

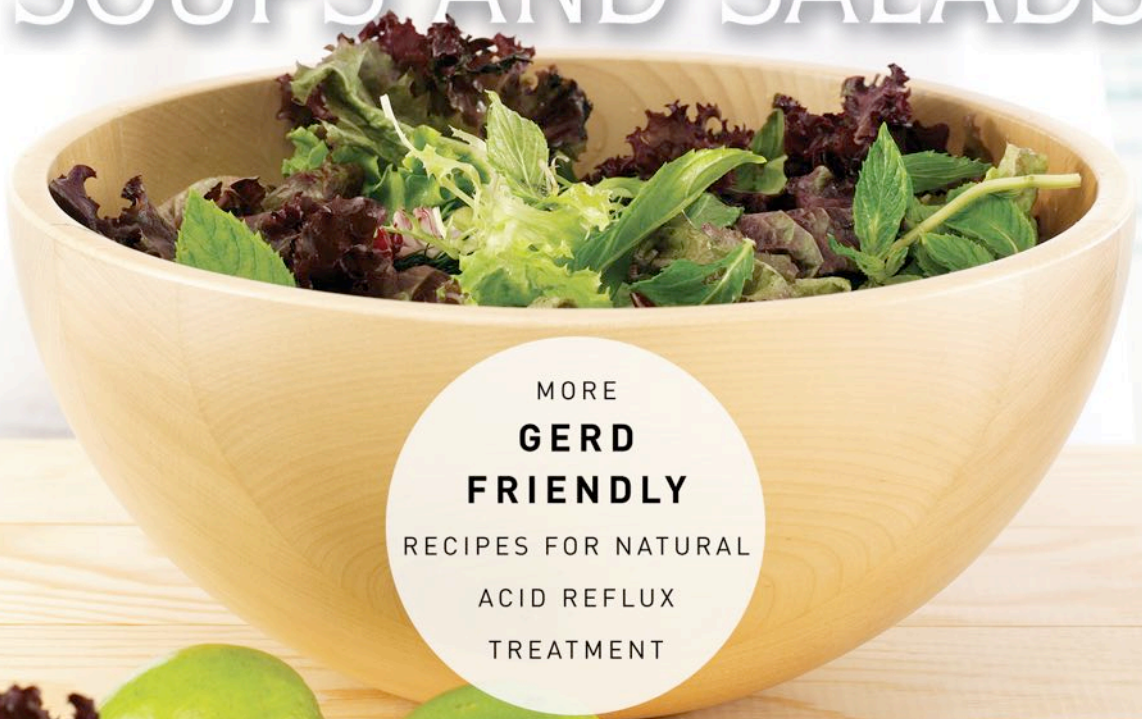


# RECIPE

FOR

# RELIEF

## SOUPS AND SALADS



MORE  
**GERD  
FRIENDLY**  
RECIPES FOR NATURAL  
ACID REFLUX  
TREATMENT

## Copyright and Use of This Book

*RefluxMD's Recipe for Relief: GERD-friendly Soups and Salads*. Copyright 2015 © RefluxMD, Inc. All rights reserved under the Pan-American and International Copyright Conventions. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, or stored in a database or retrieval system, without the prior written permission of RefluxMD, Inc. Brief quotations may be embodied in critical articles and reviews without RefluxMD's permission.

This book is a general educational health-related information product. It contains information on medical topics, diet, and nutrition that are for informational use only. As an express condition to reading this book, you understand and agree to the following terms. Information in this book should not be used as a replacement for direct medical advice from certified and licensed medical practitioners, or for diet and nutrition information from trained and certified professionals. The information in this book should not be used for self-diagnosis or self-treatment and you should seek the counsel of a certified professional with any questions you may have concerning your GERD symptoms, medical treatment, eating plans, or diet program. Please consult with a certified professional before making any changes to your medical treatment plan or diet. The authors disclaim any liability arising directly or indirectly from any actions taken as a result of information contained in this book. While attempts have been made to verify the information contained in this book, RefluxMD, Inc. assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter.

For information contact RefluxMD by emailing [refluxdiet@refluxmd.com](mailto:refluxdiet@refluxmd.com).

*Cover design by:* Vanessa Maynard

*Cover photo:* iStockphoto

FIRST EDITION

Prepared by RefluxMD

October 15, 2015

## Preface

If you have discovered that there is a relationship between what you eat and your acid reflux symptoms, congratulations! You are on the right path, and RefluxMD is here to help. This cookbook is an expansion on *RefluxMD's Recipe for Relief* and focuses solely on healthy soups and salads for well being, relief from the symptoms of acid reflux disease, and weight loss. You may have learned by now what many other major medical organizations have been saying for a long time – *for GERD symptom relief, diet really matters!* In fact, according to the [US Department of Health and Human Services, NIH](#), your diet is the starting point for relief:

*“You can prevent or relieve your symptoms from gastroesophageal reflux or gastroesophageal reflux disease (GERD) by changing your diet. You may need to avoid certain foods and drinks that make your symptoms worse. Other dietary changes that can help reduce your symptoms include decreasing fatty foods, and eating small, frequent meals instead of three large meals. Eating healthy and balanced amounts of different types of foods is good for your overall health.”*

For people suffering with GERD, soups and salads can be an integral part of a broader GERD-friendly diet, along with a focus on maintaining a healthy target weight and adopting several lifestyle changes. Our recipe offerings are healthy and delicious containing herbs like ginger, thyme, basil, turmeric, and curry. We often include dried garlic and onion as options for people who can tolerate the dried form of those herbs, but don't use them if they trigger your acid reflux symptoms. These meals are designed to increase your success and our hope is that it will assist many adults to not only be symptom free, but to reduce the risk of disease progression. That is our goal: short term symptom relief and long-term good health.

We hope you will enjoy these recipes and that you will integrate them into our larger food and diet program *RefluxMD's Recipe for Relief, A GERD-friendly Meal Plan and Diet Program for Acid Reflux*. The recipes in this book, along with additional planned future releases, are designed to increase your success, and our goal is to partner with you to help you find the relief that you deserve.

Sincerely,  
*Bruce Kaechele*  
*RefluxMD Founder*

## Table of Contents

### Introduction

### Soups

Chilled berry  
Navy bean  
Cream of cucumber  
Mushroom vegetable  
Broccoli cheese  
Carrot and celery  
Butternut squash  
Chicken tortilla  
Creamy split pea  
Homemade turkey  
White bean  
Vegetable chowder  
Cauliflower  
Chicken Barley  
Cream of chicken noodle

### Salads

Picnic potato  
Roasted brussels sprouts  
Mango berry  
Grilled salmon caesar  
Hot chicken salad  
Tuna zucchini mac  
Grilled romaine hearts with pickled veggies  
Pineapple caprese  
Overnight pasta  
Asian noodle  
Dijon chicken  
Healthy hodgepodge  
Baby kale and edamame  
Shrimpy spinach  
Greek style pasta  
Cucumber salad

---

## Introduction

The “gold standard” for diet programs today is the DASH diet, which was designed by the National Institute of Health - and tested at five major US research centers including Johns Hopkins University, Duke University, and Brigham and Women’s hospital. For five straight years, 22 nutrition and weight loss experts deemed it as the #1 BEST Overall Diet and the #1 BEST Diet For Healthy Eating in the US News and World Report’s Annual Diet Rankings.

Unfortunately, the DASH diet was not formulated to be GERD-friendly, making it useless to anyone diagnosed with GERD. So after much research and working with subject matter experts, RefluxMD formulated *Recipe for Relief* to maintain the key elements of the DASH diet and make it GERD-friendly. *Recipe for Relief* offers an excellent meal plan and diet program for those suffering from the symptoms of acid reflux. Our soup and salad recipes continue that design; they are free of known trigger foods that cause GERD symptoms and each can easily be integrated into our 21 daily meal plans.

