

Low Histimine Diet Recipes

Created by Natural Health Diets



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Hi,

Welcome to your low histamine diet recipe book! On the next pages, you will find a collection of delicious recipes that can help you adhere to a low histamine diet plan. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected based on the low histamine plan, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Juicy Baked Chicken Breast

4 ingredients · 35 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.
2. Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
3. Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
4. Carefully remove the foil and slice the chicken before serving. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days. Store in the freezer for longer.

Meat Thermometer

If using a meat thermometer, the internal temperature of the chicken should be 165°F when cooked through.

Ingredients

- 10 ozs** Chicken Breast (boneless, skinless)
- 1 tbsp** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt
- 1/2 tsp** Italian Seasoning

Spinach & Sweet Potato Frittata

5 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
3. Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
4. Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings

Salsa, hot sauce, or ketchup.

No Spinach

Use kale or swiss chard instead.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 3 **cups** Baby Spinach (chopped)
- 8 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Blueberry Overnight Steel Cut Oats

5 ingredients · 8 hours · 3 servings



Directions

1. Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
2. Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
3. When ready to eat, top with blueberries. Serve and enjoy!

Notes

Leftovers

Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

Nut-Free

Use coconut milk or hemp milk instead of almond milk.

More Flavor

Add cinnamon or maple syrup if you like it sweeter.

Additional Toppings

Top with coconut flakes, strawberries, raspberries or banana.

More Protein

Stir in your favorite protein powder when adding the milk.

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water (boiling)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 3/4 cup Blueberries

Sunflower Seed Butter Banana Sushi

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread sunflower seed butter onto a banana.
2. Sprinkle hemp seeds over top.
3. Slice and enjoy!

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add a dash of cinnamon and/or sea salt.

Ingredients

- 2 tbsps Sunflower Seed Butter
- 1 Banana (peeled)
- 1 tbsp Hemp Seeds

One Pan Crispy Chicken with Potatoes & Greens

5 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
3. After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
4. Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, potatoes and kale onto plates and enjoy!

Notes

No Rosemary

Use thyme or another herb instead.

No Kale

Use another green such as Swiss chard or spinach.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 8 ozs** Chicken Thighs with Skin
- 2 cups** Mini Potatoes (halved)
- 1/8 tsp** Sea Salt
- 1 tbsp** Rosemary (chopped)
- 2 cups** Kale Leaves (chopped)

Cheesy Cauliflower & Broccoli Casserole

10 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 375°F (191°C).
2. In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
3. While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
6. Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time

Buy frozen, pre-sliced butternut squash cubes.

More Protein

Serve with roasted chicken or top with bacon.

More Carbs

Serve with brown rice macaroni or quinoa.

Ingredients

- 2 cups** Butternut Squash (peeled, seeded and cubed)
- 1** Yellow Onion (medium, diced)
- 2** Garlic (cloves, minced)
- 1/2 cup** Water
- 1 head** Cauliflower (medium, chopped into florets)
- 4 cups** Broccoli (chopped into florets)
- 1/2 cup** Cashews
- 1/2 cup** Nutritional Yeast
- 1/2 tsp** Sea Salt
- 1/4 tsp** Paprika

Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 **tbsp** Rosemary (fresh)
- 8 **ozs** Chicken Breast (boneless, skinless)
- 1 **lb** Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 **cups** Water (or broth)

Tahini Chopped Salad

10 ingredients · 10 minutes · 2 servings



Directions

1. Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
2. Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

Additional Toppings

Add other chopped veggies or fresh herbs.

No Cooked Chicken

Use cooked shrimp, salmon, or tofu instead.

No Chives

Use fresh parsley instead.

Ingredients

- 2 **tbps** Tahini
- 3 **tbps** Water
- 2 **tbps** Chives
- Sea Salt & Black Pepper
- 1 **head** Romaine Hearts (chopped)
- 1/2 **Cucumber** (medium, chopped)
- 1 **Carrot** (medium, peeled and chopped)
- 1 **Red Bell Pepper** (medium, chopped)
- 1 **cup** Broccoli (chopped)
- 8 **ozs** Chicken Breast, Cooked (chopped)

Beef, Sweet Potato & Rapini Skillet

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini

Use kale or broccoli instead.

Leftovers

Store leftovers in an airtight container in the fridge for up to three days.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (sliced)
- 1 tbs^p Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (medium sized, grated)
- 1 bunch Rapini (chopped)
- 1/2 tsp Sea Salt (to taste)

Spaghetti Squash, Turkey & Broccoli

6 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
2. While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
3. In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
4. Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Ingredients

- 1 Spaghetti Squash (medium)
- 1 lb Extra Lean Ground Turkey
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 1/4 cup Nutritional Yeast
- 1 tsp Sea Salt

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 cup of each ingredient.

More Flavor

Season the turkey with minced onion or garlic while it cooks.

Additional Toppings

Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan

Use chickpeas or lentils instead of ground turkey.

Baked Sweet Potato with Walnuts

5 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Rub the sweet potatoes with oil and place cut side down. Bake for 35 to 40 minutes, until slightly caramelized and soft.
3. Place the walnuts in the oven with the sweet potato during the remaining 8 minutes of cooking. Then remove, let cool slightly and roughly chop.
4. Season the sweet potatoes with salt. Top with chopped walnuts and nutritional yeast, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is one medium sweet potato.

