

IBD Kitchen

Recipes and
food ideas for
people with
Inflammatory
Bowel Disease



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Recipes and food
ideas for people
with Inflammatory
Bowel Disease
(PART 1)

For more information and to obtain a digital version of this book, visit crohnsandcolitis.ca.



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We would love to hear from you.

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Welcome to **IBD Kitchen (Part 1)**, a new cookbook series designed to help people with inflammatory bowel disease (IBD) enjoy their meals. The authors carefully considered the ingredients of every recipe and included a variety of nutrient-rich and fresh ingredients.

In short, we want to help you enjoy food!

Who wrote it?

The authors are a team of registered dietitians and a chef who know firsthand how a flare up of IBD can complicate healthy eating, and at times lead to unwanted weight loss and malnutrition. The cookbook was reviewed by scientists who study diet and IBD.

What you will find

The series provides simple and flavourful recipes that almost anyone with IBD can enjoy.

In the first edition of IBD Kitchen, we invite you to try nutrient-dense recipes. They are designed to help meet your nutritional needs when decreased appetite, early satiety, and low energy levels are barriers to eating well. Most recipes can be prepared ahead of time and frozen, which is key if you are short on time or feeling unwell.

Although everyone's experience with IBD is unique, there are some foods that are generally better tolerated by people with IBD during a flare. You will find substitutions for some ingredients throughout the cookbook and tips on how to adjust the recipes to suit your individual needs.

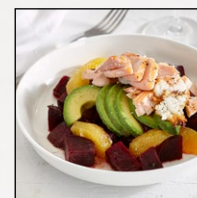
Make sure to check out our smoothie guide for help making delicious drinks that act as great sources of energy and protein.

What you won't find

We have included helpful tips from dietitians and our chef with each recipe. However, we cannot provide individual diet recommendations and encourage you to reach out to your dietitian or health care team for more personalized information to meet your nutritional needs. Our focus is truly on recipes and food ideas and allowing the recipes to be the stars!

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Fat

Fats are an essential part of our diet, and choosing the right types of fats can be beneficial for increasing calories when your appetite is low during a flare of IBD. Avoiding fats is not necessary and often fat free foods contain emulsifiers that can actually be worse for inflammation than the fats themselves.

Good choices for fat intake could include olive oil and avocados since they are excellent sources of monounsaturated fats.

Salmon, sardines, and anchovies are great sources of omega-3 fatty acids, which are known for their anti-inflammatory properties that help decrease inflammation in the body. Ground flaxseed is another great source of omega-3 fatty acids. You can try adding it to smoothies, yogurt, or cereals to boost nutrition!



Aim to limit trans fats and omega-6 rich oils in your diet; these are common in highly processed, fatty or greasy foods and can increase inflammation. Oils high in omega-6 include corn, safflower and sunflower seed oil.

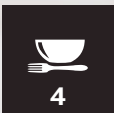
Some saturated fat, particularly from foods that provide other helpful nutrients and calories, is also okay and does not need to be strictly avoided, although moderation is advised.



15 min.



60 min.



4



CITRUSY BEET SALMON SALAD

A salad rich in healthy fats and omega-3.

INGREDIENTS

1 kg red beets ¹

1 tbsp olive oil

480 g salmon filet

¼ tsp ground black pepper

⅛ tsp garlic powder

1 tbsp olive oil

50 g goat cheese,
crumbled

1 avocado, sliced

2 oranges, segmented,
without membrane ²

Marinade/Dressing ³

1 ½ tbsp Dijon mustard

1 ½ tsp maple syrup

3 tbsp orange juice

2 tbsp olive oil

1 ½ tsp red wine vinegar

½ tsp dried parsley

½ tsp salt

Ground black pepper

2 tbsp fresh parsley ⁴

PREPARATION

1. Preheat the oven to 375°F.
2. Slice off the ends of each beet. Place them in a baking dish and season with olive oil, salt, and pepper. Add water to the bottom of the dish. Cover with aluminum foil and roast for about 60 minutes. *Leave space on oven rack for the salmon and the crisps.* You will know the beets are ready when a fork can be easily inserted in the center. Place beets in water with ice cubes to cool. Peel and cut them into large cubes.
3. Line a baking dish with parchment paper. Season both sides of the salmon filet with pepper and garlic powder. Drizzle with olive oil. Bake for 25–30 minutes or until salmon reaches an internal temperature of 140°F. Place salmon in the fridge to cool.
4. Line a small baking dish with parchment paper. Sprinkle small amounts of goat cheese into rounds on the baking sheet, being sure to spread them out. Season with ground pepper, and bake for 10 minutes. Remove from the oven once the outside edges begin to brown. Cool completely.
5. In a medium-sized bowl, mix maple syrup and orange juice. Slowly whisk in olive oil to emulsify, then add vinegar, salt, pepper, and parsley. Add the diced beets to the dressing and let marinate for a few minutes.
6. Remove beets from marinade, assemble the salad and drizzle some of the remaining marinade over it. Season with salt and pepper, serve with the cheese crisps, and enjoy!

