



# 5 Nutritious Recipes to Support Joint Health





# Salmon with Ginger-Garlic Glaze

## Ingredients

- 2 salmon fillets (wild-caught preferred)
- 1 tbsp olive oil
- 1 tbsp grated fresh ginger
- 2 garlic cloves, minced
- 2 tbsp low-sodium tamari or soy sauce
- 1 tsp honey or maple syrup
- ½ tsp black pepper
- Lemon wedges for serving

## Preparation

1. In a small bowl, mix ginger, garlic, tamari, honey, and pepper.
2. Heat olive oil in a skillet over medium heat.
3. Place salmon skin-side down and cook for 3–4 minutes. Flip and brush with the glaze.
4. Cook another 3 minutes or until done. Serve with lemon.

**Health benefits:** Salmon is rich in omega-3 fatty acids, proven to reduce joint stiffness and inflammation.





# Anti-Inflammatory Quinoa & Kale Salad



## Ingredients

- 1 cup cooked quinoa
- 1 cup chopped kale (massaged with a bit of olive oil)
- ½ cup chopped red bell pepper
- ¼ cup chopped red onion
- 1 small avocado, diced
- ¼ cup walnuts (omega-3-rich)
- 1 tbsp chia seeds
- Juice of 1 lemon
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

## Preparation

1. In a large bowl, mix cooked quinoa, kale, red pepper, onion, and avocado.
2. Sprinkle with walnuts and chia seeds.
3. Whisk lemon juice, olive oil, salt, and pepper. Drizzle over the salad and toss.

**Health benefits:** Omega-3s from walnuts and chia seeds fight inflammation. Kale and peppers are rich in antioxidants and vitamin C.

# Mediterranean Chickpea Salad



## Ingredients

- 1 cup chickpeas (cooked or canned, rinsed and drained)
- ½ cucumber, chopped
- ½ cup cherry tomatoes, halved
- 2 Tbsp red onion, finely diced
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- ¼ tsp turmeric or cumin
- Salt & black pepper, to taste
- Fresh parsley or cilantro, chopped (for garnish)

## Preparation

1. In a medium bowl, combine chickpeas, cucumber, tomatoes, and red onion.
2. In a small bowl, whisk together olive oil, lemon juice, and spice (turmeric or cumin).
3. Pour dressing over salad and toss gently until everything is well coated.
4. Season with salt and pepper to taste.
5. Garnish with fresh parsley or cilantro before serving.

**Health benefits:** Chickpeas are an excellent supportive food for an anti-inflammatory diet, especially when paired with ingredients like olive oil, turmeric, leafy greens, or fatty fish.





# Turmeric Lentil Soup

## Ingredients

- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 cup red lentils, rinsed
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 tsp ground turmeric
- ½ tsp ground cumin
- 4 cups low-sodium vegetable broth
- Salt and pepper to taste
- Juice of ½ lemon
- Fresh parsley for garnish

## Preparation

1. Heat olive oil in a pot. Sauté onion and garlic for 2–3 minutes.
2. Add carrot, celery, turmeric, cumin, salt, and pepper. Stir for 1 minute.
3. Add lentils and broth. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Add lemon juice and garnish with parsley before serving.

**Health benefits:** Turmeric contains curcumin, a powerful anti-inflammatory. Lentils are high in fiber and protein, which support joint health.



# Banana Berry Flaxseed Smoothie



## Ingredients

- 1 cup unsweetened almond milk
- ½ cup frozen blueberries
- ½ cup frozen strawberries
- ½ banana
- 1 tbsp ground flaxseed
- 1 tsp turmeric powder
- ½ inch piece fresh ginger or ¼ tsp ground
- Optional: 1 scoop collagen or plant protein powder

## Preparation

Blend all ingredients until smooth. Add more almond milk to reach desired consistency.

**Health benefits:** Berries are high in antioxidants; flaxseed provides omega-3s; turmeric and ginger reduce inflammation.

# Contact

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