### Why Homemade Soups and Salads for a GERD-friendly Diet Program?

Let’s start with taste and favor. One reason diets are difficult to maintain is that most low calorie recipes lack flavor. But low calorie soups and salads, especially those that are homemade, can be very flavorful because they are versatile. We used a wide variety of aromatic herbs, oils, vinegars, and spices in our recipes. We experimented with ingredients including many types of fresh greens, vegetables, fruits, whole-wheat pasta, beans, rice, lean meats, and poultry. Good taste = happy dieter. Or in our case, good taste without GERD trigger foods = very happy adults with GERD.

There are also several additional aspects of soups and salads that make them useful for anyone pursuing a GERD-friendly and nutritious meal plan. The targeted goals of *Recipe for Relief* and the DASH diet include many elements that are found in both soups and salads:

- Increased consumption of vegetables and fruits;
- Limiting foods that are high in saturated fats;
- Adding leaner meats, poultry, fish, beans, eggs, fruits, nuts, and vegetable oils;
- Focus on foods rich in potassium, calcium, magnesium, fiber, and protein;
- Reduced sodium consumption and limiting added sugars.

The addition of a nutritious soup or salad to your meal plan can make it easier for you to meet your goal of maintaining a balanced diet. By making your own soups and salads, you can control all of the ingredients and add additional healthy ingredients you enjoy. You can maintain low sodium levels by reducing added salt and limit saturated fats by selecting only lean meats; two important fundamentals of our *Recipe for Relief* diet program.



Finally, a key element in any healthy food plan is achieving a daily calorie target and limiting portion size to avoid stomach expansion that can trigger GERD symptoms. A pre-meal soup or salad will help you achieve these targets because the water in soups and the added fiber in both soups and salads contribute to the feeling of being full. This will help you avoid eating larger entree portions later during the meal.

### Suggestions Before You Begin

1. Small soup bowls and small salad plates will help you maintain the correct portion size.
2. Eat your soup and/or salad slowly. If you eat slowly, you will find that a “full” feeling will develop earlier during your meal, and you will eat less overall.
3. Do not add extra salt. It is a natural reaction for many adults to add salt to most foods, but the extra sodium can result in fluid retention and bloating.
4. Avoid canned soups and prepared salads and make your own. Most canned soups have extra sodium and prepared salads typically include high calorie salad dressing.
5. Develop a daily meal plan. We encourage daily meal plans to maintain the amount of calories and sodium consumed while achieving the necessary portions of grains, meats (like poultry and fish), vegetables, fruits, nuts, seeds, and beans.
6. Not all soups or salads (with dressing) are healthy. Always look at the label when purchasing salad dressing and avoid cream-based soups or adding extra flavor with unhealthy additives such as cheese.
7. Make a larger batch of homemade soup and either refrigerate or freeze the leftovers. Warming up a small portion of your healthy soup will make a nice in between meal snack to help banish those hunger pangs.
8. When using grains in your soups or salads, select whole grains. Whole grains offer more fiber and nutrients compared to refined grains.
9. If dried garlic and dried onions trigger your GERD symptoms, please eliminate them from your recipe.

### Get Started and Get Healthy!

Changing your diet for improved health is difficult, but you can do it! What you eat, when you eat, and how much you eat is a major factor that can drive your acid reflux symptoms, so get started today on your path to relief and good health!

---

# Soups

---

## Chilled berry soup

You will love the bright flavors of this refreshing fruit soup. It's light and healthy and great for hot summer days when you want to avoid standing at the stove. We use almond extract, vanilla yogurt, strawberries, and mango juice for this soup, but the recipe is versatile. You can have fun tinkering around with other GERD-friendly fruits and juices you have on hand. So be creative, use our guidelines, and design your own unique rendition.

**Makes 3 servings**

### Ingredients

*1 pound fresh strawberries*  
*1-1/3 cups vanilla yogurt (reserve 1 TBSP)*  
*3 TBSP confectioners sugar*  
*2 TBSP frozen Mango juice concentrate*  
*1/4 cup water*  
*1/4 tsp almond extract*

### Directions

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Top with remaining yogurt.

**Nutritional information (per 3/4 cup serving):** Calories 182, Sodium 73mg



---

## Navy bean soup

This classic American soup might bring back fond memories of your grandmother, and how nice is that? The “bean” got its name around World War I, when it became a staple food of the United States Navy. Many versions of the soup have evolved over the years, but the original, made with a smoked ham hock, carrots, celery and beans, is still really delicious. You can find the ham hocks in most supermarkets, but a leftover hambone works well, too. It makes a satisfying meal, and the aromas might send you on a trip down Memory Lane.

**Makes 10 to 12 servings**

### Ingredients

*1 pound dried navy beans*  
*8 cups water*  
*2 smoked ham hocks (about 1-1/2 pound)*  
*1/4 cup chopped fresh parsley*  
*1 tsp salt*  
*1/2 tsp dried oregano*  
*1/2 tsp pepper*  
*1/4 tsp nutmeg*  
*2 bay leaves*  
*2 cups sliced carrots*  
*1 cup chopped celery*  
*3/4 cup instant mashed potato flakes*

### Directions

1. Pick through beans to remove any pebbles. Rinse and drain.
2. Add beans to a large pot and cover with water by 3 inches.
3. Bring to a boil over medium heat. Reduce heat and simmer for 2 minutes. Remove from heat, cover and let stand for 1 hour.
4. Drain and rinse beans and put them back in the pot.
5. Add 8 cups of water and the ham bone, parsley, and seasonings to the pot.
6. Bring to a boil and then reduce heat to a simmer.
7. Cover and simmer for 60 minutes or until beans are tender.
8. Add the carrots, celery, and potato flakes. Mix well. Cover and simmer for 20 to 30 minutes until vegetables are tender.
9. Remove ham hocks and let cool. Remove the meat from the bone and cut into bite size pieces.
10. Return the meat to the pot. Stir well and heat through.

**Nutritional information (per 1 cup serving):** Calories 289, Sodium 290mg

---

## Cream of cucumber soup

Cucumbers have many terrific health benefits, so including them in your diet on a regular basis is a smart choice. They belong to the same plant family as watermelon, and even though they are made up of 95 percent water, they are packed with vitamins and antioxidants, which can help you avoid nutritional deficiencies. They are also GERD-friendly, so give this unique and healthy soup a try. It's low in calories, but very tasty and surprisingly filling!

**Makes 4 servings**

### Ingredients

*1 large cucumber, grated with peel*  
*2 cups low-sodium chicken broth*  
*1-1/2 TBSP soft margarine*  
*1-1/2 TBSP flour*  
*1/2 cup fat free milk\**  
*1/4 tsp ginger*  
*1/4 tsp turmeric*  
*1/8 tsp black pepper*  
*Parsley or cilantro for garnish*

### Directions

1. Add cucumber to boiling broth in large kettle.
2. Reduce heat to medium, add seasonings, and cook for 10 minutes.
3. Reduce heat to a simmer.
4. Melt margarine in small pan stirring quickly with a wire whisk.
5. Add flour gradually to form a bubbly paste.
6. Add milk and stir until mixture is thick and smooth.
7. Slowly blend cream sauce into soup mixture.
8. Garnish and serve immediately.

**Nutritional information (per 1 cup serving):** Calories 98, Sodium 77mg

\*Cream, whole milk, or 2% milk can be substituted. For adjusted nutritional information, read the labels or go to [CalorieKing.com](http://CalorieKing.com) to calculate nutritional information.

---

## Mushroom vegetable soup

This healthy soup is made with a winning combination of mushrooms, carrots, and spinach, three vegetables that are GERD-friendly and rich in essential nutrients. They are also packed with fiber and protein, which will satisfy your appetite with a small amount of calories.