¹ or buy them in a jar, already prepared

² or buy them canned

³ you can use this marinade as a dressing because it was used for vegetables

⁴ or 1 tsp dried

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Kcal: 640 / Protein (g): 33 / Fat (g): 41 / CHO (g): 40 / Fibre (g): 11 / Ca (mg): 117 / Fe (mg): 53 / Na (mg): 687



Print

Fibre

Although there are 10 or more subtypes of fibre, insoluble and soluble fibre are the two main types of fibre found in food, and they work differently in our bodies. Most Canadians do not consume enough fibre. In fact, many people with IBD choose not to consume any fibre because of fear it may aggravate symptoms such as loose stool, bloating, abdominal pain and gas.

Diet is a very individual experience, but recent and emerging research is pointing more towards the benefits of fibre for people with IBD.

Insoluble fibre adds bulk to your stool and increases the volume and amount of bowel movements that you may experience. Insoluble fibre is found in the seeds and skins of some fruit and vegetables and in whole grains.

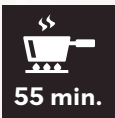


Soluble fibre, in contrast, dissolves in water to form a gel that helps to slow and solidify bowel movements. Soluble fibre comes from the flesh of some fruits and vegetables and legumes. It can also help lower cholesterol and decrease blood sugars if you have diabetes. There is strong evidence that soluble fibre supports the beneficial effects of the gut microbiome.

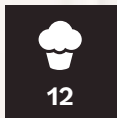
The recipes in this cookbook contain ingredients which are generally well tolerated in a flare. They include sources of soluble fibre, such as applesauce, avocado, banana, cooked beets, cooked carrot, cooked and peeled red bell pepper, hummus, mandarin oranges, mango, oatmeal, and peeled and cooked potato and sweet potato.



5 min.



55 min.



12

ROASTED VEGETABLE FRITTATA MUFFINS

Rich in soluble fibre, these muffins are great as a snack or for breakfast.

INGREDIENTS

- 1 cup zucchini, seeded, peeled, diced small
- 1 cup sweet potato, peeled, diced small
- 1 cup yellow onion, diced ¹
- 1 red bell pepper ²
- 4 whole large eggs
- 1 cup liquid egg whites ³
- 2 tbsp olive oil
- 1 cup swiss cheese, grated ⁴
- ¼ tsp salt
- ⅛ tsp ground black pepper

PREPARATION

1. Preheat the oven to 375°F.
2. In a bowl, toss the cut vegetables with olive oil and season with salt and pepper.
3. Line baking sheet with parchment paper. Spread cut vegetables and add the whole red pepper.
4. Roast vegetables for at least 25 minutes, or until the skin of the red pepper has browned and the pepper begins to collapse.
5. Place roasted red pepper in a bowl and cover with plastic to help remove the peel. When cool enough to handle, remove all inedible parts from the pepper, then dice to same size as the other vegetables.
6. Grease a 12-cup muffin tin with olive oil or cooking spray or use paper muffin liners.
7. In a bowl, whisk together whole eggs, egg whites, and salt. Stir ¾ cup of cheese and cooled roasted vegetables into egg mixture. Distribute egg mixture among the 12 muffin cups. Top with remaining cheese.
8. Bake in the oven for about 25 minutes, or until frittatas are set in the middle and lightly browned on top. Let them cool off completely before freezing.

- ¹ or onion powder
- ² or buy a jar of peeled and roasted bell peppers
- ³ or 2 whole eggs
- ⁴ or cheese of choice



NUTRITION FACTS (PER SERVING: 1 MUFFIN)

Kcal: 113 / Protein (g): 7 / Fat (g): 7 / CHO (g): 6 / Fibre (g): 1 / Ca (mg): 109 / Fe (mg): 1 / Na (mg): 130



Print

Protein

Protein is an important part of our diet as it helps us stay healthy, fight off infections, and maintain muscle mass. Try to include a source of protein with every meal.

You can find protein in animal sources (red meat, chicken, fish, eggs, and dairy products) as well as plant sources (legumes – chick peas, kidney beans, lentils, tofu, peanut butter, and hummus).

Each of these recipes contain different sources of protein (or two), so you can explore what options work best for you!



