

- Prep Time: 20 minutes
- Marinating Time: 30 minutes (minimum)
- Cook Time: 25 minutes
- Total Time: 1 hour 15 minutes
- Yield: 4 generous serving bowls
- Recipe Intensity / Skill Level: Intermediate (Requires basic knife skills, pan-searing or grilling management, and simple emulsion whisking)
- Flavor Profile: Golden citrus, savory ginger-turmeric, nutty sesame, and subtle cracked black pepper

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Why This Recipe Fights Inflammation

Systemic inflammation is often driven by oxidative stress, refined sugars, and heavily processed oils. This recipe actively combats those pathways using evidence-based dietary staples:

1. **Turmeric & Black Pepper Synergy:** Curcumin, the active compound in turmeric, is a potent natural anti-inflammatory agent. Black pepper contains piperine, which boosts curcumin absorption by up to 2,000%.
2. **Beta-Carotene from Sweet Potatoes:** Sweet potatoes are packed with carotenoids—antioxidants that neutralize free radicals and protect cellular integrity.
3. **Monounsaturated & Omega-3 Fats:** Extra virgin olive oil, avocado, and tahini provide healthy plant fats that suppress inflammatory cytokine production.
4. **Gut-Supporting Fiber:** Leafy greens and root vegetables nourish beneficial gut bacteria, strengthening the intestinal barrier.

Ingredients

Golden Turmeric Marinade & Chicken

- 1.5 lbs (680g) Boneless, skinless chicken breasts or thighs (organic or pasture-raised preferred)
- 2 tbsp Extra virgin olive oil

- 1 tbsp Fresh lemon juice (about half a lemon)
- 2 cloves Garlic, finely minced
- 1 tsp Fresh ginger, grated
- 1 tsp Ground turmeric
- ½ tsp Ground cumin
- ½ tsp Smoked paprika
- ½ tsp Sea salt
- ¼ tsp Freshly cracked black pepper (essential for turmeric activation)

Roasted Anti-Inflammatory Sweet Potatoes

- 2 medium Sweet potatoes, washed and cut into ½-inch cubes (skin left on for extra fiber)
- 1½ tbsp Extra virgin olive oil or avocado oil
- ½ tsp Ground cinnamon (helps stabilize blood sugar spikes)

- ½ tsp Garlic powder
- ¼ tsp Sea salt
- ⅛ tsp Cayenne pepper (optional, for a slight metabolic boost)

Bowl Base & Fresh Produce

- 4 cups Fresh baby spinach or chopped dinosaur kale (massaged if using kale)
- 1 large Haas avocado, sliced
- 1 cup English cucumber, diced
- ½ cup Red onion, thinly sliced
- 2 tbsp Pumpkin seeds (pepitas), raw or dry-roasted
- 2 tbsp Fresh cilantro or parsley, finely chopped

Lemon-Tahini Turmeric Dressing

- ⅓ cup Pure sesame tahini

- 3 tbsp Warm water (to thin as needed)
- 2 tbsp Fresh lemon juice
- 1 tbsp Extra virgin olive oil
- 1 tsp Pure maple syrup or raw honey
- ½ tsp Ground turmeric
- 1 small clove Garlic, finely grated or crushed
- Pinch of fine sea salt and cracked black pepper

Step-by-Step Cooking Instructions

1. Marinate the Chicken: Essential step for flavor absorption and tenderizing.

Place the chicken breasts or thighs between two sheets of parchment paper and gently pound them to an even $\frac{3}{4}$ -inch thickness to ensure uniform cooking. In a medium glass mixing bowl, whisk together the extra virgin olive oil, lemon juice, minced garlic, grated ginger, ground turmeric, cumin, smoked paprika, sea salt, and cracked black pepper. Add the chicken, coating each piece thoroughly. Cover and refrigerate for at least 30 minutes (or up to 12 hours for maximum tenderness).

2. Roast the Sweet Potatoes: Preheat oven to 400°F (200°C).

Line a large baking sheet with parchment paper. In a large bowl, toss the cubed sweet

potatoes with olive oil, cinnamon, garlic powder, sea salt, and optional cayenne pepper until evenly coated. Spread the cubes across the baking sheet in a single layer, ensuring they are not crowded (crowding causes them to steam rather than roast). Bake for 22-25 minutes, flipping halfway through, until the edges are golden brown and caramelized and the centers are tender when pierced with a fork.

3. Grill or Pan-Sear the Chicken: Heat grill or heavy cast-iron skillet to medium-high heat.

Lightly oil the grill grates or skillet with a high-smoke-point oil (like avocado oil). Remove the chicken from the marinade, allowing any excess to drip off. Place the chicken on the hot surface and cook for 5 to 7 minutes on the first side without moving it, allowing a deep golden crust to form. Flip and cook for an additional 5 to 6 minutes, or until the internal temperature reaches 165°F (74°C) on a digital meat thermometer. Transfer the chicken to a cutting board and let it rest for 5 minutes before slicing into strips.

4. Whisk the Lemon-Tahini Dressing: Creates a smooth, creamy emulsified sauce.

In a small bowl or liquid measuring cup, combine the tahini, fresh lemon juice, extra virgin olive oil, maple syrup, turmeric, grated garlic, salt, and black pepper. Whisk vigorously; the tahini will initially seize up and thicken. Slowly drizzle in warm water, one tablespoon at a time, whisking continuously until the dressing transforms into a smooth, pourable consistency. Adjust seasoning to taste.

5. Assemble the Bowls: Layering for optimal texture and visual appeal.

Divide the fresh spinach or massaged kale evenly across four wide serving bowls. Portion the warm roasted sweet potatoes and sliced grilled chicken side-by-side over the bed of greens. Arrange the sliced avocado, diced cucumber, and red onion in dedicated sections around the bowl. Drizzle generously with the lemon-tahini dressing, then top with pumpkin seeds and fresh cilantro for crunch and brightness.

Nutritional Breakdown

The values below are estimated per serving (1 assembled bowl with dressing).

Nutrient	Amount Per Serving	Daily Value (% DV)
Calories	520 kcal	26%
Total Fat	26 g	33%
<i>Saturated Fat</i>	4 g	20%
<i>Monounsaturated Fat</i>	14 g	—
<i>Polyunsaturated Fat</i>	6 g	—
Cholesterol	85 mg	28%
Sodium	480 mg	21%
Total Carbohydrates	38 g	14%
<i>Dietary Fiber</i>	9 g	32%
<i>Total Sugars</i>	8 g	—
Protein	38 g	76%
Vitamin A	14,200 IU	284%
Vitamin C	38 mg	42%
Calcium	120 mg	12%
Iron	4.8 mg	27%
Potassium	920 mg	20%