

Recipes to Accompany the Think Neuro Podcast Episode: "Deep Research into the Gut Microbes that Keep Us Happy"



I am Dr. Jennifer Bramen, a neuroscientist and researcher at the Pacific Neuroscience Institute® (PNI), where I focus on multi-modal lifestyle interventions to combat cognitive decline. In the Think Neuro Podcast episode “**Deep Research into the Gut Microbes that Keep Us Happy**”, we explore the critical Gut-Brain-Microbiome axis, talking about how integral gut health is to maintaining not only brain function but also cardiovascular, metabolic, inflammatory, and immune health.

We discuss effective strategies to improve gut health, including the management of increasingly prevalent conditions like irritable bowel syndrome (IBS), celiac disease, and small intestine bacterial overgrowth (SIBO). Recognizing the culinary challenges that come with such dietary restrictions, I've crafted three delicious, easy-to-prepare recipes tailored for those managing gut challenges:

1. Baked Dijon Salmon
2. Grilled Roadside Skinless Chicken Parts
3. Grilled Saffron Chicken Breast.

Each recipe is paired with vegetable side dishes to create complete meals that are low in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols, which are short-chain carbohydrates that are difficult for the small intestine to absorb), gluten free, brain-healthy, heart-healthy, and suitable for individuals with diabetes. These recipes are perfect for both everyday family dinners and entertaining guests. I hope you enjoy them as much as I do!

Grilled Saffron Chicken

Yield: 4 serves

This is a quick and easy adaptation of a delicious Persian recipe. It is also low FODMAPS for anyone with IBS or SIBO. The traditional one is marinated overnight with the addition of yogurt and cooked on skewers.

This version is still delicious, but requires no advance notice to get on the table quickly after work. I like this with steamed spinach and garlic olio (garlic solids removed) and a salad with romaine, cucumber, avocado, whatever herbs I have on hand. I think a white wine vinaigrette with lemon completes the meal.

Note I use garlic oil instead of garlic in these recipes to keep them low in FODMAPS.

You can always make this adaptation in any recipe.

Ingredients

- 4 chicken skinless (boneless breasts)
- 1 0.5-1 tsp saffron depending on the quality. I usually use a tsp.
- Juice of 1 lemon
- 2 tbsp garlic olive oil
- ½ tsp kosher salt
- ½ tsp black pepper



Image: SilkRoadRecipes

Instructions

Grind the saffron threads in the palm of your hand, or in a mortar and pestle (preferred). You can also cut the threads with kitchen scissors.

In a small bowl, mix saffron with the lemon juice. Let sit and allow juice to turn red.

This is a nice time to prep any veggies you plan to eat in this meal. I like steamed spinach and garlic olio and a simple salad with romaine, cucumber, avocado, herbs, and white wine vinaigrette.

When the saffron mixture is red and you have prepped your vegetables, light the grill and add chicken to a plate.

Mix lemon juice, saffron, garlic oil, salt and pepper in your bowl.

Brush chicken with some marinade on one side before putting it, basted side down, on the grill.

Immediately baste the other side.

Close the grill and cook on medium high for approximately 5 minutes

Flip, baste, and repeat in 5 minute cycles until you run out of basting sauce.

Check with a kitchen thermometer. Cook chicken until 165 degrees.

Grilled Roadside Skinless Chicken Parts

Yield: 4 serves

This is a faster, easier, healthier riff on a Rick Bayless delicious recipe. It has also been adapted for a low FODMAP diet for those of you with IBS.

Mine is made with skinless parts rather than a skin-on, backless, whole chicken. I use garlic oil instead of fresh garlic or garlic powder and I reduce the ancho chili powder and replace it with some green chilies to make this low FODMAP

This goes great with grilled vegetables. I like bell peppers and grilled eggplant for a low FODMAP side. If you are not following a low FODMAP diet; this is delicious with grilled onions and plum tomatoes.

You can get this dish on the table in 30 minutes. A little longer if you grill loads of veggies!

This is the original recipe if you want to make the more authentic version

<https://www.rickbayless.com/recipe/grilled-roadside-whole-chicken-with-knob-onions/>

Ingredients

Basting Sauce:

- 1 tablespoons ground ancho chile powder
- 1 fresh jalapeno (minced)
- 1 teaspoon dried oregano (preferably Mexican)
- 1 big pinch of cloves (or two)
- ¼ teaspoon ground cinnamon
- 2 tsp garlic oil
- 3 tablespoons apple cider vinegar
- ¼ cup orange juice
- 1 teaspoon salt

Chicken:

- 4 bone-in thighs
- 4 drumsticks



Image: Slender Kitchen

Instructions

Light the grill.

In a bowl, mix basting sauce ingredients.

Pull the skin off of the chicken parts.

Rub half of the basting sauce on the chicken.

Grill for 4 minutes with your grill closed.

Baste and flip.

Baste again (all of the sauce should be gone). Grill 4-6 minutes with your grill closed.

Check internal temperature. Chicken should be 165.

Baked Dijon Salmon

Yield: 2 serves

This is an easy weeknight oven slammer. You can do a lot to adjust the topping. Changing the herbs each time you make this will keep it interesting.

You can serve this with a simple slaw made with shredded red cabbage, carrots, and green bell pepper tossed in a red wine vinaigrette. All of these are low in FODMAPs.

Ingredients

- 12 oz skinless salmon or 16 oz skin on salmon.
- **Mix**
- 4 Tbsp Dijon mustard (or to taste)
- 1 Tbsp garlic oil
- ½ tsp salt Black or red pepper to taste
- **Top With**
- 4 Tbsp fresh (minced cilantro, dill, or tarragon)
- Serve with lemon or lime wedges



Image: AI Recipes

Instructions

Preheat oven to 425

Mix the Dijon sauce.

Rinse salmon and pat dry with a paper towel. If the salmon is large, cut it into 6oz servings.

Line a sheet pan with parchment paper or foil.

Add salmon and top with mustard sauce.

Bake for 10-14 minutes, depending on the thickness of the salmon.

Check the temperature. Salmon should be 145 degrees.

Plate and top with fresh herbs.

Serve with lemon or lime wedges.