During a flare-up, it can be difficult to get enough protein due to decreased appetite, GI symptoms, or malabsorption. You may find that you can tolerate certain sources of protein better than others. Lean protein choices, such as fish, lean cuts of red meat, white poultry meat, eggs, tofu and certain dairy products, may be better tolerated.

TOFU BOLOGNESE



10 min.



50 min.



8

A vegetarian pasta sauce that can win over meat lovers!

INGREDIENTS

1 (340 g) box dry white jumbo pasta shells ¹

1 (350 g) package firm tofu ²

3 tbsp olive oil

1 ½ cups zucchini, peeled, seeds scooped out, grated

1 cup carrot, grated

1 large (680 ml) can tomato sauce

2 tbsp tomato paste

1 ½ tsp garlic powder

1 tsp onion powder

1 tsp dried basil

1 tsp dried oregano

2 bay leaves

1 ½ cups of shredded mozzarella

Salt and pepper, as needed

PREPARATION

1. Cook pasta according to instructions on package. After draining, drizzle with some oil to prevent sticking.
2. Preheat the oven to 350°F.
3. Crumble the tofu by using a food processor (briefly pulse a few times) or by using a fork or your hands. The size of the crumbles should resemble ground meat.
4. Heat olive oil in a saucepan on medium-low heat. Add grated zucchini and carrot. Stir fry for 2-3 minutes, or until vegetables have softened. Season with salt and pepper.
5. Whisk in remaining ingredients, except for the cheese. Gently fold in tofu crumbles, cover, and continue to cook sauce for about 15 minutes, allowing all the flavours to blend. Season with salt and pepper to taste.
6. Lightly grease a baking dish with non-stick spray or oil. Spread 1 cup of sauce in the bottom.
7. Stuff the shells, spread remaining sauce on top and garnish with shredded cheese. ³
8. Bake for 30 minutes or until cheese is lightly browned and bubbly.
9. Serve immediately or cool completely before freezing ⁴ and reheating later.

¹ you can use any other larger size pasta, such as rotini, and make this recipe into a simple pasta bake. For our picture, we chose stuffed shells. Stuffing shells takes a bit more time. Use gluten-free pasta, if gluten intolerant.

² this recipe also works with ground meat

³ if using another type of pasta: simply mix the sauce and the pasta and top with cheese

⁴ freeze the stuffed shells in portion. Use smaller dishes like we did for our photo.



NUTRITION FACTS (PER SERVING: 1/8 OF RECIPE)

Kcal: 332 / Protein (g): 10 / Fat (g): 13 / CHO (g): 42 / Fibre (g): 6 / Ca (mg): 190 / Fe (mg): 3 / Na (mg): 308



Print



10 min.



30 min.



6



AVGOLEMONO GREEK LEMON CHICKEN SOUP

A comforting and nutrient-rich soup with a fresh lemon taste.

INGREDIENTS

- 2 tbsp olive oil**
- 1 cup rutabaga, diced** ¹
- 1 cup carrot, diced**
- ⅓ cup white parts of green onion, sliced** ²
- 8 cups chicken stock**
- 1 tsp garlic powder**
- 2 bay leaves**
- 1 ½ cups cooked chicken breasts, shredded** ³
- 1 cup rice, dry** ⁴
- ⅓ cup, plus 1 tbsp lemon juice**
- Bunch fresh dill** with stems
- 2 large eggs**
- Salt and pepper** to taste

PREPARATION

1. In a large pot, heat olive oil over medium-high heat. Add rutabaga and carrots, fry for 5 minutes, stirring occasionally to prevent browning. Add onions and fry for another 3 minutes.
2. Add the stock, garlic powder, bay leaves, and shredded chicken. Increase the temperature to high and bring the liquid to a boil. Stir in rice. Reduce the heat to medium-low, add bunch of dill on top and simmer uncovered for 20 minutes. As the rice absorbs the liquid, you may want to add some more stock or water.
3. In a medium bowl, whisk both eggs until light and frothy, about 5 minutes. ⁵ Whisk in lemon juice for another 2 minutes.
4. Remove the dill from the soup. Add 2 ladles of soup to lemon mixture to temper the eggs and prevent them from scrambling. Pour the lemon mixture into the soup and remove the pot from heat.
5. Garnish with fresh or dried herbs, season with salt and pepper and serve hot.