Preparation will require a little effort because you will need to use a blender, but once that's done, it's smooth sailing and everything gets thrown into the pot! Then stir well, and serve hot in bowls garnished with parsley. So satisfyingly good!

**Makes 4 servings**

### Ingredients

*1/2 pound whole button mushrooms (finely chopped)*  
*1/4 cup frozen chopped spinach (thawed and drained)*  
*1/4 cup shredded carrots*  
*1-1/2 cups chicken broth*  
*2 cups low fat milk*  
*Pinch of white pepper*  
*1/4 tsp marjoram, turmeric or ginger*  
*1/4 tsp thyme*  
*1 tsp dried minced onion\**  
*Pinch of garlic powder\**  
*Parsley for garnish*

### Directions

1. Combine the chopped mushrooms in a saucepan with chicken broth and simmer for 5 minutes.
2. Remove half of the mushrooms and place into a blender with cold milk, spinach, and seasonings. Blend until smooth.
3. Add the shredded carrots (and dried minced onion, if desired) to the saucepan and simmer for 5 minutes.
4. Pour the mushroom/spinach mixture back into the saucepan, stir, and heat well.
5. Serve hot in bowls garnished with parsley or cilantro.

**Nutritional information (per 1 cup serving):** Calories 109, Sodium 268mg

\*Omit if the dried form of these ingredients trigger your GERD symptoms.

---

## Broccoli cheese soup

Warm, rich, and cheesy broccoli soup pleases both kids and adults whenever it's served. But it's often very fattening, so we came up with some healthy, but flavorful substitutions for this recipe to lighten it up. We also kept it vegetarian by using vegetable bouillon, but you can use chicken broth if you prefer. This is a perfect soup for luncheons or special gatherings. Serve it with a salad or quiche and you will get rave reviews. It's an easy soup to make and absolutely perfect comfort food!

**Makes 6 servings**

### Ingredients

*2 cups water*  
*2 vegetable bouillon cubes*  
*6 cups frozen broccoli*  
*1 tsp dried minced onion\**  
*1 can reduced-fat cream of mushroom soup (undiluted)*  
*1 can reduced-fat condensed cheddar cheese soup (undiluted)*  
*2 cups evaporated milk*  
*2 cups sour cream*  
*1 tsp parsley flakes*  
*1/4 tsp pepper*

### Directions

1. Combine water and bouillon in a large saucepan.
2. Add broccoli (and dried onion if desired).
3. Simmer about 10 minutes until broccoli is crisp-tender.
4. In a large bowl, combine the milk, sour cream, parsley, and pepper.
5. Add milk mixture to the broccoli mixture, and cook until heated through about 3 to 5 minutes.

**Nutritional information (per 3/4 cup serving):** Calories 329, Sodium 623mg

\*Omit onion if the dried form of the herb triggers your GERD symptoms.

---

## Carrot and celery soup

Colorful, tasty, and nutritious is a great description of this soup. It's chock full of good things like carrots, celery, potatoes, and green beans. All of these vegetables are super good for you, and the combination makes a hearty and delicious low calorie soup. Sautéing the carrots, celery, and potatoes before making the soup really brings out the sweetness, and a bit of vinegar, when ready to serve, adds just the right zing. It's nice and chunky and pleasingly good!

**Makes 4 servings**

### Ingredients

*1/2 cup sliced celery*  
*1/3 cup diced carrots*  
*1 cup cubed potato (peeled)*  
*2 TBSP soft margarine*  
*1 tsp dried minced onion\**  
*1/8 tsp salt*  
*1/4 tsp black pepper*  
*1/4 tsp turmeric or ginger*  
*3 cups water*  
*1 beef bouillon cube*  
*Celery leaves and carrot tops*  
*1/3 cup frozen green beans*  
*1/4 tsp sugar*  
*1 TBSP vinegar*

### Directions

1. Slowly cook the celery, carrots, and potato in the margarine.
2. Add seasonings (and minced onion if desired).
3. Cover with water and add celery leaves and carrot tops.
4. Add bouillon cube and simmer gently until dissolved and vegetables are tender. Remove celery leaves and carrot tops.
5. Add sugar and green beans and simmer until beans are cooked.
6. When ready to serve, add vinegar.

**Nutritional information (per 1 cup serving):** Calories 101, Sodium 296mg

\*Omit onion if the dried form of the herb triggers your GERD symptoms.

---

## Butternut squash soup

Butternut squash is not just delicious, it's also packed with vitamins and minerals that promote good health. This recipe might sound a little different if you're not used to cooking with squash and parsnips - and using different herbs like curry - but the combination blends together wonderfully. The aromatic curry powder is not spicy, but is a great flavor enhancer, and nutmeg is a secret ingredient. There is no cream in this soup, which is hard to believe, because it has a wonderful texture. It's low in calories, chock full of health benefits, and easy on your budget, too!

**Makes 8 to 10 servings**

### Ingredients

*1/4 cup olive oil*  
*1 large butternut squash*  
*4 carrots*  
*1 parsnip*  
*6 cups vegetable stock (low sodium)*  
*1/2 tsp paprika*  
*1 tsp yellow curry powder*  
*1/2 tsp nutmeg*  
*1/8 tsp salt*  
*1/2 tsp pepper*

### Directions

1. Peel and dice the squash into 1-2" pieces, discarding the seeds and peel.
2. Slice carrots (do not peel).
3. Slice parsnips (do not peel).
4. Add carrots and parsnips to olive oil and sauté on medium for 3 minutes
5. Add squash to the pan and slowly add 1/2 tsp of salt and 1/2 tsp pepper while stirring.
6. Add 1 tsp yellow curry powder, 1/2 tsp nutmeg, 1/2 tsp paprika, and stir to spread spices evenly over the vegetables let cook 5 minutes.
7. Add 6 cups vegetable stock and bring to a boil. Simmer for 15-20 minutes until squash is very tender and breakable with a fork.
8. Using a blender, puree the soup 1 cup at a time and add into a separate container. Once all is pureed and stirred, the soup it is ready to be served!
9. Put in bowls and add a small spoonful of low fat sour cream in the middle of each soup bowl for a nice presentation.

**Nutritional information (per 1 cup serving):** Calories 124, Sodium 430mg

---

## Chicken tortilla soup

This Mexican style tortilla soup is made without tomatoes, but we don't think you will miss them because we seasoned the broth with a variety of GERD-friendly spices that hit the spot! Tortilla chips and cheese are a must for topping, so we used reduced-fat versions to keep the recipe healthy and lower in calories. Keep in mind that fresh onion might trigger your GERD symptoms, so you can easily omit them or substitute with the dried form. And, if you have a fresh avocado on hand, add a few chunks when ready to serve. Ole Ole!

**Makes 4 servings**

### Ingredients

*3 large bone in chicken breasts*  
*1 package frozen corn*  
*1 large onion (sautéed to reduce acid content)\**  
*3 ribs celery sliced*  
*3 large carrots sliced*  
*2 tsp ground cumin*  
*1 tsp paprika*  
*1 tsp chili powder*  
*7 cups water*  
*1 1/2 TBSP olive oil*  
*20 reduced-fat tortilla chips (crushed)*  
*1 cup shredded reduced fat cheese (cheddar or Monterey jack)*

### Directions

1. In a large saucepan, add the olive oil and sauté the chopped onion over medium heat for about 2 minutes.
2. Add carrots, celery, and spices to the pot. Continue to cook for 2 minutes more.
3. Pour the water into the pot, add the chicken breasts and frozen corn. Stir the mixture and bring to a simmer. Continue to simmer, stirring occasionally for 45 minutes.
4. Carefully remove the chicken from the pot and shred. Add the shredded chicken back to the pot and stir.
5. Ladle into soup bowls and top with desired amount of cheese and chips and enjoy!

\*Omit fresh onion or replace with 3 TBSP dried minced onion.

