



DR. HYMAN+

Functional Medicine Deep Dive
Companion Recipe Guide:

Healing Physical Health

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Introduction

If we don't work through our hardest experiences and feelings, they seem to linger and hold more power over us. When we face them head-on and give ourselves the support and space to heal our emotional wounds, some really profound shifts can happen.

Some exciting approaches are being used to make this happen. Since trauma is kept in both the mind and body, it makes sense that modalities that tap into the mind-body connection are successful to produce long-lasting healing.

For example, deep breathing is one mind-body technique that has been employed for helping people recover from post-traumatic stress disorder, along with practices like yoga and meditation.

Another technique is using the power of food, and I'm not talking about your traditional "comfort food," which is often sugar-laden, overly processed, and lacking essential nutrients. I'm talking about the type of food that can heal our physical bodies, which in turn comforts the soul.

In this month's Dr. Hyman+ exclusive Functional Medicine Deep Dive Recipe Companion Guide, we focus on foods that feed our physical bodies. Kimchi is rich in properties that support your microbiome and the gut-brain axis, imperative for healing from trauma. Curcumin, the main compound in the spice, turmeric, has been shown to help modulate inflammation, neuroplasticity, hypothalamic-pituitary-adrenal disturbances, and many others, all of which are directly connected to the physical manifestation of trauma. Omega-3 fatty acids, found in wild-caught salmon, help support heart health and inflammation. Cacao, the primary polyphenol in chocolate, is loaded with magnesium, antioxidants, and other minerals and phytochemicals that can support improved mood. Sweet potatoes are rich in antioxidants, which are depleted during times of stress, so antioxidant support when healing from trauma can be beneficial.

I hope you enjoy this month's recipes that once again prove how powerful (and tasty!) food as medicine can be.

Wishing you health and happiness,
Mark Hyman, MD



A handwritten signature in grey ink, appearing to read 'MH' with a long horizontal stroke extending to the right.

Kimchi Wild Rice Breakfast Bowl



Ingredients:

2 cups cooked wild rice (cooked according to package instructions)

1 tablespoon avocado oil

4 strips pasture-raised turkey bacon, thinly sliced

2 garlic cloves, minced

1-inch piece of ginger, peeled and minced

4 scallions, thinly sliced, white and green parts divided (green parts saved for garnish)

2 cups grated broccoli, including peeled stem

1 pound oyster mushrooms, divided using hands

1 cup sugar free kimchi, chopped into bite size pieces + 2 tablespoons kimchi liquid reserved. (Suggested brand)

1 tablespoon gochugaru Korean chili flakes (optional)

1 tablespoon coconut aminos

1 tablespoon avocado oil

4 large pasture-raised fried eggs

1 teaspoon black sesame seeds, to garnish

1 package plain Seaweed Snacks, shredded, to garnish

Makes: 4 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

I love making a savory breakfast. Kimchi is the star of this one, and as a fermented food, it has so much to offer our health. Trauma causes stress and stress depletes the precious good bacteria in our gut which negatively affects our immune system, mood, weight, and so much more. Kimchi supports the growth of good gut bugs and is also rich in vitamin A, vitamin C, minerals, and prebiotics.

Instructions:



1. In a large saucepan, cook rice according to the package instructions, this could be made up to 2 days in advance and kept in the refrigerator until ready to use.



4. Stir in rice, kimchi, kimchi liquid, chili flakes (if using), and coconut aminos. Cook, stirring for 2 minutes, remove from the heat. Set aside.

Nutritional analysis (per serving):

Calories: 390, Total Fat: 19 g, Saturated Fat: 4 g, Cholesterol: 208 mg, Fiber: 6 g, Protein: 21 g, Carbohydrates: 34 g, Sodium: 1025 mg, Sugars: 5 g



2. Heat a large skillet over medium-high heat. Once hot, add avocado oil and turkey bacon. Stir until crispy, about 2 minutes, and immediately add garlic, ginger, and the white parts of the scallions, stirring frequently for 2 more minutes.

5. Using a non-stick sauté pan to make the eggs. On medium-high heat, add avocado oil, then add the eggs and cook until the whites are completely set and the yolk is still soft.



3. Add grated broccoli and mushrooms. Cook, stirring constantly, until mushrooms are tender, about 2 minutes.



6. Plate kimchi rice individually, top with an egg and sprinkle with sesame seeds and seaweed. Add the green parts of the scallions on top.

Super Quick Salmon Tikka *with Paleo Naan*



Ingredients:

Salmon

- 1 lb wild salmon fillet
- 2 tablespoons tandoori seasoning
- 3 tablespoons avocado oil
- ½ teaspoon sea salt

Naan

- ½ cup almond flour
- ½ cup tapioca flour
- 1 cup canned full-fat coconut milk
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 3 tablespoons avocado oil

Garnish

- 8 oz plain coconut yogurt, such as <https://www.culinayogurt.com/flavors>
- 1 cucumber, peeled lengthwise into thin ribbons
- ¼ cup fresh mint leaves
- Freshly ground black pepper

Makes: 4-6 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

High-quality protein doesn't have to take a long time to make. This surprisingly simple but super flavorful salmon dish is one of my favorites for a busy weeknight. Wild-caught salmon is an excellent source of omega-3 fatty acids, which fight inflammation and can reduce the risk of cardiovascular events. Since there are strong ties between stress and negative effects on cardiovascular health, eating healthy fats like these is a great way to be proactive.