- ¹ or 1 potato, peeled
- ² if you cannot tolerate onions, try using onion powder instead
- ³ or tofu. To save time, buy grilled chicken from a store
- ⁴ to save cooking time in step 2, use parboiled rice
- ⁵ to save time, use blender or handheld mixer and mix until light and frothy

NUTRITION FACTS (PER SERVING: ⅓ OF RECIPE)

Kcal: 209 / Protein (g): 18 / Fat (g): 8 / CHO (g): 17 / Fibre (g): 2 / Ca (mg): 57 / Fe (mg): 1 / Na (mg): 264



Prepare in advance

Take advantage of the times when you feel well to prepare meals that you can enjoy when you may not feel up for cooking. Cooking larger batches of your favourite recipes is a great way to be able to enjoy leftovers later. If your appetite changes, aim to have a nutritious meal when it is most appealing to you and keep snacks nearby for you to enjoy when you feel hungry.

The recipes for Chicken Kofta, Roasted Vegetable Frittata Muffins, and Tofu Bolognese Backed Shells will freeze well.



CHICKEN KOFTA PITAS



20 min.



8 min.



4

Enjoy many flavours in this recipe without being too spicy!

INGREDIENTS

Chicken Kofta

- 1 egg
- ¼ cup white breadcrumbs ¹
- 2 tbsp water
- 500g ground chicken
- 1 tsp onion powder
- 2 tsp garlic powder
- ½ tsp dried parsley ²
- 1 ½ tsp ground cumin
- ½ tsp sweet paprika
- ½ tsp ground coriander
- ¼ tsp dried mint ³
- 1 lemon, zested
- ½ tsp ground black pepper
- ½ tsp salt

Mint Feta Sauce

- ½ cup plain yogurt (2% or higher)
- 1 tsp lemon juice
- 1 ½ tsp garlic powder
- ¼ tsp ground cumin
- ½ tsp dried mint ⁴
- ¼ tsp ground black pepper
- ¼ cup crumbled feta
- 8 wood skewers
- 4 pita bread ⁵
- 1 cup hummus
- 1 cup roasted red peppers

PREPARATION

- In a large bowl, whisk together egg, breadcrumbs, and water. Set aside for 5 minutes.
- After breadcrumbs are hydrated, add ground chicken and remaining kofta ingredients. Mix all ingredients by hand or with a spoon. Marinate in the refrigerator for about 10 minutes.
- In a small bowl, prepare the sauce: whisk yogurt, lemon juice, garlic powder, cumin, mint, and black pepper together. Fold in crumbled feta. Taste, and adjust seasoning.
- To make the kofta, first lightly grease your hands with a small amount of oil. Then, take a handful of the mixture and mold it around each skewer, dividing the meat among 8 skewers.
- Preheat an outdoor grill on medium high heat. Place kofta kebabs on the hot, lightly oiled grill grates. Grill each side for about 4 minutes until the internal temperature of 165°F has been reached. If cooking indoors, use a grill pan on the stove to ensure even cooking.
- Serve the kofta with mint feta sauce, roasted red peppers, hummus, and pita bread.

- ¹ choose gluten-free if gluten intolerant
- ² or 1 tbsp of fresh parsley, chopped
- ³ or 5 fresh leaves, chopped
- ⁴ or 2 fresh leaves, chopped
- ⁵ use gluten-free pita or serve over rice if gluten intolerant



NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Kcal: 578 / Protein (g): 34 / Fat (g): 24 / CHO (g): 58 / Fibre (g): 6 / Ca (mg): 203 / Fe (mg): 5 / Na (mg): 1,005



Print

Smoothies

Smoothies are easy to customize to your individual nutrition needs and personal preferences. They are a great way to get calories, protein, and nutrients into your diet, especially when you aren't feeling well. We often think of smoothies as a breakfast option but, you can also try them as a snack between meals.

If you are losing weight and/or have a poor appetite, choosing high-calorie/high-fat options like whole milk for your liquid and/or full-fat Greek yogurt will be helpful for meeting your needs.

If you follow a plant-based diet or don't tolerate dairy, you can choose almond or soy milk as your liquid and tofu to increase protein content and thicken the smoothie.



When making a smoothie, choose fruits and flavours that appeal to you. If you prefer a sweeter smoothie, try increasing the amount of fruit or juice, or add a small amount of jam, honey, or maple syrup.

MANGO LASSI

Rich in protein and calories, this delicious smoothie is a must try!

INGREDIENTS

½ cup coconut water

¼ cup 2% Greek yogurt

Pinch of ground turmeric

Pinch of ground cardamom ¹

½ cup frozen mango, ² cubed

1 tsp rose water ³

2 ice cubes

1 tsp agave nectar ⁴

PREPARATION

1. Combine all ingredients in a blender and mix to combine.
2. Taste and add more nectar or syrup, if desired.

¹ or cinnamon

² fresh mango makes the drink less creamy

³ optional

⁴ or maple syrup

NUTRITION FACTS (PER SERVING: 1 LASSI)

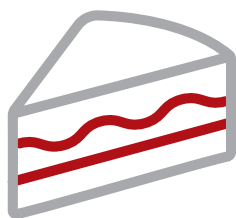
Kcal: 140 / Protein (g): 7 / Fat (g): 2 / CHO (g): 26 / Fibre (g): 3 / Ca (mg): 203 / Fe (mg): 1 / Na (mg): 68



5 min.