Nutritional information (per 1 cup serving): Calories 328, Sodium 285mg



## Creamy split pea soup

Split peas are GERD-friendly and packed with healthy vitamins and nutrients, including potassium, fiber, and protein. This soup is a meal in itself, and it's very filling for the amount of calories it contains. It's also a great use of a leftover ham bone. We use low-sodium chicken broth in this recipe and flavor it up with lots of heartburn friendly seasonings. A generous amount of carrots and celery complete the dish. Be sure not to skimp on the cooking time because the peas taste best when they reach a "creamy" consistency.

**Makes 6 servings**

### Ingredients

*1 ham bone*  
*1 pound split peas*  
*8 cups low sodium chicken broth*  
*1 cup chopped celery*  
*2 to 3 diced carrots*  
*1 bay leaf*  
*1/2 tsp thyme*  
*1/2 tsp ginger*  
*1/2 tsp pepper*  
*1/2 tsp marjoram*  
*1/4 tsp dried mustard*

### Directions

1. Rinse peas well and inspect and pick off any debris.
2. In a large stockpot, bring chicken broth to a boil.
3. Add ham bone and simmer for 45 minutes.
4. Remove ham bone and allow to cool.
5. Add rinsed peas, all seasonings, and remaining ingredients to the pan, and return to a boil. Reduce heat to a low simmer and cover the pan. Simmer on low for at least one hour or until the peas almost disintegrate.
6. Stir often to avoid burning, and if the soup gets too thick, add more broth.
7. When ready to serve, pick the meat off the ham bone and return to the pot, stir well, and ladle into soup bowls.

**Nutritional information (per 1 cup serving):** Calories 266, Sodium 369mg

---

## Homemade turkey soup

The combination of a large variety of spices simmered with a leftover turkey carcass gives the broth in this soup a unique and fabulous flavor. The turkey carcass should have at least two cups of meat remaining on it to make a good, rich meal. We kept the soup lower in saturated fat and GERD-friendly by preparing it ahead of time, allowing it to cool, and then skimming off the fat that rises to the top. We then add thyme, rosemary, sage, basil, marjoram, tarragon, and pepper...need we say more? Warm and wonderful!

**Makes 16 servings**

### Ingredients

*6 pound turkey breast carcass. It should have some meat (at least 2 cups) remaining on it to make a good, rich soup.*

*4 stalks of celery*

*4 peeled carrots*

*1 tsp dried thyme*

*1/2 tsp dried rosemary*

*1/2 tsp dried sage*

*1 tsp dried basil*

*1/2 tsp dried marjoram*

*1/2 tsp dried tarragon*

*1/2 tsp salt*

*Black pepper to taste*

*1/2 pound egg noodles*

### Directions

1. Place turkey breast in a large 6-quart pot. Cover with water, at least 3/4 full.
2. Wash celery and carrots, slice, and add to pot.
3. Simmer covered for about 2-1/2 hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in the refrigerator.
5. After cooling, skim off fat.
6. While soup is cooling, remove remaining meat from turkey carcass. Cut into pieces.
7. Add turkey meat to soup along with herbs and spices.
8. Bring to a boil and add egg noodles.
9. Continue cooking on low boil for about 20 minutes or until noodles are done.
10. Serve at once or refrigerate for later reheating.

**Nutritional information (per 1 cup serving):** Calories 226, Sodium 217mg

---

## White bean soup

What makes the broth in this soup delicious is the combination of fresh vegetables simmered together with healthy white beans. We kept the recipe low in sodium by using 'no sodium' chicken broth and a small amount of regular vegetable bouillon. For seasoning, we added a dash of garlic salt and some dried minced onion, but omit them if the dried form of these herbs triggers your GERD symptoms. You can easily replace them with your favorite heartburn friendly spices, if desired. And if you have some leftover ham\* on hand, dice it, and add it to the finished soup for a complete meal. Voila, soups on!

**Makes 4 servings**

### Ingredients

*1 cup sliced fresh mushrooms*  
*1/2 cup julienned carrots*  
*1 cup fresh broccoli florets (chopped)*  
*1 cup fresh cauliflower florets (chopped)*  
*2 large celery stalks sliced*  
*1 can great northern beans (14 ounce), drained and rinsed*  
*1 TBSP "Better than Bouillon" vegetable base*  
*1 TBSP olive oil*  
*2 1/2 cups water*  
*2 TBSP red or white wine*  
*1/4 tsp garlic salt (optional)*  
*1 TBSP dried minced onion (optional)*  
*1/2 to 1 tsp turmeric (to taste)*  
*Cilantro or parsley for garnish*

### Directions

1. Spray nonstick pan with cooking spray.
2. Add olive oil and heat to medium.
3. Add vegetables and sauté on low heat for 4 minutes. Do not overcook.
4. Add water, bouillon, garlic salt, dried onion, turmeric, and white beans.
5. Simmer on low until veggies are cooked "al dente," about another 10 minutes.
6. Ladle into bowls and garnish with some parsley or cilantro.

**Nutritional information (per 1 cup serving):** Calories 99, Sodium 175mg

\*For nutritional information on ham meat, go to [CalorieKing.com](http://CalorieKing.com).

## Vegetable chowder

The term "chowder" comes from the word "chaudiere" which is the French word for cauldron, the pot in which thick stews and soups are cooked in France. Most Americans will first think of clam chowder, but chowders are actually a broad range of soups that typically use flour for thickening. To keep our chowder lower in calories and GERD friendly, we didn't use flour and thickened it up instead with chunky potatoes, broccoli, cream of celery soup, and cream style yellow corn. Season this mixture with some ginger and parsley, and you will have a yummy and comforting cold weather soup.

**Makes 4 servings**

### Ingredients

*1 can reduced-fat cream of celery soup (10-3/4 oz)*  
*1 cup fat-free milk*  
*1-1/2 cups cooked potatoes (diced)*  
*1 cup cream style yellow corn, without salt added*  
*1 cup broccoli (thawed from frozen)*  
*1/2 tsp ginger*  
*1 tsp parsley*

### Directions

1. Combine soup, milk, cream corn, dried onion, and seasonings in a large saucepan.
2. Mix well and stir in broccoli and potatoes.
3. Bring the mixture to a boil, while stirring often.
4. Reduce the heat and bring to a slow simmer.
5. Cover the pan and cook for about 15 more minutes, stirring occasionally.

**Nutritional information (per 1 cup serving):** 240 calories, Sodium 720mg

---

## Cauliflower soup

Cauliflower has some fantastic health benefits: it is low in calories, high in fiber and vitamin C, and contains a broad spectrum of antioxidants. Cauliflower is also considered a safe vegetable for people following a GERD-friendly diet. When selecting a cauliflower, look for a clean, creamy white head, surrounded by many thick green leaves. They are better protected and will be fresher. Spotted or dull colored cauliflower should be avoided. This puréed soup is healthy and so delicious that it's perfect for any occasion.

**Makes 4 servings**

### Ingredients

*1 medium head of cauliflower, cut up*  
*4 cups low-sodium chicken broth*  
*1/3 cup uncooked brown rice*  
*1/2 cup finely chopped celery*  
*1/2 tsp ginger*  
*1 TBSP soft margarine*  
*1/2 cup low fat milk*  
*1/8 tsp kosher salt*  
*1/4 tsp pepper*  
*1 TBSP dried onion\**

### Directions

1. Cook cauliflower, rice, and celery in boiling broth until rice is tender.
2. Add spices.
3. Remove from stove and add milk.
4. Purée in blender.
5. Serve hot or cold.

**Nutritional information (per 1 cup serving):** Calories 104, Sodium 25mg

\*Dried onion is optional, and can be included if it does not trigger your heartburn symptoms.

