours or overnight.
2. Heat in the microwave or serve cold.
3. Add the topping.

NUTRITION FACTS (1 SERVING)

Cal: 449 / Protein (g): 18 / Fat (g): 16 / Carb (g): 65 / Fibre (g): 7 / Ca (mg): 306 / Fe (mg): 3 / Sodium (mg): 97