Nut-Free

Use sesame seeds or pumpkin seeds instead.

More Flavor

Add fresh herbs such as thyme on top.

No Coconut Oil

Use olive oil or avocado oil instead.

Ingredients

- 2 Sweet Potato (medium sized, halved)
- 1 tsp Coconut Oil
- 1/3 cup Walnuts
- 1/4 tsp Sea Salt
- 1 tsp Nutritional Yeast (optional)

Salmon with Rice & Greens

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the rice according to package directions.
3. In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
4. Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
5. To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add butter, ghee, or freshly squeezed lemon juice.

No Swiss Chard

Use spinach or kale instead.

No Brown Rice

Use white rice, quinoa, or cauliflower rice instead.

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1 tsp Paprika
- 3/4 tsp Cumin
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 12 ozs Salmon Fillet
- 2 tbsps Water
- 4 cups Swiss Chard (chopped)

Pork Chop, Roasted Potatoes & Steamed Greens

5 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Add the potatoes to the baking sheet with 1/3 of the ghee, melted. Add salt and pepper and toss to coat. Bake for 30 to 35 minutes, until crispy and browned.
3. Pat the pork chops dry with a paper towel. Season well with salt and pepper.
4. Heat a cast-iron skillet over medium heat and add the remaining ghee. Once hot, add the pork chops and cook for about five to six minutes, or until one side is golden and has developed a golden crust. Flip and cook for five to six minutes, or until cooked to your liking. This will depend on the thickness of your pork chop. Remove the pork chops from the pan and set aside with any remaining juices from the pan. Let rest for five minutes and then cut away from the bone into slices.
5. Meanwhile, bring a pot of water to a boil. Place the collard greens in a steamer basket over boiling water and cover. Steam for two to three minutes, or until just tender. Move to a bowl and season with salt and pepper.
6. Divide the potatoes, pork chop and collard greens onto plates. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use extra virgin olive oil or avocado oil instead.

More Flavor

Add sliced garlic and herbs to the pork chop.

Ingredients

- 2 Yellow Potato (medium, cubed)
- 3 tbsps Ghee (divided)
- Sea Salt & Black Pepper (to taste)
- 1 2/3 lbs Pork Chop (bone-in)
- 8 cups Collard Greens (sliced into small pieces)

Baked Cod with Green Beans & Carrots

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
3. Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
4. Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Divide between plates and enjoy!

Ingredients

- 2 Carrot (large, peeled and thinly sliced)
- 2 cups Green Beans (trimmed)
- 1 tbsp Coconut Oil (melted, divided)
- 1/4 tsp Sea Salt (divided)
- 1/2 tsp Paprika
- 1/4 tsp Turmeric
- 1/4 tsp Cumin
- 1/4 tsp Ground Ginger
- 2 Cod Fillet

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add other dried herbs and spices. Serve with lime or lemon wedges.

No Cod Fillets

Use another white fish instead.

Vegetables

Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

Fillet Size

One cod fillet is equal to 231 grams or 8 ounces.

Easy Peach Crumble

5 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
2. Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
3. Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
4. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 1 cup.

More Flavor

Add cinnamon, nutmeg, lemon juice and/or lemon zest.

Additional Toppings

Ice cream, yogurt, whipped coconut cream or crushed nuts.

No Oat Flour

Use any flour on hand.

No Applesauce

Use mashed banana instead with a few tablespoons of water as needed.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1 **cup** Oats (rolled, divided)
- 1/4 **cup** Unsweetened Applesauce
- 2 **tsps** Maple Syrup
- 2 Peach (pit removed, sliced)

Vanilla Rice Pudding

5 ingredients · 45 minutes · 3 servings



Directions

1. In a large pot combine the almond milk, maple syrup, vanilla and sea salt and stir together. Over medium heat, bring the almond milk mixture to a gentle boil. Stir in the rice and reduce heat to low.
2. Allow the rice to gently simmer and stir often. Every 3 to 5 minutes is best to prevent sticking and to help the pudding thicken. Continue for 20 to 25 minutes or until the rice is tender, the liquid has absorbed and the pudding has thickened.
3. Remove from the heat and let the rice pudding cool in the pot for 10 minutes. It will continue to thicken as it cools. Divide the warm pudding evenly between bowls. Enjoy!

Ingredients

- 3 cups** Unsweetened Almond Milk
- 1/4 cup** Maple Syrup
- 2 tsps** Vanilla Extract
- 1/8 tsp** Sea Salt
- 1/2 cup** Arborio Rice

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat with additional almond milk.

Serving Size

One serving is approximately 2/3 cup of pudding.

Nut-Free

Use a nut-free milk instead, like coconut, oat or dairy.

Additional Toppings

Garnish with cinnamon, fresh or mashed berries or raisins.

Cooking Temperature

Adjust heat as necessary to maintain a gentle simmer throughout cooking.

Consistency

If the pudding is too thick, thin with additional almond milk until desired consistency is reached.

Brazil Nuts & Blueberries

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide the Brazil nuts and blueberries onto a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use pumpkin seeds or sunflower seeds instead of Brazil nuts.

Ingredients

1/4 cup Brazil Nuts

1/2 cup Blueberries