



FOOD FOR THOUGHT

BRAIN-HEALTHY MEALS
FOR BETTER LIVING

By Five Star Senior Living Dining Services



FIVE STAR
SENIOR LIVING



TABLE OF CONTENTS

STARTERS

Berry Fresh Salad	8
Simply Salad with Herbed Vinaigrette	9
Salmon Cakes with Avocado-Pistachio Sauce	11
Hearty Winter Soup	13

LIGHTER SIDE

Cashew Tuna with Broccoli Salad	15
Chicken and Fruit Salad with Poppy Seed Dressing	17
Grilled Chicken Salad with Avocado Dressing	18
Poached Salmon on Mesclun with Citrus Vinaigrette	20
Roasted Chicken Salad Wrap with Brussels Slaw	22
Roasted Cauliflower Steaks with Black Bean and Rice Salsa	25

ENTREES

Baked Salmon on Amaranth Pilaf with Asparagus and Creamy-Cilantro Sauce	27
New Mexico Bake with Roasted Garlic Broccoli	29
Pecan Honey-Mustard Chicken with Cauliflower Mash and Roasted Vegetables	31
Stuffed Red Peppers with Three Bean Salad	34
Turkey and Vegetable Meatballs	35
Flounder Provencal with Swiss Chard and Sautéed Asparagus with Almonds and Cranberries	38



TABLE OF CONTENTS

SWEETS

Baked Apples	41
Cantaloupe and Strawberries with Balsamic Vinegar	42
Quinoa Pudding	43
Red Wine Sorbet	44
Chocolate Torte with Blueberry Sauce	45

NIBBLES AND NOSH

Curried Popcorn	48
Omega-3 Boost Mix	49
Urban Trail Mix	50

DRESSINGS, SAUCES AND SEASONINGS

Vegan Aioli	52
Almond Pesto	52
Poppy Seed Dressing	53
Avocado Dressing	53
Chef Brad Miller's Salt Substitute	54



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Eating right is just plain smart. Eating healthy foods that taste great is downright genius, especially when the foods in question include choices shown to promote brain health and memory care.

At every age, the foods we eat can profoundly influence our lives and our health in the long term. Recent research has shown that certain foods and nutrients can positively impact brain health and potentially reduce the risk of Alzheimer's by 35%.

At Five Star Senior Living we are committed to helping seniors live their best life possible. Because the choices we make today affect our health tomorrow, we developed this cookbook to help people of every age make smart, healthy choices that can help promote brain health throughout their lifetime. Each recipe is designed to nurture body and soul, enticing both the eye and the palate with colorful, flavorful selections for any occasion. Adapted after the Mind Diet Plan, these recipes include all the best ingredients to promote brain health.

From starters to snacks, from hearty entrées to lighter selections, you'll find tempting recipes that will certainly add spice to your life. And if you choose to eat dessert first, we promise not to tell.

MIND DIET

A recent study of over 923 individuals ranging in age from 58-98 by researchers at the Rush University Medical Center in Chicago, found some hope in protecting cognitive health. A nutritional epidemiologist, Martha Clare Morris, Ph.D., and her colleagues at Rush, developed the MIND diet. The diet is the acronym for Mediterranean–Intervention for Neurodegenerative Delay.

The basis of the diet is consuming foods from the top 10 foods listed to the right and avoiding the top 5 foods listed.

THE TOP 10 FOODS TO CONSUME ARE:

- Green leafy vegetables
- Other vegetables
- Nuts
- Berries, notably strawberries and blueberries
- Beans
- Whole grains
- Fish
- Chicken
- Extra virgin olive oil
- Wine

TOP 5 FOODS TO AVOID INCLUDE:

- Red meat
- Butter/margarine
- Cheese
- Pastries
- Fried Foods



MIND DIET

- **THE GREEN LEAFY VEGETABLES** in conjunction with all vegetables provide Vitamins A and C, fiber, and potassium – 6 servings per week recommended. The MIND diet recommends a salad plus a vegetable daily, to reduce the risk of Alzheimer's.
- **BERRIES**, strawberries and blueberries. Blueberries are the most prominent fruit in protecting the brain because of their antioxidant properties. It is recommended that you eat berries at least 2x a week.
- **BEANS**, high in fiber and protein and low in fat. Recommended 3x a week.
- **WHOLE GRAINS** – 3 servings daily. High in B vitamins as well as fiber.
- **FISH** – 1x per week for brain health. No need to increase to 3-4x per week as the Mediterranean diet suggests.
- **CHICKEN** – 2 or more servings a week.
- **EXTRA VIRGIN OLIVE OIL*** is the greatest protection against cognitive decline vs. other forms of cooking oils and fats.
**Note: Latest research is suggesting oils higher in polyunsaturated fat, rather than extra virgin olive oil, for cardiac protection.*
- **NUTS** have a healthy fat, are a good source of fiber and a good source of Vitamin E as well as Omega 3 fatty acids, all of which assist in heart health. Recommended 5x per week.
- **WINE** – 1 serving daily.

Although red meat is not prohibited in the MIND diet, research suggested limiting intake to no more than 4 servings* per week – far more generous than the Mediterranean diet.

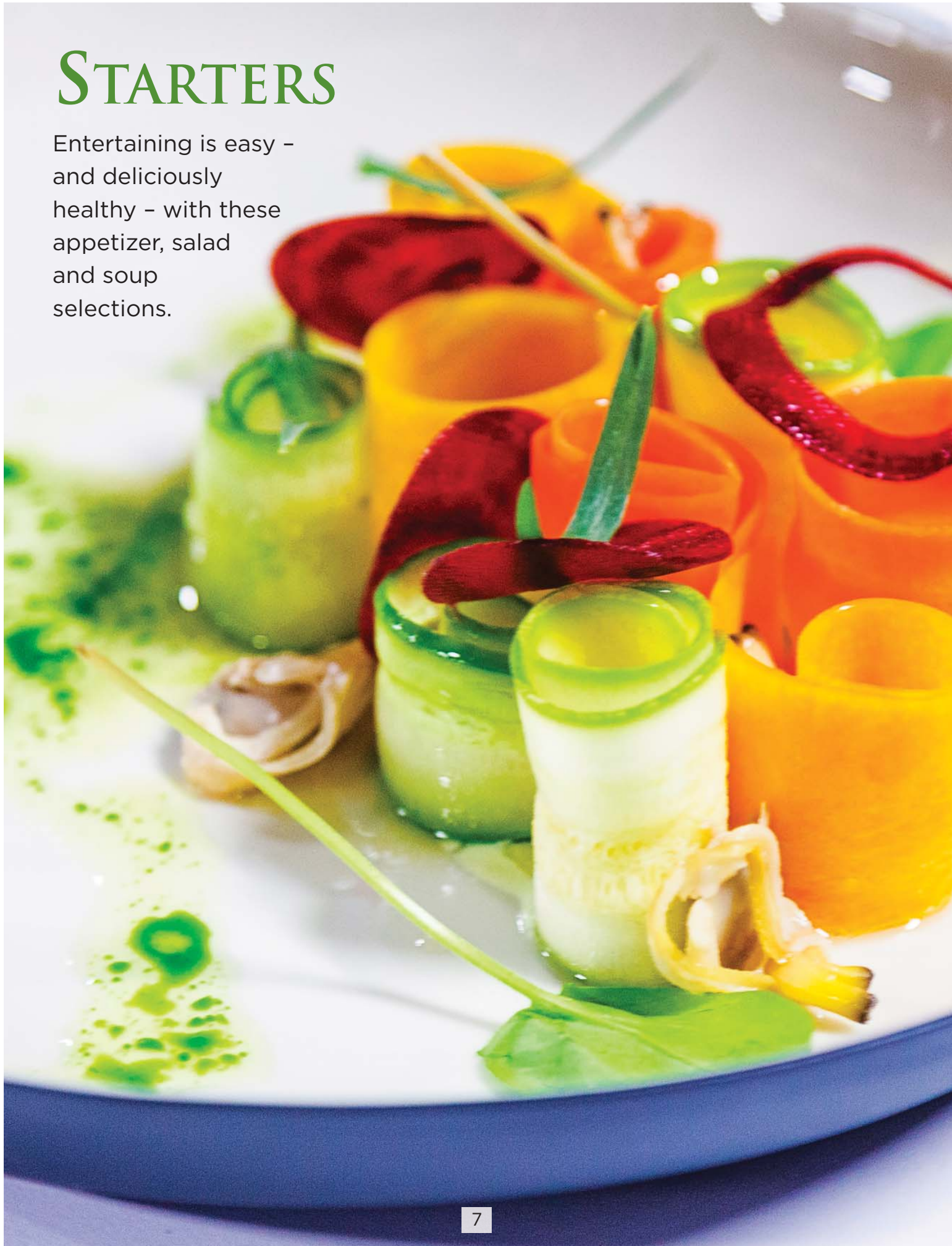
**Note: A serving is 3 ounces, the size of a deck of cards. This does contradict The American Heart Association recommendations for heart health.*