1 (each)



APPLE CHEESECAKE SMOOTHIE

INGREDIENTS

- ½ cup applesauce
- ¼ cup silken tofu
- ¼ cup milk of choice
- ½ cup frozen banana slices ¹
- ¼ cup quick oats
- 5 mandarin oranges segments
- ⅛ tsp vanilla extract ²
- Pinch of ground cinnamon
- 2 ice cubes

PREPARATION

1. Add applesauce, tofu, and milk into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Enjoy!

¹ you can use fresh banana, but it will lack a bit of creamy texture

² optional

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 380 / Protein (g): 15 / Fat (g): 6 / CHO (g): 72 / Fibre (g): 8
Ca (mg): 139 / Fe (mg): 3 / Na (mg): 42



ORANGE CREAMSICLE SMOOTHIE

INGREDIENTS

- ½ cup almond milk
- 3 tbsp juice from canned mandarines
- ½ cup canned mandarin oranges ³
- ⅓ cup (85 g) silken tofu
- ¼ cup quick oats
- ½ cup frozen banana slices
- 3 ice cubes
- 1 tsp honey ⁴

PREPARATION

1. Start by adding almond milk and orange juice into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Taste and add more juice, if necessary.

³ we recommend canned because they do not have skin

⁴ or maple syrup for adding sweetness

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 398 / Protein (g): 13 / Fat (g): 8 / CHO (g): 75 / Fibre (g): 7
Ca (mg): 223 / Fe (mg): 4 / Na (mg): 93



PB & J SMOOTHIE

INGREDIENTS

- ½ cup almond milk
- ¼ cup silken tofu
- 1 tbsp smooth peanut butter
- 1 tbsp seedless jam of choice ⁵
- ½ cup frozen banana slices
- ⅛ tsp ground cinnamon
- 3 ice cubes
- 1 tsp honey ⁶

PREPARATION

1. Start by adding almond milk and silken tofu into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Taste and add more almond milk, if necessary.

⁵ seeds can cause discomfort

⁶ or maple syrup for sweetness

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 330 / Protein (g): 8 / Fat (g): 12 / CHO (g): 52 / Fibre (g): 3
Ca (mg): 195 / Fe (mg): 2 / Na (mg): 93



Print

IBD SMOOTHIE GUIDE

Choose your ingredients



LIQUID

- Milk or non-dairy beverages (soy, almond, coconut, oat, hemp, etc.)
- Lactose-free milk
- Coconut water
- Pre-brewed tea
- 100% fruit juice
- Water

Tip: Check labels and compare Vit D, calories, calcium, protein, and sugar content. For example, if you are looking to increase protein in your smoothie, choose soy beverage instead of almond milk

FRUIT AND VEGETABLE

- Bananas
- Applesauce
- Peeled apples
- Peeled apricot
- Peeled nectarine
- Peeled peaches
- Peeled pears
- Guava
- Canned fruit in 100% juice (peaches, pears, etc. with the exception of pineapple)
- Seedless jam or jelly
- Lemons or lime juice
- Papaya
- Frozen mango
- Oranges or grapefruit (without membrane)
- Plums
- For vegetables and greens, consider mashed sweet potatoes, pumpkin puree, or avocado.

Tip: Fresh fruit should be frozen. It gives a smoothie its creamy texture

PROTEIN

- Powdered peanut butter
- Smooth nut butters (peanut, almond, tahini, sunflower, cashew, walnut, etc.)
- Silken tofu
- Greek yogurt
- Kefir
- Pre-ground chia
- Ground flax

SWEETENER

- Honey
- Natural maple syrup
- Agave nectar
- Seedless jam

ADD IN

- Cocoa powder
- Fresh mint
- Ground cinnamon
- Ground turmeric
- Ground nutmeg
- Ginger powder
- Rolled oats
- Vanilla extract
- Coconut oil

STEP 1

Add liquid first, always.



STEP 2

Choose your fruits or vegetables that pair well together.



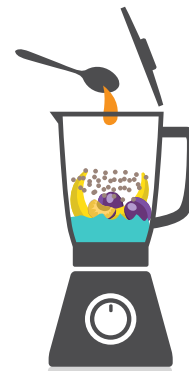
STEP 3

Add a protein. It thickens the smoothie.



STEP 4

Sweeten your smoothie with a touch of honey or syrup.