---

## Chicken barley soup

What's better than spending an afternoon surrounded by the aromas of your kitchen? Or better yet, spending a day out and coming home with dinner ready to serve? Cooking in a crockpot is easy and makes the evening a little less hectic. This stew-style soup recipe is one of our favorites because it's carefree: just put everything in the crockpot, turn it on, and let it cook. It's also very adaptable, so feel free to adjust the seasonings to suit your taste, to include herbs you have on hand, or to avoid specific triggers. It's a meal you will love coming home to.

**Makes 6 servings**

### Ingredients

*2 chicken breasts*  
*3/4 cup barley*  
*1 (16 oz.) bag frozen mixed vegetables*  
*1 small chopped onion\**  
*1 cup chopped celery*  
*1 tsp basil*  
*1 tsp oregano*  
*1 tsp thyme*  
*1 tsp sage*  
*2 bay leaves*  
*48 oz. low sodium chicken broth*  
*Pepper to taste*  
*2 cups chopped baby spinach*

### Directions

1. Put all ingredients (in order) except the spinach in the crock-pot.
2. Make sure everything is covered with chicken broth.
3. Put on the lid, set the crockpot to low, and cook for 5-6 hours until the barley is tender.
4. Add the spinach for the last 30 minutes of cooking.
5. Remove and discard the bay leaves.
6. Remove the chicken breasts, shred, and then combine with the soup.

**Nutritional information (per 1 cup serving):** Calories 275, Sodium 239mg

\*If fresh onion triggers your heartburn symptoms, omit them or substitute with dried minced onion.

---

## Cream of chicken soup

Nothing is more comforting than a warm bowl of chicken soup! And besides comfort, folklore has given chicken soup a reputation as a remedy for colds and flu. This recipe is quick and easy, and makes a satisfying meal in just minutes. The main ingredients include pre-cooked chicken meat, whole-wheat pasta noodles, and three different vegetables. For the base, we mixed together reduced-fat cream of chicken soup, non-fat dry milk, and low-sodium chicken broth seasoned with parsley and ginger. It's filling and delicious, and it just might "cure what ails you!"

**Makes 4 servings**

### Ingredients

*1 cup chopped celery*  
*1 cup shredded carrots*  
*1 can reduced-fat cream of chicken soup*  
*1/3 cup non-fat dry milk powder*  
*1 (14 ounce) can low-sodium chicken broth*  
*1 tsp dried parsley flakes*  
*½ to 1 tsp ginger (to taste)*  
*1-1/2 cups (leftover or packaged) cooked chicken meat (diced)*  
*1/2 cup frozen peas*  
*1 cup uncooked wide egg noodles (whole wheat)*

### Directions

1. Spray a saucepan with butter flavored non-stick cooking spray and sauté the carrots and celery over low to medium heat for 4 minutes.
2. Stir in next five ingredients, and mix well.
3. Add chicken and peas.
4. Mix well and continue cooking the soup for about 7 minutes, stirring occasionally.
5. Meanwhile, in a separate pot, cook the egg noodles in water according to directions.
6. Serve the soup in bowls and stir in 1/3 cup of noodles.

**Nutritional information (per 1 cup serving):** Calories 237, Sodium 560mg



---

## Salads

---

---

## Picnic potato salad

Nothing is more essential for a summer picnic than a delicious potato salad. This "All-American" fresh vegetable dish is mayo-based and seasoned with savory spices to give it a lot of zest. Yukon gold, fingerling, or red bliss potatoes will work best for this recipe because they keep their shape well when cooked. Be sure not to overcook the potatoes and to remove them from heat while still slightly firm. We also recommend seasoning the potatoes while still warm so that they better absorb the flavors.

**Makes 10 servings**

### Ingredients

6 medium peeled\* potatoes (about 2 lbs)  
3 stalks celery, finely chopped  
1/3 cup red bell pepper, coarsely chopped  
1 TBSP dried minced onion\*\*  
1 egg hard-boiled, chopped  
6 TBSP light mayonnaise  
1 tsp Dijon mustard  
1/2 tsp salt  
1/4 tsp black pepper  
1/4 tsp dill weed, dried  
1/4 tsp ginger, dried

### Directions

1. Wash and peel potatoes, cut in half, and place them in a saucepan with cold water.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Remove from heat and drain well. Season with salt, pepper, ginger, and dill.
4. Evenly dice potatoes when cool.
5. Add vegetables and egg to potatoes and toss.
6. Blend together mayonnaise and Dijon mustard.
7. Pour dressing over potato mixture and stir gently to coat evenly.
8. Chill for at least 1 hour before serving.

**Nutritional information (per ½ cup serving):** Calories 98, Sodium 212mg

\*If you prefer unpeeled potatoes, be sure to scrub and clean the skins well, and be aware that they do not absorb the flavors as well as peeled potatoes.

\*\*Omit the dried minced onion if they trigger your GERD symptoms.

---

## Roasted Brussels sprouts

Brussels Sprouts can provide you with some great health benefits because they contain an abundance of vitamin antioxidants. The sprouts look like small cabbages, and have a sweet and crispy taste when cooked correctly. The key is to not overcook the sprouts because they will lose their nutritional value and pleasant taste. When selecting sprouts, make sure they are firm and vivid green in color. Sprouts that are soft in texture with wilted or yellow leaves should be avoided. Other ingredients in this GERD-friendly recipe include feta cheese, baby spinach, sunflower seeds, and grapes. So super nutritious and delicious, too!

**Makes 6 servings**

### Ingredients

*3 TBSP red wine vinegar*  
*1 tsp Dijon mustard*  
*1/3 cup olive oil*  
*1-1/4 lbs Brussels sprouts*  
*12 cups baby spinach*  
*1 cup red grapes, halved*  
*3 TBSP sunflower seeds*  
*2 TBSP feta cheese (switch from Gorgonzola)*  
*1/4 tsp ginger*  
*Salt and pepper*

### Directions

1. Preheat oven to 400 degrees.
2. Wash, trim, and cut sprouts into quarters.
3. Whisk together vinegar, mustard, and ginger.
4. Toss sprouts in 2 TBSP of the vinegar mixture and spread evenly onto a large baking sheet.
5. Lightly sprinkle with salt and pepper, and roast in the oven for 10 minutes, turn sprouts over and continue to roast for 12 more minutes.
6. Remove and let cool slightly.
7. In a large salad bowl, combine spinach, grapes, and sunflower seeds.
8. Add the sprouts and gently toss with remaining dressing. Top with cheese and serve.

**Nutritional information (per 1-1/4 cup serving):** Calories 225, Sodium 205mg

---

## Mango berry salad

This recipe uses fresh mango, which has a flavor that can be described as an exotic mix of pineapple and peach. Mangoes are so tasty that people might forget that they are healthy, too, containing high amounts of fiber, iron and antioxidants. They are a star in any dish, but also mix well with a variety of other fruits and berries. For best results, we prepare this recipe 30 minutes ahead. We cover the bowl and refrigerate it to let the flavors blend. The end result is worth the wait!

**Makes 6 servings**

### Ingredients

*1 large mango*  
*1 head of iceberg lettuce*  
*1/2 pound blueberries (rinsed)*  
*1/2 pound strawberries (rinsed and chopped)*  
*1/2 cup sliced grapes*  
*1 large avocado*  
*1/4 cup chopped pecans or walnuts*  
*3 TBSP olive oil*  
*1 TBSP Balsamic Vinegar*  
*2 tsp sugar*

### Directions

1. Peel and chop the mango and the avocado.
2. Rinse, dry, and chop the lettuce into bite size pieces.
3. In a large salad bowl, toss together all ingredients.
4. Cover and refrigerate for 30 minutes\* to let flavors blend.
5. Whisk together oil, vinegar, and sugar.
6. Pour over salad and toss to coat.

**Nutritional information (per 1-1/4 cup serving):** Calories 352, Sodium 93mg

\*Do not leave in refrigerator for more than 3 hours.