Many positive deductions from the study, which suggested a moderate adherence to the diet plan, reduced Alzheimer's risk by 35% and the longer the diet was adhered to, the less risk the individual would have developing the disease, according to Morris and her colleagues. As with all research, further studies are needed to confirm the findings, however there is promise and hope!



STARTERS

Entertaining is easy -
and deliciously
healthy - with these
appetizer, salad
and soup
selections.





BERRY FRESH SALAD

Serves 4

INGREDIENTS

1 cup fresh orange sections
2 cups fresh blueberries
1 medium red or green apple

¼ cup sweet onion, chopped
6 ounces vinaigrette (recipe to follow)
4 cups sweet salad mix or baby romaine and spinach

DIRECTIONS

- Combine orange, blueberries, apple and onion. Add 3 ounces of dressing to the fruit mixture. Gently toss to coat.
- Combine the greens with remaining dressing and toss salad.
- Evenly divide dressed greens between four chilled plates or salad bowls.
- Evenly top salads with berry mixture. Garnish with fresh cracked black pepper if desired.

VINAIGRETTE

⅓ cup red wine vinegar
3 tablespoons apple juice
2 tablespoons extra virgin olive oil

2 tablespoons agave or honey
2 tablespoons chopped herbs of choice (cilantro, basil, parsley, mint)
¼ teaspoon sea salt

BERRIES: All berries have a nutritional impact on overall health. Strawberries are an excellent source of Vitamin C, which has been attributed to boosting immune health. Raspberries are a good source of fiber and blackberries contain phytonutrients that may have cancer protection properties. Blueberries are known to be the most prominent berry in protecting the brain, because of the antioxidants they contain.



SIMPLY SALAD WITH HERBED VINAIGRETTE

THE BASICS

When it comes to making a salad, try creating your own mix by tossing together at least three varieties. Here's a basic formula:

- Use a mild lettuce or green, like Boston, bibb or baby greens.
- Another should be a crisp lettuce or green, like romaine or cabbage.
- The third kind should be tart, peppery, or bitter greens, like arugula or radicchio.
- Plan on about 2 cups of mixed greens per person.

TOP IT RIGHT

- Tomatoes, onions, cucumbers, shredded carrots, shredded cabbage, celery, cauliflower, broccoli, radishes, peas, corn, heart of palm, artichokes, avocado, and beans.
- Nuts, fresh berries, stone fruit and citrus.

DRESSING THE SALAD

- A lighter vinaigrette type dressing will allow the flavors of the salad to come through.
- Vary types of oil and vinegars used. Try red or white wine vinegars, Sherry, balsamic, or rice vinegars.
- Substitute acidic fruit juice for all or part of the vinegar in a vinaigrette - lemon, lime, orange, apple or pineapple juices.
- To add flavor and dimensions to your vinaigrette dressings, add ingredients like minced shallot, garlic, ginger, onion or green onion.
- Enhance flavors by adding small amounts of flavoring ingredients such as mustard, honey, hot sauce or soy sauce.
- Small amounts of fresh herbs can add a whole flavor dimension to salads and salad dressings - try basil, thyme leaves, chives or tarragon.

SIMPLY SALAD WITH HERBED VINAIGRETTE

(continued)

SALAD DRESSING

Yields: 16 ounces

INGREDIENTS

12 ounces of extra virgin olive oil

2-3 ounces brown rice vinegar

3-4 cloves garlic, finely chopped

4 tablespoons fresh basil, finely chopped

2 tablespoons tarragon, freshly minced

2 teaspoons soy sauce

1 teaspoon lemon juice

¼ teaspoon fresh ground black pepper

Agave or honey to taste

DIRECTIONS

Mix the above ingredients together in a blender, pulse to blend.

Keep stored in the refrigerator for 7 to 10 days.

