

**America's Test Kitchen to Publish**  
***The Complete Anti-Inflammatory Cookbook* Featuring 400+ Delicious**  
**Recipes to Optimize Health**

*From the publishers of The Complete Mediterranean Cookbook, new title the most comprehensive, accessible cookbook on the universally beneficial health topic of our time*

BOSTON, MA (TK DATE) – America's Test Kitchen (ATK), a pioneering brand in culinary media, today announced the release of ***The Complete Anti-Inflammatory Cookbook: Optimize Health, Boost Your Immune System, Promote Longevity***, set to hit shelves December 2, 2025. Created in partnership with specialized clinical dietician Alicia A. Romano, MS, RD, LDN, the release aims to cut through the noise in the wellness space and deliver a clear, authoritative, and comprehensive guide with 400+ enticing, kitchen-tested recipes for making anti-inflammatory eating accessible, sustainable, and utterly delicious.

In addition to supporting general anti-inflammatory eating patterns, the recipes cater to individual dietary and lifestyle needs. Simple ingredient swaps are provided to accommodate those who also need to eat gluten- or dairy-free. Most recipes are weeknight-friendly, but make-ahead strategies accompany longer recipes, so they fit into busy schedules.

Chronic inflammation is linked to a host of health concerns, from cardiovascular disease to neurodegenerative conditions—and the food we eat can have a profound influence on regulating inflammation. In a clear introduction, Romano demystifies anti-inflammatory eating, breaks down the dos and don'ts, and spells out the nutrients you need and how to get them. A rainbow of vitamin-rich produce, filling and beneficial grains and beans, satisfying lean proteins, and anti-inflammatory spices are at the core of the diet—and these recipes. Appealing breakfast, lunch, and dinner options—from lively Green Shakshuka to comforting Crispy Brown Rice with Soy Chicken and Shiitakes—are packed with immune and gut-boosting antioxidants, fiber, and omega-3 fats—all anti-inflammatory powerhouse nutrients. Plenty of homemade snacks like Carrot-Habanero Dip and Whole-Wheat Seeded Crackers and drinks like refreshing Switchel or indulgent Raw Hot Chocolate satisfy the in-between times so you can abandon high-sugar and processed packaged items.

“Following an anti-inflammatory diet can feel overwhelming with all the conflicting information out there, and our goal with this book was to make it approachable, practical, and truly delicious,” says ATK Chief Content Officer, Dan Souza. “We tested and created more than 400 recipes to prove that eating in a way that supports long-term health doesn’t have to mean giving up flavor, comfort, or joy at the table.”

Recipe highlights boast amazing flavors, craveable dishes, creative new meals, and familiar comforts, without a hint at “diet”—only anti-inflammatory enrichments. A Golden-hued take on classic chicken noodle soup—Gingery Turmeric Chicken Soup—is a bowl of warmth and comfort designed to cure what ails. Stir-fried Breakfast Grain Bowls with Gochujang Sauce are a twist on breakfast, with wheat berries instead of rice, tons of veggies, and an incredible spicy sauce balanced by creamy avocado. A nourishing take on taco night comes to life with Salmon Tacos with Super Slaw that packs richness, freshness, crunch, and bite in each tortilla.

## **Book Highlights**

**An easy-to-understand guide to eating an anti-inflammatory diet:** Alicia Romano explains inflammation, what it does, and how to combat it. With tips, discover how simple it is to plan meals around goals.

**The book embraces an abundance mindset around healthful eating:** Learn what ingredients to add to plates to crowd out food that could drive inflammation. Recipes help you to eat in a nutritionally diverse way to get the most nutrients—no restriction, no giving up things that are loved.

**Chapters cover all of your eating—breakfast, lunch, dinner, plus snacks and drinks:** Be inspired to cook from the book any time of day with exciting main meals with a whole lot of flavor. No need for packaged snacks and preservative-filled drinks with easy, tasty DIY recipes.

**Supports a balanced diet for anyone:** Find lots of lean protein in the book (yes, beef and pork are possible!) but also find fiber-packed recipes. Fiber is just as, if not more important than protein, and the vegetables, beans, and grains throughout these recipes support gut, which is essential for overall health.

**Appealing recipes that won't make you feel like you're on a diet:** Universally craveable dishes like Blueberry-Oat Pancakes, comfort foods like hyper flavorful Arroz con Pollo, and exciting combinations like Thai Curry Rice with Mahi-Mahi fill the pages of this and will happily fill menus.

**Flexible recipes that fit your unique dietary needs:** Certain food sensitivities can contribute to inflammation, so throughout the book, suggestions for making dishes without gluten or dairy, if they need to be avoided. These flexible substitutions ensure recipes accommodate a wide array of dietary needs.

**Anti-inflammatory eating that fits into your schedule:** Every step of the cooking process is streamlined to make anti-inflammatory cooking fast and foolproof, even on a Wednesday night. The quickest recipes are tagged “fast” (taking less than 45 minutes to cook). Also included is a helpful pressure-cooker chapter, as another avenue to efficiency in the kitchen. For recipes that do take longer, make-ahead tips are provided.

**Draws from healthful cuisines all over the world:** Many cultures around the globe historically eat in a way that supports anti-inflammation. Be inspired by the diverse dishes and flavors. Try Salmon Peperonata, Palak Dal, Kimchi Jjigae, Mapo Tofu, or Mushroom Ragu.

Whether dealing with existing inflammation or simply a wish to keep feeling the best for a very long time, *The Complete Anti-Inflammatory Cookbook* is an invitation to eat well and feel better today, tomorrow, and for years to come.

### **About America's Test Kitchen**

The mission of America's Test Kitchen (ATK) is to empower and inspire confidence, community, and creativity in the kitchen. Founded in 1992, the company is the leading multimedia cooking resource serving millions of fans with TV shows (America's Test Kitchen, Cook's Country, and America's Test Kitchen: The Next Generation), magazines (Cook's Illustrated and Cook's Country), cookbooks, a podcast (Proof), FAST channels, short-form video series, and the ATK Essential subscription for digital content. Located in a state-of-the-art, 15,000-square-foot test kitchen in Boston's Seaport District, ATK has earned the trust of home cooks and culinary experts alike thanks to its one-of-a-kind processes and best-in-class techniques. Fifty full-time (admittedly very meticulous) test cooks, editors, and product testers spend their days tweaking every variable to find the very best recipes, equipment, ingredients, and techniques. Learn more at

<https://www.americastestkitchen.com/>.