---

## Grilled salmon Caesar salad

Salmon is a very healthy and popular fish. It is low in calories, but high in protein, and has a firm consistency that makes it perfect for the grill! We first marinate the salmon in a reduced-fat Caesar salad dressing for 30 minutes. This gives it a distinctive flavor that pairs nicely with the romaine lettuce leaves. The ingredients in this recipe are all GERD-friendly, but if you can tolerate a splash of lemon, go for it! Swordfish also works well for this salad so give both a try!

**Makes 6 servings**

### Ingredients

*2 pounds fresh salmon fillets*  
*1/3 cup plus 1 TBSP reduced-fat Caesar salad dressing (divided)*  
*20 small romaine lettuce leaves*  
*2 TBSP crushed plain croutons*  
*2 TBSP extra virgin olive oil*  
*1 TBSP grated Parmesan cheese*  
*Black pepper (optional)*  
*Splash of lemon (optional)*

### Directions

1. Pour 1/3 cup of the salad dressing over the fish and marinate for 1 hour in the refrigerator. Turn the fish over once after 30 minutes.
2. Coat the grill with non-stick cooking spray and heat to medium.
3. Place the fish on the grill rack about 4 to 5 inches above the heat.
4. Cook the fish for 5 minutes and flip over. Continue cooking until the fish flakes nicely with a fork (about 5 more minutes). Remove from grill, cover with foil, and let rest for 2 minutes.
5. Tear the lettuce leaves into pieces and toss with olive oil and remaining 1 TBSP dressing in a large bowl. Sprinkle the leaves with Parmesan cheese and crushed croutons. Mix well and divide equally on six plates.
6. Cut the fish into 6 equal portions and place on top of the prepared lettuce leaves.
7. Lightly sprinkle each plate with black pepper, if desired.

**Nutritional information (per serving):** Calories 374, Sodium 256mg

---

## Hot chicken salad

This is a comfort dish that doesn't last long! Even if you double the recipe, your family will ask why you didn't make more. Apple cider vinegar gives the "hot salad" a bright flavor, and water chestnuts, corn flakes, and pecans add a nice crunch. It's a clever combination and a perfect way to use your leftover chicken meat. Bring this to your next potluck and you will be a big hit!

**Makes 8 servings**

### Ingredients

*2 cups cooked chicken (diced)*  
*1 cup fresh mushrooms (chopped)*  
*1 cup cooked rice*  
*1/2 tsp salt\**  
*1/4 tsp pepper*  
*1 can water chestnuts (drained and sliced)*  
*1 cup celery (diced)*  
*3/4 c low fat mayonnaise*  
*1 tsp apple cider vinegar*  
*1 can healthy request cream of chicken soup (undiluted)*  
*2 TBSP soft margarine*  
*1 cup corn flakes*  
*1/2 cup pecans, lightly chopped*

### Directions

1. Combine all ingredients except the last three, and mix well.
2. Place the mixture in a baking dish.
3. In a small skillet, melt margarine. Add crushed corn flakes and nuts and stir to coat in margarine.
4. Spoon this mix over top of casserole.
5. Bake at 350 for 40 to 45 minutes.

**Nutritional information (per 1 cup serving):** Calories 380, Sodium 490mg

\*If you are watching your sodium, you can reduce the amount of salt in this recipe or omit it.

---

## Tuna zucchini macaroni salad

This GERD-friendly macaroni salad is made with a combination of healthy ingredients, including tuna fish, chopped zucchini, and arugula. It's delicious, easy to prepare, and can be made ahead for convenience. Just cover and refrigerate it without dressing for up to a day. For best results, we like to toss the mixture with the dressing an hour before serving. This allows the flavors to blend. It's a fun and different dish that's very filling for the amount of calories.

**Makes 6 servings**

### Ingredients

*1/4 cup olive oil*  
*1/4 cup reduced-sodium chicken broth*  
*1/4 cup rice wine vinegar*  
*1 TBSP dried basil (or 3 TBSP chopped fresh basil)*  
*1/4 tsp black pepper*  
*3 cups baby arugula*  
*1 cup diced zucchini*  
*2 (6 oz) cans albacore tuna, drained*  
*1/4 cup shredded Parmesan*  
*8 ounces (whole wheat) elbow macaroni*  
*2 hard-boiled eggs (chopped)*

### Directions

1. Whisk together oil, broth, basil, pepper, and vinegar in a small bowl.
2. Cook macaroni according to directions. Drain and let cool.
3. Add all ingredients (except eggs) and toss with dressing to coat.
4. Place in individual salad bowls and top with chopped eggs.

**Nutritional information (per 1-1/3 cup serving):** Calories 305, Sodium 362mg



---

## Grilled hearts of romaine with pickled vegetables

Hearts of romaine are the inner leaves of romaine lettuce and are ideal for grilling because they have enough structure to remain tightly together while flipping them on the grill. I like to serve the hearts with pickled vegetables, but you can serve them alone - chopped or whole - just be sure to serve them hot off the grill. The vegetables need to be made at least two hours ahead, and chilled in the refrigerator. Pickling is a great way to preserve ripe vegetables, and the mixture will keep for up to two weeks in the refrigerator. You will impress your family and friends with this GERD friendly recipe, so be adventurous and perk up your salad on the grill!

**Makes 4 servings**

### Ingredients

*For the pickled vegetable:*

*1/2 cup rice wine vinegar*

*1/2 cup sugar*

*2 bell peppers thinly sliced (red, yellow or green)*

*1 English cucumber thinly sliced*

*For the salad:*

*4 Romaine hearts*

*3 TBSP olive oil*

*1 TBSP white wine vinegar*

*1/2 tsp dried oregano*

*1/2 tsp dried Rosemary or thyme*

*1/8 tsp pepper*

### Directions

1. To prepare the pickled vegetables, boil water, vinegar, and sugar in a small pan. Cool the mixture and add the pepper and cucumbers. Refrigerate for at least 2 hours (pickled veggies will last up to two weeks in the refrigerator).
2. Preheat grill to medium high heat.
3. Rinse and pat lettuce dry, pull off any old leaves, and chop 1 inch off the root end.
4. Whisk together oil, vinegar, and herbs.
5. Brush outer lettuce leaves with olive oil mixture.
6. Using tongs, place lettuce on the grill and cook until lightly browned on all sides.
7. Turn every minute or two until done. Be careful not to scorch the leaves.
8. Serve warm with pickled vegetables.

**Nutritional information (per serving of lettuce and 1/4 cup pickled veggies):** Calories 139, Sodium 85mg

## Pineapple Caprese salad

If you miss having a Caprese salad because tomatoes trigger your GERD symptoms, try this recipe made with sliced pineapple rings instead of tomatoes. Although fresh mozzarella cheese is fairly high in fat, it can be included in a well-balanced meal plan by keeping the portion small. This is a fresh, layered dish that's a nice appetizer before a meal. It's quick and easy to assemble and makes a colorful presentation, too! As they say in Capri, Buon Appetito!

**Makes 4 servings**

### Ingredients

8 fresh or canned pineapple rings  
8 slices part-skim mozzarella cheese (1oz)  
8 fresh basil leaves  
8 tsp extra virgin olive oil  
1/4 tsp fresh or dried oregano

### Directions

1. Chop basil leaves and mix into olive oil.
2. Layer pineapple slices with cheese slices.
3. Drizzle the prepared slices with the basil oil.
4. Sprinkle lightly with oregano.

**Nutritional information (per serving):** Calories 225, Sodium 175mg

---

## Overnight pasta salad

This cold pasta salad recipe serves a crowd, so it's perfect for a big family picnic or a summer cookout. We prepare the dish a day ahead and place it in the fridge to marinate overnight. This gives it a tangy and distinctive "sweet and sour" flavor. We then drain the marinade from the pasta and vegetables prior to serving, which keeps them lower in fat and GERD diet friendly. When ready to serve, just place a few tablespoons of the mixture on each lettuce leaf. You can also add a few peanuts to make it the perfect blend of light and crunchy!