EXTRA VIRGIN OLIVE OIL is a monounsaturated fat, which is considered a healthy dieting fat. Monounsaturated fats have been found to lower total cholesterol as well as benefit insulin levels and control blood sugar. Although it is considered a healthy fat, it is high in calories, so use in moderation.



SALMON CAKES WITH AVOCADO- PISTACHIO SAUCE

Serves 4

Yield: 8 patties

INGREDIENTS

- | | |
|--|---------------------------------------|
| 3 teaspoons extra virgin olive oil, divided | 1 large egg, lightly beaten |
| 1 small onion, finely chopped | 1½ teaspoons Dijon mustard |
| 1 stalk celery, finely diced | 1¾ cups fresh whole-wheat breadcrumbs |
| 2 tablespoons chopped fresh parsley | ½ teaspoon freshly ground pepper |
| 15 ounces canned salmon, drained, or
1½ cups fresh poached wild caught salmon | 1 large lemon, cut into 8 wedges |

DIRECTIONS

- Heat 1½ teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and celery; cook, stirring, until softened, about 3 minutes. Stir in parsley; remove from the heat.
- Place salmon in a medium bowl. Flake apart with a fork; remove any bones and skin. Add egg and mustard; mix well. Add the onion mixture, breadcrumbs and pepper; mix well. Shape the mixture into 8 patties, about 2½ inches wide.
- Heat remaining 1½ teaspoons oil in the pan over medium heat. Add 4 patties and cook until the undersides are golden, 2 to 3 minutes. Turn and continue to cook until patties are done, about 2 minutes. Place on a warm plate. Repeat with the remaining patties.
- Serve two patties with ¼ cup of Avocado-Pistachio Sauce and two lemon wedges.

SALMON: While all types of fish have health benefits, a fatty fish is the healthiest. Fatty fish provide fat-soluble vitamins, such as Vitamin D. A 4 oz. serving of salmon provides 100% of the recommended intake of Vitamin D, and is also high in omega 3 fatty acids. Research suggests that this has a positive effect on gradual memory loss and its link to aging, although further research is needed to fully prove this theory.

SALMON CAKES WITH AVOCADO-PISTACHIO SAUCE

(continued)

AVOCADO-PISTACHIO SAUCE

INGREDIENTS

⅓ cup pistachios, finely chopped

¼ cup extra virgin olive oil

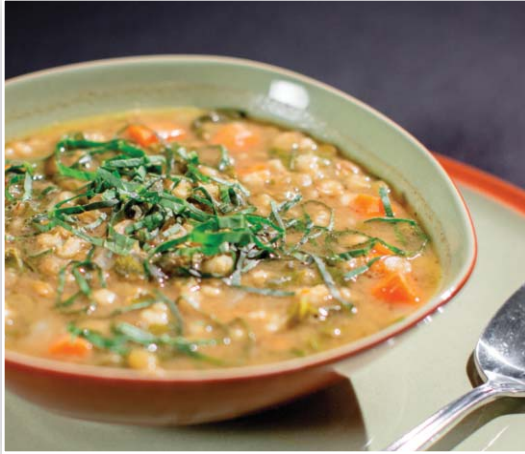
1 ripe avocado

1 teaspoon fresh lemon juice

½ teaspoon freshly ground black pepper

DIRECTIONS

- In a skillet over medium heat, heat 2 teaspoons of extra virgin olive oil. Add the pistachios and cook, stirring constantly until lightly browned. Remove pistachios from pan and cool.
- In a medium bowl, combine avocado, lemon juice and remaining extra virgin olive oil. Combine using a hand mixer.
- Stir in pistachios and pepper.



HEARTY WINTER SOUP

Serves 4

INGREDIENTS

2 tablespoons extra virgin olive oil
3 teaspoons garlic, minced
1 medium white onion, chopped
1 large carrot, peeled and diced into large pieces
½ cup barley
½ cup brown or green lentils

