



Food As Medicine:

Preparing & Recovering from General Surgery

Recipes by Allison Harrell

Bone Broth Lentil Lemon Soup



Ingredients:

Makes: 6 to 8 servings

- 2 cups green lentils, picked and rinsed
- 1 tablespoons olive oil
- 2 cups finely chopped yellow onion (1 medium onion)
- 1 1/2 cups chopped carrots (2 large carrots)
- 1/4 teaspoon salt
- 4 cloves minced garlic
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon fresh ground black pepper

- 8 cups unsalted or low-sodium chicken bone broth
- 3 heaping cups shredded kale or spinach
- 1 to 2 lemons
- 1/4 cup chopped fresh herbs like parsley or dill, optional
- Fine sea salt, to taste

Protein Booster: Add shredded chicken and/or cooked quinoa and/or dallop of nonfat Greek yogurt on top of each serving

Bone Broth Lentil Lemon Soup



Instructions:

STEP 1:

Heat the oil in a large pot (like a Dutch oven) over medium heat. Add the onions, carrots, and 1/4 teaspoon of salt and cook, stirring occasionally, until they are soft and starting to smell sweet, about 5 to 7 minutes.

STEP 2:

Stir in the garlic, cumin, coriander, black pepper, and turmeric, and cook for 30 seconds.

STEP 3:

Stir in the lentils and broth. Increase the heat to high and bring just to a boil. Taste, then adjust with salt (we add between 1/2 and 1 teaspoon depending on how well-seasoned the broth is).

STEP 4:

Reduce the heat to a simmer and cook, partially covered, until the lentils are tender, 35 to 40 minutes.

STEP 5:

Uncover the pot, stir in the kale or spinach and cook, uncovered, another 5 minutes.

STEP 6:

Take the soup off the heat and stir in the juice of half a lemon and the fresh herbs. Taste the soup and season with additional salt and/or lemon juice.

STEP 7:

Serve or, if you prefer the soup blended, use an immersion blender to blend until you achieve your desired consistency. For even more lemon flavor, serve with a few lemon slices.

Almond Joy Energy Balls



Ingredients:

Makes: 21 energy balls

- 3/4 cups old fashioned rolled oats
- 1/2 cup natural almond butter
- 2 tablespoons honey or maple syrup
- 1 scoop, about 30 grams chocolate protein
- 1 tablespoon unsweetened shredded coconut

Instructions:

STEP 1:

Place oats, almond butter, honey, protein powder and shredded coconut in a large bowl and stir to combine.

STEP 2:

Getting the mixture to combine takes a little arm muscle and it may seem too thick at first, but it will come together as you keep mixing. I used my hands to knead the dough near the end and that seemed to help.

STEP 3:

Once combined, use a 1" scoop to scoop and form the dough into balls.

STEP 4:

Store in a covered container in the fridge or freezer.

High-Protein Chocolate Peanut Butter Strawberry Shake



Ingredients:

Makes: 1 serving

- ½ cup soy milk
 - 1 cup water
 - ½ cup frozen strawberries
 - ¼ cup plain Greek yogurt
 - 1 scoop whey chocolate protein powder (Just Ingredients)
 - 1 tablespoon Powdered Peanut Butter
- Optional: 1 scoop collagen (Ancient Nutrition)

Instructions:

STEP 1:

Place all ingredients in high-speed blender and mix until well blended.