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OPTIMAL YOU PRESENTS

COOKING FOR GUT HEALTH

Creating Habits to Support Your Microbiome

Supporting Your Gut in the Kitchen

Prebiotics are foods probiotics eat. They are fermented by our gut bacteria and promote the growth of different strains of healthy bacteria. Consuming a variety of prebiotics supports microbiome diversity.

Probiotics are live cultures, or good bacteria, that help change, repopulate or balance the gut microbiome.

Fermented Foods contain strains of beneficial bacteria that positively affect your microbiota.

Dietary Fiber found in fruit, vegetables, legumes and whole grains fuel bacteria in the form of prebiotics.

Simple Sugars feed bad bacteria. If you can cut sugar AND add probiotics, bonus.

Prebiotic Foods

LEEKS, ASPARAGUS, ARTICHOKES, GARLIC, ONIONS, WHOLE WHEAT, BANANAS, SOYBEANS, HONEY, ALMONDS, OATMEAL AND LEGUMES

Probiotic Foods

YOGURT, KEFIR UNPASTEURIZED PICKLES, SAUERKRAUT, KIM CHI, KOMBUCHA, MISO PASTE, TEMPEH, SOME VINEGARS, SOME CHEESES,

Cooked Lentils and Leeks

1/2 pound green lentils
3 T olive oil
2 c chopped yellow onion
2 c chopped leeks
1 tsp Herbs de Provence
1 tsp sea salt
3/4 tsp black pepper
1 T garlic, minced
1 1/2 c carrots, chopped
1 1/2 c low sodium vegetable broth
2 T tomato paste
2 T red wine vinegar

Place lentils in a glass bowl and cover with boiling water. Set aside and drain. Meanwhile, heat olive oil in a large skillet and saute onion, leeks, herbs, salt and pepper for 10 minutes. Add garlic and cook for 2 more minutes. Add the drained lentils, carrots, broth and tomato paste. Cover and simmer over low heat for 20 minutes. Remove from heat and add vinegar.

Pickled Vegetables

2 c vegetable of choice (red cabbage, carrots, peppers, broccoli, cauliflower, green beans, cucumber, etc.)
1/2 c water
1/2 c apple cider vinegar
1/2 c red wine vinegar
1 tsp salt
2 tsp honey

Optional
2 cloves garlic, smashed
2 bay leaves
Black pepper

Prepare vegetables into edible form—shred cabbage, slice or spear cucumber, cut broccoli or cauliflower into florets, etc.

Place vegetables in a mason jar, or container with tightly sealing lid.

Place water, vinegar, salt and honey in a pan over medium heat. Whisk until combined. If using, add garlic, bay leaves, black peppercorns, etc. Remove from heat and let cool a bit. Carefully pour over vegetables and seal. Let sit at least 20—30 minutes, best after one day in fridge. Keeps in refrigerator for up to 2 weeks.

"You are what your bacteria eats."

Donna Schwenk

Lettuce Wraps with Kimchi

2 T toasted sesame oil
1 c onion, diced
1 lb chicken, diced OR 15 oz chickpeas, drained
2 cloves garlic, minced
2 T low sodium soy sauce
1 T rice wine vinegar
1 T sriracha
1 tsp ginger, minced
1 dash red pepper flakes

Heat oil in a large skillet. Cook onion until soft, then add chicken. Heat until cooked through, about 12 minutes. Add garlic and cook one more minute. Add soy sauce, vinegar, sriracha, ginger and red pepper flakes. Stir to combine.

Serve lettuce wraps in romaine or bibb lettuce leaves. Top with shredded carrots, chopped scallions, sliced red pepper, cucumber, peanuts and to add probiotics, kimchi.

Plain Yogurt Variations

Plain Greek yogurt can be ramped up with sweet or savory flavors. Try the following with 1 c of your favorite brands.

Garlic and Herb Yogurt Dip
3/4 tsp garlic powder, 1/2 tsp onion powder, 1/2 tsp dried dill, 1/4 tsp salt, 1/4 tsp Worcestershire sauce, 1/8 tsp cayenne pepper. Chives or scallions, chopped, for garnish.

Chocolate Fruit Dip
3 TBSP honey, 2 TBSP cocoa powder, 1tsp vanilla and pinch of cinnamon

Tzatziki
1/2 cucumber (shredded and liquid squeezed out), 1 T lemon juice, 1/2 T white wine vinegar, 1/2 T minced fresh dill, 1 tsp minced garlic, pinch of sea salt and pepper