STEP 5

Go to the next level with add ins, such as spices.



STEP 6

Top with ice and blend away until smooth. Enjoy!



Meet our team!

Sarita Gupta, RD

Registered Dietitian, London Health Sciences Centre, London, Ontario

Sarita has worked for 30 years as an inpatient dietitian for people who had surgery, including IBD patients, and as an outpatient dietitian with the Bariatric and the Home TPN Program. She has a special interest in addressing the needs of patients with vegetarian or cultural dietary requirements. She enjoys educating on how certain foods can be incorporated into diets for those experiencing GI issues and those requiring diet modifications after surgery. Sarita has enjoyed developing these recipes and looks forward to sharing them with others.

Haley Hartlen, RD

Registered Dietitian, Nova Scotia Health, Halifax, Nova Scotia

Haley has worked as an inpatient and outpatient clinical dietitian with Nova Scotia Health over the past eight years. Having a diverse background in clinical nutrition, Haley has a keen interest in dysphagia management and nutrition support. She is passionate about being a part of the Nova Scotia Collaborative IBD Program. She enjoys working as part of the interdisciplinary team and keeping up to date on the evolving research in nutrition and IBD. Haley enjoys getting to know her patients and helping them translate their nutrition knowledge into skills that fit their individual needs and values. She is especially excited to share these new recipes with her patients.

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!

We are thanking Deanna Gibson PhD, Associate Professor, and Natasha Haskey MSc RD, PhD Candidate, Department of Biology, University of British Columbia, Okanagan Campus, British Columbia for reviewing this book.

Erratum: A previous version of this recipe book mistakenly listed Sheridan O'Day as a nutritionist, which is a reserved title for members of the *Ordre des diététistes-nutritionnistes du Québec*.



Crohn's and
Colitis Canada
Crohn et
Colite Canada

AMGEN[®]

Citrusy Beet Salmon Salad

A salad rich in healthy fats and omega-3.

INGREDIENTS

1 kg red beets

1 tbsp olive oil

480 g salmon filet

¼ tsp ground black pepper

⅛ tsp garlic powder

1 tbsp olive oil

50 g goat cheese,
crumbled

1 avocado, sliced

2 oranges, segmented,
without membrane

Marinade/Dressing

1 ½ tbsp Dijon mustard

1 ½ tsp maple syrup

3 tbsp orange juice

2 tbsp olive oil

1 ½ tsp red wine vinegar

½ tsp dried parsley

½ tsp salt

Ground black pepper

2 tbsp fresh parsley

PREPARATION

1. Preheat the oven to 375°F.
2. Slice off the ends of each beet. Place them in a baking dish and season with olive oil, salt, and pepper. Add water to the bottom of the dish. Cover with aluminum foil and roast for about 60 minutes. *Leave space on oven rack for the salmon and the crisps.* You will know the beets are ready when a fork can be easily inserted in the center. Place beets in water with ice cubes to cool. Peel and cut them into large cubes.
3. Line a baking dish with parchment paper. Season both sides of the salmon filet with pepper and garlic powder. Drizzle with olive oil. Bake for 25–30 minutes or until salmon reaches an internal temperature of 140°F. Place salmon in the fridge to cool.
4. Line a small baking dish with parchment paper. Sprinkle small amounts of goat cheese into rounds on the baking sheet, being sure to spread them out. Season with ground pepper, and bake for 10 minutes. Remove from the oven once the outside edges begin to brown. Cool completely.
5. In a medium-sized bowl, mix maple syrup and orange juice. Slowly whisk in olive oil to emulsify, then add vinegar, salt, pepper, and parsley. Add the diced beets to the dressing and let marinate for a few minutes.
6. Remove beets from marinade, assemble the salad and drizzle some of the remaining marinade over it. Season with salt and pepper, serve with the cheese crisps, and enjoy!

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Kcal: 640 / Protein (g): 33 / Fat (g): 41 / CHO (g): 40 / Fibre (g): 11 / Ca (mg): 117 / Fe (mg): 53 / Na (mg): 687

Roasted Vegetable Frittata Muffins

Rich in soluble fibre, these muffins are great as a snack or for breakfast.