**Makes 18 servings**

### Ingredients

*16 oz uncooked small seashell macaroni (9 cups cooked)*  
*2 TBSP vegetable oil*  
*3/4 cup sugar*  
*1/2 cup apple cider vinegar*  
*1/2 cup wine vinegar*  
*1/2 cup water*  
*3 TBSP prepared mustard*  
*1/4 tsp black pepper*  
*2 oz jar pimentos*  
*2 small cucumbers*  
*2 stalks celery*  
*18 lettuce leaves*

### Directions

1. Cook shells in unsalted water, drain, rinse with cold water, and drain again.
2. Transfer shells to 4-quart bowl, and stir in oil.
3. Place sugar, vinegars, water, prepared mustard, salt, pepper, and pimento into a blender.
4. Process at low speed for 15-20 seconds, or just enough so flecks of pimento can be seen.
5. Pour over macaroni.
6. Cut cucumber in half lengthwise and then thinly slice.
7. Chop and dice celery.
8. Add celery and cucumber to pasta and toss well.
9. Marinate, covered, in refrigerator for 24 hours. Stir occasionally.
10. When ready to serve, drain mixture well and place 2 to 3 TBSP on top of each lettuce leaf.

**Nutritional information (per 1/2 cup serving):** Calories 149, Sodium 33mg

---

## Asian noodle salad

Rice vermicelli is a delicate form of rice noodle that is commonly used in recipes throughout China and Southeast Asia. They are thin and tender and although they don't have much taste on their own, they readily absorb the flavors of the foods and spices they are cooked with. Commonly used in soups and stir-fries, the noodles also make a nice addition to a salad. They are fat-free, cholesterol-free, and low in sodium, which makes them a healthy addition to your GERD-friendly diet! They are easy to prepare and for convenience can be made up to two days ahead and stored in the refrigerator.

**Makes 4 servings**

### Ingredients

*6 ounces vermicelli rice noodles*  
*1/4 cup rice vinegar*  
*2 tsp sugar*  
*1 1/2 TBSP fresh grated ginger (divided)*  
*1/4 tsp salt*  
*1 red bell pepper seeded and sliced*  
*3 oz. snow peas trimmed and sliced lengthwise*  
*1/2 English cucumber sliced and cut into half moons*  
*1 finely chopped celery stalk*  
*1 TBSP vegetable or canola oil*  
*1 lb. lean ground pork, chicken or turkey*  
*1/4 cup hoisin sauce*

### Directions

1. Cook the vermicelli according to package directions. Rinse with cold water to cool, drain well, and set aside.
2. In a large bowl, mix together vinegar, sugar, 1 tsp ginger, and 1/4 tsp salt. Stir in the snow peas, bell pepper, cucumbers, and celery.
3. Add the oil to a large nonstick skillet and heat to medium. Add the ground meat and cook thoroughly.
4. Stir in the hoisin sauce and remaining ginger. Add 2 TBSP water and cook for 1 additional minute.
5. Evenly divide the cooled noodles and salad mixture onto 4 plates and top (using a slotted spoon) with the ground meat mixture.

**Nutritional information (per 1 cup serving):** Calories 454, Sodium 445mg

---

## Dijon chicken salad

We like to make the chicken from scratch for this recipe using bone-in chicken breasts poached gently in salted water, but you can also use leftovers or pre-cooked white chicken meat for this salad. The poaching can be done a day ahead. Just make sure the chicken is thoroughly cooked before chilling. The white peaches add just the right sweetness, and shredded carrots and red cabbage make this a healthy and tasty lunch or light dinner. The low-calorie Dijon herb vinaigrette is seasoned with your choice of acid reflux friendly spices, so add your favorites and enjoy!

**Makes 4 servings**

### Ingredients

*2 large chicken breasts on the bone*  
*2 large white peaches, peeled and chopped*  
*1/2 cup shredded carrots*  
*1 cup shredded red cabbage (or finely chopped broccoli)*  
*4 large romaine or bibb lettuce leaves*  
*2 TBSP gorgonzola cheese crumbles (or feta or goat)*  
*3 TBSP toasted chopped walnuts*  
*3 TBSP Dijon mustard*  
*3 TBSP Champagne or red wine vinegar*  
*1/3 cup extra virgin olive oil*

### Directions

1. Place the chicken breasts in a large pot and cover with water. Salt the water and heat to a simmer. Poach the chicken gently until it is cooked through about 30 minutes. Do not boil the water. Remove from water and let cool.
2. Shred the cooled chicken and add it to a mixing bowl with the peaches, carrots, and cabbage.
3. Make the salad dressing and set aside.\*
4. Place the 4 lettuce leaves on salad plates and divide the chicken salad evenly on the leaves.
5. Spoon desired amount of vinaigrette on the salad.
6. Top with cheese and chopped walnuts.
7. \*For the Dijon Herb Vinaigrette: Whisk together 3 TBSP of Champagne or red wine vinegar, 1 TBSP of Dijon mustard, 1 TBSP of finely chopped parsley, and 1 TBSP of finely chopped fresh basil, ginger, marjoram, or thyme. Slowly add in 1/3 cup of extra virgin olive oil and season with a dash of salt and pepper. If you use a prepared vinaigrette, be sure to read the label carefully to avoid dressings that are high in sugar or

trans fats. Choose those that are made with extra virgin olive oil or canola oil, and be aware that low-fat and non-fat dressings have added sugar to make them more flavorful.

**Nutritional information (per 1 cup serving):** Calories 311, Sodium 310mg

---

## Healthy hodgepodge salad

No time to cook? Take a look in your pantry and fridge to see what you have on hand. We found canned salmon, white beans, walnuts, and brown rice in the pantry - and in the fridge we had feta cheese, lettuce, carrots, and a hard boiled egg. While this isn't a traditional recipe, a "hodgepodge" meal like this is fun, so be creative! It works with a myriad of ingredients including cabbage, kale, arugula, mushrooms, quinoa, celery, and avocado. You can also add leftover chicken, steak, or fish. Just put all the ingredients together in a large bowl, toss with your favorite low-fat salad dressing, and voila! It's ready to go in just minutes!

**Makes 2 servings**

### Ingredients

*1 can (7 oz) Alaskan salmon\**  
*1/2 cup white kidney or garbanzo beans*  
*1 large carrot (slice)*  
*1 cup cooked brown rice*  
*2 cups mixed greens*  
*1/4 cup walnuts*  
*Low fat sesame salad dressing*  
*Feta cheese*  
*1 hard-boiled egg (sliced)*

### Directions

1. Drain and flake the salmon.
2. Drain beans well.
3. Place the mixed greens in a large bowl and toss with the salmon, beans, carrots, walnuts, and feta cheese.
4. Toss with desired amount of salad dressing.
5. Put the lettuce mixture into individual bowls, and top with egg slices.

For nutritional information when making your own "healthy hodgepodge" use the "food search" at [www.calorieking.com](http://www.calorieking.com) and type in your choice of ingredients.



---

## Baby kale salad

We all know that vegetables are very good for our bodies, but even with that knowledge, many of us do not include enough greens in our diet. For those not familiar with kale, it is known as the "queen of greens," and is a shining star in the salad category. Kale, like brussels sprouts, is a member of the cabbage family and it contains an abundance of nutrients, including beta carotene, calcium, vitamins C and B6, folic acid, manganese, and potassium. We use organic baby kale in our heartburn-friendly salad to make the preparation quick and easy. A trio of cucumber, edamame, and red cabbage completes the dish - topped off with tangy apricot ginger vinaigrette.

