

# Questa Del Rio News

QUESTA • RED RIVER • CERRO • COSTILLA • AMALIA • LAMA • SAN CRISTOBAL



In this month's edition of Enchanted Eats... anti-inflammatory recipes! These recipes give you a little boost! Ingredients that are packed with antioxidants like blueberries help to fight inflammation; while healthy fats like almond butter or avocados help to reduce inflammation. Since inflammation can have a lot to do with diabetes, weight, and even your sleeping habits, adding anti-inflammatory recipes or ingredients to your meal routine is a great addition to create healthier eating patterns!

## Salmon Patties

(previously published in *Questa Del Rio News*, March 2023)

1 (14.75 oz) can salmon, drained of all but 2 T of liquid, flaked  
1 large slice bread, crust removed, shredded (1 C, 50g)  
3 T green onion, chopped  
1 medium garlic clove, minced  
1 T fresh dill, chopped, or 1 t dried  
3 T minced green bell pepper  
1 T flour  
1 large egg  
1/2 t sweet paprika  
1 t finely grated lemon zest  
2 t lemon juice  
1/4 t kosher salt  
Several turns of freshly ground black pepper  
3 T extra virgin olive oil

In a large bowl, gently mix together salmon (including 2 T of can liquid), bread, green onion, garlic, dill, bell pepper, flour, egg, paprika, lemon zest, lemon juice, salt and pepper. Form 8 patties, about 1/2 inch thick. Chill at least 30 minutes (or longer) Brown in skillet: Heat olive oil over medium high heat in large skillet. Cook patties until nicely browned on both sides, about 3 to 4 minutes per side

## Very Berry Smoothie

(Courtesy J. Carryer, Taos)

1 c unsweetened vanilla almond milk (or non-dairy milk of your choice)  
1 banana  
1/2 c fresh or frozen strawberries  
1 T almond butter  
1/2 c fresh or frozen blueberries  
1/2 t ground turmeric  
Add your favorite protein powder or Greek yogurt (optional)

Pour milk into a blender. Add all ingredients  
Secure lid, and blend for 30 to 45 seconds

## Carrots and Hummus!

Carrots

Hummus

To make this snack, slice up some carrots and dip them in your favorite hummus.

\*Carrots are rich in beta-carotene, which has anti-inflammatory properties. Hummus, made with chickpeas, is also anti-inflammatory.



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