Instructions:



1. Pat salmon dry using paper towels, cut into bite-size pieces and transfer into a large mixing bowl, along with the tandoori seasoning. Set aside while lining a baking tray with parchment paper and preheating your oven to its highest setting. If you have a fan in your oven, turn it on.



2. While the oven is heating, make the naan. Mix all the ingredients together in a bowl until no lumps remain. Batter should look like pancake batter.



3. Preheat a large nonstick pan over medium heat. When the pan is hot, transfer $\frac{1}{3}$ cup of batter onto the pan. Spread batter by tilting the pan around and cook for 2 minutes. Use a spatula to flip and cook for 1-2 more minutes. Transfer to a cooling rack while preparing the rest of the naans. You should get 6 in total.



4. When the oven is hot, transfer the salmon to the prepared baking sheet and cook for 5 minutes or when golden on the outside.



5. To serve, top naan with salmon, yogurt, salmon, cucumber, mint, and freshly ground pepper.

Nutritional Analysis (per serving):
Calories: 581, Total Fat: 42 g, Saturated Fat: 7 g, Cholesterol: 0 mg, Fiber: 5 g, Protein: 28 g, Carbohydrates: 25 g, Sodium: 764 mg, Sugars: 5 g

Cacao Rubbed Short Ribs *with Cherry Salsa*



Ingredients:

Ribs

4 (10-inch) pasture-raised bone-in beef short ribs (about 8 lb)

2 tablespoons cacao powder, unsweetened

$\frac{3}{4}$ teaspoon sea salt

$\frac{1}{2}$ teaspoon ground black pepper

$\frac{3}{4}$ teaspoon ground ginger

$\frac{3}{4}$ teaspoon allspice

1 teaspoon mustard powder

1 cup water

Salsa

10 cherries, pitted and quartered

1 fresh Fresno chile pepper, seeded, thinly sliced

2 tablespoons thinly sliced fresh mint leaves

Juice and zest from 1 lemon

$\frac{1}{4}$ cup olive oil

$\frac{1}{3}$ cup cilantro leaves, stems removed

Maldon salt (optional)

Makes: 4 servings

Prep Time: 15 minutes + overnight refrigeration

Cook Time: 2 hours and 50 minutes to 3 hours and 20 minutes (depending on short ribs size)

Ribs are a summertime favorite, but these are on a whole different level thanks to their unique ingredients and healthy preparation. Cacao powder deepens the flavor of everything else in this dish and lends a variety of minerals, like magnesium, along with powerful phytochemicals, that can help us relax and lift our mood. When we're recovering from trauma it's important to calm the nervous system and support our feel-good neurotransmitters—cacao is great at that!

Instructions:



1. In a small bowl mix cacao, salt, pepper, ground ginger, allspice, and mustard powder. Pat the short ribs dry and season generously. Refrigerate ribs, uncovered, overnight for at least 12 hours.



2. The next day, let the ribs sit at room temperature for 1 hour before baking. Preheat the oven to 325°F. Set a wire rack inside a baking sheet; place ribs on top of the rack and add 1 cup of water onto the pan. Cover pan and bake until fork tender, about 2 ½ to 3 hours.



3. When tender, increase oven heat to 400°F. Uncover sheet pan and brown ribs for 20 more minutes.



4. When ribs are browning, make the salsa. In a small mixing bowl, combine the cherries, Fresno pepper, mint, lemon juice, zest, and olive oil. Prepare the cilantro leaves for garnish.



5. To serve, remove ribs from the oven and arrange a serving platter. Top with salsa, cilantro leaves, and optional Maldon salt.

Nutritional Analysis (per serving):
Calories: 650, Total Fat: 45 g, Saturated Fat: 16 g, Cholesterol: 156 mg, Fiber: 2 g, Protein: 49 g, Carbohydrates: 8 g, Sodium: 598 mg, Sugars: 4 g

Turmeric Lime Chicken *with Jeweled Millet*



Ingredients:

Jeweled Millet

- 1 tablespoon ghee
- ½ teaspoon fennel seeds
- ½ teaspoon coriander seeds
- 1 dry bay leaf
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon allspice
- 3 garlic cloves, minced
- ¾ cup millet
- 1 ½ cups filtered water, boiling
- ½ teaspoon sea salt
- ¼ teaspoon saffron (optional)