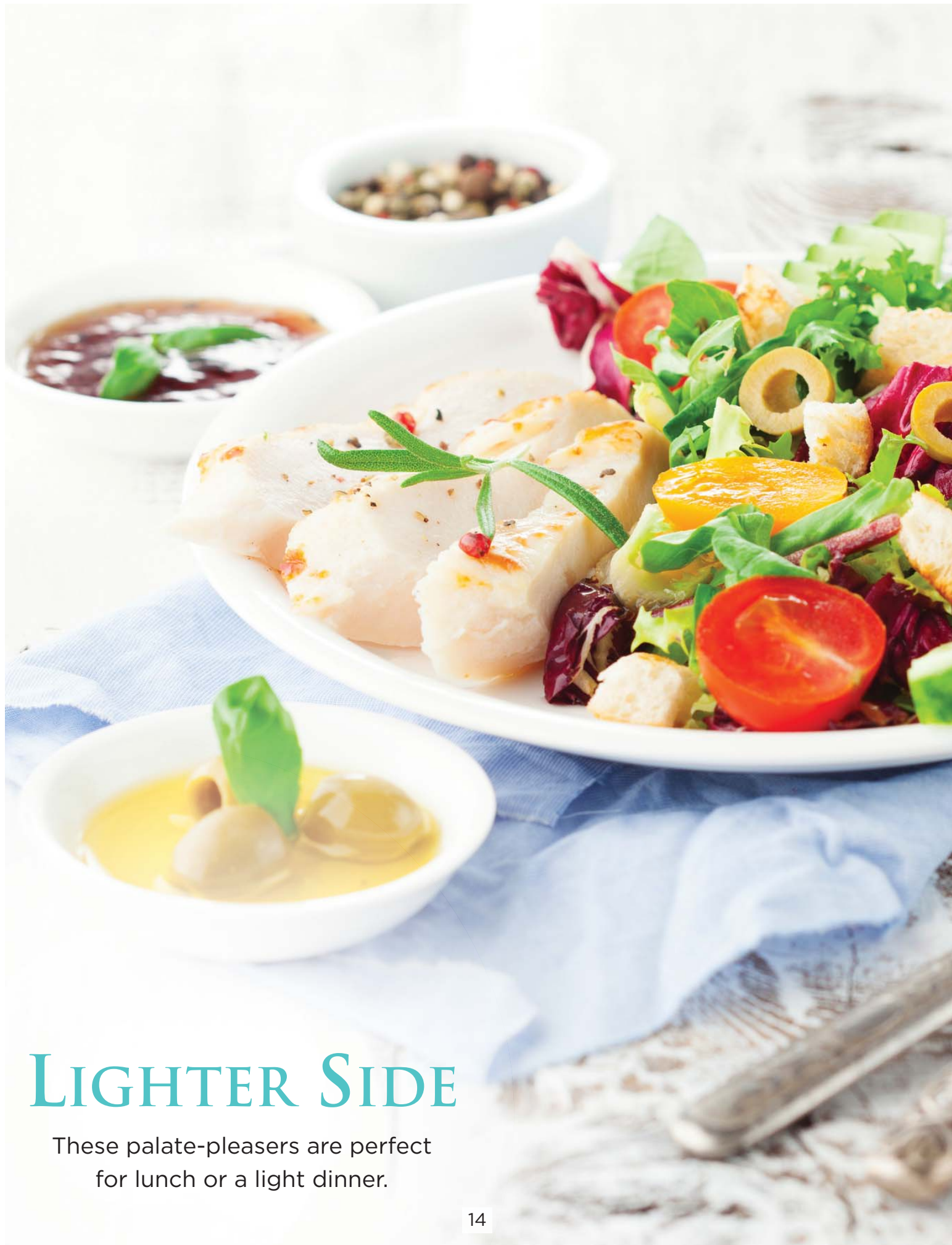
6 cups of chicken or vegetable stock
8 large leaves of Swiss chard, stems removed and finely chopped
1 tablespoon of fresh basil, minced or 1 teaspoon of dried basil, crumbled
2 tablespoons balsamic vinegar

DIRECTIONS

- Heat extra virgin olive oil over medium heat. Add garlic, onion, and carrots until the onion browns slightly.
- Add barley, lentils, stock, and chard. Bring to a boil, cover and simmer for 30 minutes.
- Add the vinegar and basil. Stir well and simmer for an additional 10 minutes or until the barley and lentils are tender.
- Serve hot.

GREEN LEAFY VEGETABLES: Swiss chard is considered a “green” and is high in Vitamins A and C as well as antioxidant properties. Spinach, kale, mustard greens, rapini, and collard greens can all be substituted in this recipe, as they have the same nutritional impact.

LEGUMES: Lentils are a legume and provide both fiber and protein in our diets. Legumes provide soluble fiber, which assists in improving blood sugar levels as well as in lowering total cholesterol.