INGREDIENTS

1 cup zucchini, seeded, peeled, diced small

1 cup sweet potato, peeled, diced small

1 cup yellow onion, diced

1 red bell pepper

4 whole large eggs

1 cup liquid egg whites

2 tbsp olive oil

1 cup swiss cheese, grated

¼ tsp salt

⅛ tsp ground black pepper

PREPARATION

1. Preheat the oven to 375°F.
2. In a bowl, toss the cut vegetables with olive oil and season with salt and pepper.
3. Line baking sheet with parchment paper. Spread cut vegetables and add the whole red pepper.
4. Roast vegetables for at least 25 minutes, or until the skin of the red pepper has browned and the pepper begins to collapse.
5. Place roasted red pepper in a bowl and cover with plastic to help remove the peel. When cool enough to handle, remove all inedible parts from the pepper, then dice to same size as the other vegetables.
6. Grease a 12-cup muffin tin with olive oil or cooking spray or use paper muffin liners.
7. In a bowl, whisk together whole eggs, egg whites, and salt. Stir ¾ cup of cheese and cooled roasted vegetables into egg mixture. Distribute egg mixture among the 12 muffin cups. Top with remaining cheese.
8. Bake in the oven for about 25 minutes, or until frittatas are set in the middle and lightly browned on top. Let them cool off completely before freezing.

NUTRITION FACTS (PER SERVING: 1 MUFFIN)

Kcal: 113 / Protein (g): 7 / Fat (g): 7 / CHO (g): 6 / Fibre (g): 1 / Ca (mg): 109 / Fe (mg): 1 / Na (mg): 130

Tofu Bolognese

A vegetarian pasta sauce that can win over meat lovers!

INGREDIENTS

1 (340 g) box dry white jumbo pasta shells
1 (350 g) package firm tofu
3 tbsp olive oil
1 ½ cups zucchini, peeled, seeds scooped out, grated
1 cup carrot, grated
1 large (680 ml) can tomato sauce
2 tbsp tomato paste
1 ½ tsp garlic powder
1 tsp onion powder
1 tsp dried basil
1 tsp dried oregano
2 bay leaves
1 ½ cups of shredded mozzarella
Salt and pepper, as needed

PREPARATION

1. Cook pasta according to instructions on package. After draining, drizzle with some oil to prevent sticking.
2. Preheat the oven to 350°F.
3. Crumble the tofu by using a food processor (briefly pulse a few times) or by using a fork or your hands. The size of the crumbles should resemble ground meat.
4. Heat olive oil in a saucepan on medium-low heat. Add grated zucchini and carrot. Stir fry for 2-3 minutes, or until vegetables have softened. Season with salt and pepper.
5. Whisk in remaining ingredients, except for the cheese. Gently fold in tofu crumbles, cover, and continue to cook sauce for about 15 minutes, allowing all the flavours to blend. Season with salt and pepper to taste.
6. Lightly grease a baking dish with non-stick spray or oil. Spread 1 cup of sauce in the bottom.
7. Stuff the shells, spread remaining sauce on top and garnish with shredded cheese.
8. Bake for 30 minutes or until cheese is lightly browned and bubbly.
9. Serve immediately or cool completely before freezing and reheating later.

NUTRITION FACTS (PER SERVING: 1/8 OF RECIPE)

Kcal: 332 / Protein (g): 10 / Fat (g): 13 / CHO (g): 42 / Fibre (g): 6 / Ca (mg): 190 / Fe (mg): 3 / Na (mg): 308

Avgolemono: Greek Lemon Chicken Soup

A comforting and nutrient-rich soup with a fresh lemon taste.

INGREDIENTS

2 tbsp olive oil

1 cup rutabaga, diced

1 cup carrot, diced

1/3 cup white parts of green onion, sliced

8 cups chicken stock

1 tsp garlic powder

2 bay leaves

1 1/2 cups cooked chicken breasts, shredded

1 cup rice, dry

1/3 cup, plus 1 tbsp lemon juice

Bunch fresh dill with stems

2 large eggs

Salt and pepper to taste

PREPARATION

1. In a large pot, heat olive oil over medium-high heat. Add rutabaga and carrots, fry for 5 minutes, stirring occasionally to prevent browning. Add onions and fry for another 3 minutes.
2. Add the stock, garlic powder, bay leaves, and shredded chicken. Increase the temperature to high and bring the liquid to a boil. Stir in rice. Reduce the heat to medium-low, add bunch of dill on top and simmer uncovered for 20 minutes. As the rice absorbs the liquid, you may want to add some more stock or water.
3. In a medium bowl, whisk both eggs until light and frothy, about 5 minutes. Whisk in lemon juice for another 2 minutes.
4. Remove the dill from the soup. Add 2 ladles of soup to lemon mixture to temper the eggs and prevent them from scrambling. Pour the lemon mixture into the soup and remove the pot from heat.
5. Garnish with fresh or dried herbs, season with salt and pepper and serve hot.

NUTRITION FACTS (PER SERVING: 1/6 OF RECIPE)

Kcal: 209 / Protein (g): 18 / Fat (g): 8 / CHO (g): 17 / Fibre (g): 2 / Ca (mg): 57 / Fe (mg): 1 / Na (mg): 264

Chicken Kofta Pitas

Enjoy many flavours in this recipe without being too spicy!