Turmeric Lime Chicken

- 1 ½ lb pasture-raised chicken thighs, cut into bite-size pieces
- 2 tablespoons turmeric powder
- 1 tablespoon ground cumin
- 2 limes, zested and juiced
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 medium yellow onion, thinly sliced
- 2 tablespoons ghee
- 1 cup canned coconut milk
- Millet Garnishes
- 3 tablespoons raw pistachios, chopped
- Mint leaves
- Dill
- 1 tablespoon dried currants (optional)

Makes: 4 to 6 servings

Prep Time: 15 minutes

Cook Time: 45 minutes

Turmeric is truly a superstar ingredient and in this dish it shines as a savory rub for tender chicken thighs. Curcumin is one of many medicinal components in turmeric. It can be helpful when recovering from trauma in multiple ways, for example by modulating neurotransmitters, inflammatory pathways, and disturbances to our hypothalamic-pituitary-adrenal axis which becomes overburdened when faced with chronic stress.

Instructions:

1. Start by making the millet: Melt ghee in a medium-sized pot over medium-high heat. Add the fennel and coriander seeds and let them pop for 1-2 minutes until fragrant. Then add the rest of the spices and minced garlic. Reduce heat to low, stir for 1 minute, then add the millet, boiling water, and sea salt. Cover and make sure heat is reduced to as low as possible. Simmer for 20 minutes until water is absorbed. Then remove from heat.



2. Prepare the chicken: In a medium mixing bowl add chicken, turmeric, cumin, lime zest (save juice for later), salt, and pepper. Set aside.



3. Add the sliced onion to a large skillet over medium heat along with the ghee. Stir occasionally and cook until the onions begin to caramelize, about 10 minutes. Remove from the skillet and transfer to a bowl. Add the chicken to the same skillet over medium heat and brown for 10 minutes, then add the coconut milk, and lime juice. Reduce heat to low, cover, and simmer for about 20 minutes.



Nutritional Analysis (per serving):

Calories: 514, Total Fat: 23 g, Saturated Fat: 10 g, Cholesterol: 170 mg, Fiber: 6 g, Protein: 38 g, Carbohydrates: 39 g, Sodium: 717 mg, Sugars: 3 g

4. If using saffron for the millet, mix 2 tablespoons of hot water with the saffron and pour on top of the millet. Mix using a wooden spoon, then add the millet garnishes on top of the millet and serve warm, alongside the chicken.

No-Churn Sweet Potato Nice Cream



Ingredients:

Ice Cream

- 1 medium sweet potato, peeled, baked and mashed (1 cup)
- 1 ½ cups canned coconut cream, unsweetened
- ½ cup monkfruit maple syrup
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- ⅛ teaspoon Himalayan salt
- 1 tablespoon arrowroot powder
- 1 vanilla bean, cut in half and seeded
- ¼ cup cashew butter, unroasted and unsweetened

Optional Chocolate Shell

- 2 tablespoons coconut oil
- 2 tablespoons 100% cacao, unsweetened
- 1 tablespoon monkfruit maple syrup

Makes: 8 servings

Prep Time: 10 minutes + 3 to 4 hours to freeze

Cook Time: 45 minutes

Sweet potatoes are one of the healthiest ways to enjoy a starchy carbohydrate and their natural sweetness really shines in this dessert. They're also a great source of [antioxidants](#), which are especially important when healing from trauma due to the oxidative stress it causes.

Instructions:



1. Preheat oven to 400°F and line a baking sheet with parchment paper. Cook sweet potato for 45 minutes, then let cool and mash. This could be done up to 2 days in advance and kept in the refrigerator.



2. Add sweet potato, coconut cream, monkfruit maple syrup, cinnamon, nutmeg, cloves, salt, and arrowroot powder into a Vitamix or a high-speed blender. Blend until incorporated, about 20 seconds.



3. Transfer into a container designed for storing ice cream or a container with a lid. Top with dollops of the cashew butter, do not mix. Close the lid and transfer to the freezer for 1 hour.



4. Remove from the freezer and stir really well, as the edges will start to firm up first. Add back into the freezer and do this every 30 minutes until you reach your desired consistency, 2-3 hours should do it. If you let it freeze overnight, you will need to let it sit at room temp for about 15 minutes to soften before serving.



5. When ready to serve, prepare the optional chocolate topping by melting the coconut oil, transferring to a small bowl, and adding the cacao and monkfruit maple syrup, mixing well until incorporated.



6. Scoop ice cream into individual bowls and drizzle with chocolate sauce if desired.

Nutritional Analysis (per serving, does not include chocolate shell): Calories: 257, Total Fat: 20 g, Saturated Fat: 15 g, Cholesterol: 0 mg, Fiber: 6 g, Protein: 4 g, Carbohydrates: 20 g, Sodium: 72 mg, Sugars: 5 g

Disclaimer

The Functional Medicine Deep Dive Companion Recipe Guide is not intended to diagnose or treat any disease. If you have an existing medical condition, are taking medication, are pregnant and/or nursing, or are under the age of 18, it is recommended to work closely with your doctor before making any changes to your diet or supplements.

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