**Makes 4 to 6 servings**

### Ingredients

*For the salad:*

*1 pkg. organic baby kale (10 oz)\*  
1/2 cup edamame beans  
1 cup shredded red cabbage  
1 whole cucumber thinly sliced  
1/4 cup slivered almonds  
1/4 cup raisins  
3 TBSP feta cheese (optional)*

*For the apricot vinaigrette:*

*1/4 cup olive oil  
1/4 cup apricot preserves  
1 1/2 TBSP apple cider vinegar  
1 TBSP water  
1/2 tsp ginger  
1 pinch of both pepper and sea salt*

### Directions

1. Place the kale in a salad bowl.
2. Prepare vinaigrette. Combine all ingredients listed for the vinaigrette in a mixing bowl and whisk well.
3. Mix 6 TBSP of vinaigrette into the kale. Toss until well coated.
4. Set the coated kale aside for 10 minutes, so it starts to wilt.
5. Add the sliced cucumbers, edamame, shredded cabbage, almonds, and raisins to the bowl and toss the mixture well with the remaining vinaigrette.
6. If desired top with a sprinkle of feta.

\*You can substitute the baby kale for 2 bunches of curly kale. The leaves need to be trimmed of stems, washed and dried, and then shredded into bite size pieces.

**Nutritional information (per 1 cup serving):** Calories 310, Sodium 110mg

---

## Shrimpy spinach salad

All the experts these days seem to agree that eating fish is good for your health. This salad recipe is one of our favorites, and it's a creative way to add a little extra seafood to your diet. The combination of shrimp, strawberries, and asparagus is perfectly paired with raspberry vinaigrette and topped for crunch with slivered almonds. The dish is low in calories, but filling, so it makes a great lunch or light dinner. Better yet, the strawberries might even satisfy your sweet tooth!

**Makes four servings**

### Ingredients

*12 large cooked shrimp*  
*1/2 cup low fat raspberry vinaigrette (divided)*  
*5 cups chopped baby spinach leaves*  
*1/3 cup slivered almonds (unsalted)*  
*8 ripe fresh strawberries (sliced)*  
*8 cooked and cooled asparagus spears (trimmed of rough ends) and cut in half*  
*4 TBSP Bleu cheese\* (optional)*

### Directions

1. Marinate the cooked shrimp in 1/4 cup vinaigrette for 20 minutes in the refrigerator.
2. Remove shrimp after 20 minutes and discard vinaigrette.
3. Place the spinach leaves in a large bowl and toss with remaining 1/4 cup raspberry vinaigrette
4. Divide the leaves equally onto four plates.
5. Top the leaves with the shrimp, strawberries, and asparagus.
6. Sprinkle with slivered almonds and top with 1 Tablespoon Bleu cheese.

**Nutritional Information (per serving):** Calories 254, Sodium 116mg

\*1 TBSP Bleu cheese = 18 Calories and 95mg Sodium

---

## Greek style pasta salad

When most of us think of pasta salad, we think of lots of mayonnaise. While that may taste great, the after effects from all that heavy saturated fat may not be worth it when you suffer from acid reflux disease! So we came up with this lightened up “Greek” style summer pasta salad. We replaced the mayo with vinaigrette, and used herbs and feta cheese to enhance the flavors. The recipe calls for cherry tomatoes, which are less acidic and slightly sweeter than regular tomatoes. They are often well tolerated by people with GERD; however, if they bother you, try replacing them with red grapes.

**Makes 10 servings**

### Ingredients

*1 (16 oz) box of whole-wheat rotini pasta*  
*3 TBSP red or white wine vinegar (balsamic works too if you want it sweeter)*  
*1 TBSP lemon juice (if you can tolerate lemon, otherwise an extra TBSP of vinegar will work)*  
*1/2 cup extra virgin olive oil*  
*1-1/4 lb cherry tomatoes, halved (or red grapes)*  
*1/2 cup pitted kalamata olives sliced*  
*1/2 cup chopped basil*  
*1/2 cup chopped parsley*  
*1 cup crumbled goat or feta cheese*  
*Salt & pepper to taste*

### Directions

1. Cook pasta al dente, according to package directions.
2. Once finished, rinse pasta and let drain well before transferring to a large bowl.
3. While pasta is cooking, mix vinegar and lemon. Slowly add oil while stirring continuously to ensure it's mixed well.
4. Pour the dressing over the pasta.
5. Mix in the herbs, tomato, and cheese.
6. Add salt and pepper to taste.

**Nutritional information (per 1 cup serving):** Calories 405, Sodium 232mg

---

## Cucumber salad

Cucumbers have some terrific health benefits, so making them a part of your regular GERD-friendly diet is a smart choice. It's easy too! You can eat sliced cucumbers for an afternoon snack, use them as a sandwich topping, and include them in any of your salads. This refreshing recipe is easy to prepare and will last up to a week in the refrigerator. We like to make this a day ahead, because the longer it marinates, the tastier it is. It's a perfect blend of tart and sweetness, and it's packed with nutrition, too!

**Makes 8 servings**

### Ingredients

*2 cups white vinegar*  
*1 cup water*  
*1/2 cup sugar (or adjusted amount of sugar substitute)*  
*1 tsp Kosher Salt\**  
*1/4 cup fresh or dried dill weed*  
*4 large firm cucumbers, thinly sliced*  
*1 stalk celery, thinly sliced*  
*1 carrot, scraped and thinly sliced*

### Directions

1. The day before serving, bring vinegar, water, sugar, and dill to a boil.
2. Meanwhile, layer the vegetables in a medium sized bowl.
3. Pour the boiling vinegar mixture over the vegetables.
4. Cover, cool, and refrigerate overnight.
5. Serve cold in small fruit dishes.

**Nutritional information (per 1/2 cup serving):** Calories 55, Sodium 245mg

\*To keep this recipe to 2.6mg of sodium, omit the Kosher salt.

## ***More recipes for a more complete solution to acid reflux disease!***

This cookbook is an expansion on *RefluxMD's Recipe for Relief*, and focuses solely on healthy soups and salads. If you are looking for well-being, relief from the symptoms of acid reflux disease, and / or weight loss, this book is for you! Our recipes are delicious and nutritious, containing herbs like ginger, thyme, basil, turmeric, and curry. We experimented with ingredients including many types of fresh greens, vegetables, fruits, whole-wheat pasta, beans, rice, lean meats, and poultry. Adding these soups and salads to a GERD-friendly meal should reduce your acid reflux symptoms and improve your long-term health.

## **Great tasting recipes without trigger foods results in good health and happiness!**

RefluxMD's first book, *RefluxMD's Recipe for Relief*, was designed using the "gold standard" for diet programs, the DASH Diet. This revolutionary approach to eating was designed by the National Institute of Health and tested at five major US research centers including Johns Hopkins University, Duke University, and Brigham and Women's hospital. For five-straight years, 22 nutrition and weight loss experts deemed it as the #1 BEST Overall Diet and the #1 BEST Diet For Healthy Eating in US News and World Report's Annual Diet Rankings.

Until recently, those that suffer with acid reflux disease were unable to utilize this program because it was not GERD-friendly. RefluxMD utilized the DASH Diet's foundation to deliver an eating plan and diet program to help those seeking to reduce their GERD symptoms and improve long-term health. The 31 recipes in this book are the latest extension of that program. Combined with *RefluxMD's Recipe for Relief*, they offer a safe and natural approach to managing the symptoms of acid reflux.

*"You can prevent or relieve your symptoms from gastroesophageal reflux or gastroesophageal reflux disease (GERD) by changing your diet. You may need to avoid certain foods and drinks that make your symptoms worse. Eating healthy and balanced amounts of different types of foods is good for your overall health."*

**US DEPARTMENT OF HEALTH AND HUMAN SERVICES, NIH**

## **MAKE THE DECISION TODAY. GET YOUR LIFE BACK!**

*RefluxMD is a one-stop resource for help with gastroesophageal reflux disease. Visit us today at [www.refluxmd.com](http://www.refluxmd.com) to get started on your path to relief.*