INGREDIENTS

Chicken Kofta

1 egg

¼ cup white breadcrumbs

2 tbsp water

500g ground chicken

1 tsp onion powder

2 tsp garlic powder

½ tsp dried parsley

1 ½ tsp ground cumin

½ tsp sweet paprika

½ tsp ground coriander

¼ tsp dried mint

1 lemon, zested

½ tsp ground black pepper

½ tsp salt

Mint Feta Sauce

⅓ cup plain yogurt (2% or higher)

1 tsp lemon juice

1 ½ tsp garlic powder

¼ tsp ground cumin

½ tsp dried mint

¼ tsp ground black pepper

¼ cup crumbled feta

8 wood skewers

4 pita bread

1 cup hummus

1 cup roasted red peppers

PREPARATION

1. In a large bowl, whisk together egg, breadcrumbs, and water. Set aside for 5 minutes.
2. After breadcrumbs are hydrated, add ground chicken and remaining kofta ingredients. Mix all ingredients by hand or with a spoon. Marinate in the refrigerator for about 10 minutes.
3. In a small bowl, prepare the sauce: whisk yogurt, lemon juice, garlic powder, cumin, mint, and black pepper together. Fold in crumbled feta. Taste, and adjust seasoning.
4. To make the kofta, first lightly grease your hands with a small amount of oil. Then, take a handful of the mixture and mold it around each skewer, dividing the meat among 8 skewers.
5. Preheat an outdoor grill on medium high heat. Place kofta kebabs on the hot, lightly oiled grill grates. Grill each side for about 4 minutes until the internal temperature of 165°F has been reached. If cooking indoors, use a grill pan on the stove to ensure even cooking.
6. Serve the kofta with mint feta sauce, roasted red peppers, hummus, and pita bread.

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Kcal: 578 / Protein (g): 34 / Fat (g): 24 / CHO (g): 58 / Fibre (g): 6 / Ca (mg): 203 / Fe (mg): 5 / Na (mg): 1,005

Mango Lassi

Rich in protein and calories, this delicious smoothie is a must try!

INGREDIENTS

½ cup coconut water

¼ cup 2% Greek yogurt

Pinch of ground turmeric

Pinch of ground cardamon

½ cup frozen mango, cubed

1 tsp rose water

2 ice cubes

1 tsp agave nectar

PREPARATION

1. Combine all ingredients in a blender and mix to combine.
2. Taste and add more nectar or syrup, if desired.

NUTRITION FACTS (PER SERVING: 1 LASSI)

Kcal: 140 / Protein (g): 7 / Fat (g): 2 / CHO (g): 26 / Fibre (g): 3 / Ca (mg): 203 / Fe (mg): 1 / Na (mg): 68

Apple Cheesecake Smoothie

INGREDIENTS

½ cup applesauce	5 mandarin oranges segments
¼ cup silken tofu	⅛ tsp vanilla extract
¼ cup milk of choice	Pinch of ground cinnamon
½ cup frozen banana slices	2 ice cubes
¼ cup quick oats	

PREPARATION

1. Add applesauce, tofu, and milk into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Enjoy!

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 380 / Protein (g): 15 / Fat (g): 6 / CHO (g): 72 / Fibre (g): 8 / Ca (mg): 139 / Fe (mg): 3 / Na (mg): 42

Orange Creamsicle Smoothie

INGREDIENTS

½ cup almond milk	⅓ cup (85 g) silken tofu
3 tbsp juice from canned mandarines	¼ cup quick oats
½ cup canned mandarin oranges	½ cup frozen banana slices
	3 ice cubes
	1 tsp honey

PREPARATION

1. Start by adding almond milk and orange juice into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Taste and add more juice, if necessary.

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 398 / Protein (g): 13 / Fat (g): 8 / CHO (g): 75 / Fibre (g): 7 / Ca (mg): 223 / Fe (mg): 4 / Na (mg): 93

PB & J Smoothie

INGREDIENTS

½ cup almond milk	⅛ tsp ground cinnamon
¼ cup silken tofu	3 ice cubes
1 tbsp smooth peanut butter	1 tsp honey
1 tbsp seedless jam of choice	
½ cup frozen banana slices	

PREPARATION

1. Start by adding almond milk and silken tofu into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Taste and add more almond milk, if necessary.

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 330 / Protein (g): 8 / Fat (g): 12 / CHO (g): 52 / Fibre (g): 3 / Ca (mg): 195 / Fe (mg): 2 / Na (mg): 93