LIGHTER SIDE

These palate-pleasers are perfect for lunch or a light dinner.



CASHEW TUNA WITH BROCCOLI SALAD

Serves 4

INGREDIENTS

15 ounces albacore tuna, canned,
water packed

2 green onions, minced

1 stalk celery, finely diced

1 tablespoon fresh lemon juice

2 tablespoons sweet relish

1 to 2 tablespoons extra virgin olive oil

Sea salt

Lemon pepper

¼ cup roasted unsalted cashews, crushed

¼ cup dried cranberries

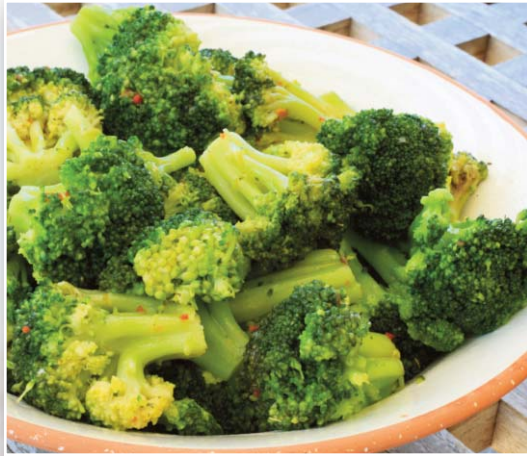
24 unsalted whole wheat crackers

Broccoli Salad (recipe to follow)

DIRECTIONS

- Drain tuna well. Break up larger pieces.
- In a medium size mixing bowl, combine all ingredients.
- Cover and refrigerate for 2 hours or overnight.
- Serve ½ cup of tuna salad with broccoli salad and 6 whole wheat crackers.

ALBACORE TUNA: Albacore Tuna is a better source of heart healthy omega 3 fatty acids than other species of tuna. It is also the only tuna that can be labeled as white meat. As with all other canned food items, canned albacore has a fair amount of sodium. It is recommended to buy low sodium or sodium free canned tuna.



CASHEW TUNA WITH BROCCOLI SALAD

(continued)

BROCCOLI SALAD

INGREDIENTS

1 lb. broccoli florets, larger pieces cut
in half

1 tablespoon extra virgin olive oil

1 teaspoon fresh cracked pepper

1 tablespoon lemon juice

¼ cup toasted pine nuts

DIRECTIONS

- Preheat oven to 425°F.
- Toss broccoli in extra virgin olive oil. Evenly layer broccoli on an aluminum foil lined baking sheet.
- Roast broccoli in oven for 12 to 15 minutes or until the florets start to brown.
- Remove broccoli from oven. Toss in lemon juice. Let cool to room temperature and serve.
- Garnish with toasted pine nuts.

BROCCOLI: Labeled a powerhouse vegetable, broccoli contains phytonutrients which have cancer protecting properties, as well as Vitamins A and C. Vitamin A helps maintain healthy eyes and may assist with fighting macular degeneration. Vitamin C has been known to help boost the immune system.

PINE NUTS: Pine nuts are a great source of the antioxidant lutein, which is beneficial in lowering the risk of age related macular degeneration.

CHICKEN AND FRUIT SALAD WITH POPPY SEED DRESSING

Serves 4

INGREDIENTS

- | | |
|--|--|
| 4, 4-ounce chicken breasts | ½ cup dried cranberries or blueberries |
| 2 teaspoons fresh cracked lemon pepper | 5 to 6 ounces spring salad mix or baby spinach |
| 1 cup strawberries, stems removed, cut into quarters | 1 cup Poppy Seed Dressing (recipe to follow) |
| 1 cup green grapes, cut in half | |

DIRECTIONS

- Use a flat mallet, wrap the chicken breast in plastic wrap and pound breast until it is about ½ inch thick. Season breast with lemon pepper and grill until cooked.
- In a mixing bowl, combine strawberries, grapes and dried fruit. Mix to combine ingredients.
- Evenly divide the salad mix on chilled plates or in salad bowls. Top the greens with approximately ½ cup of the fruit mix.
- Cut chicken breast in strips crosswise. Place one chicken breast on top of the greens and vegetables.
- Drizzle 1 to 2 ounces of dressing over chicken and greens.

POPPY SEED DRESSING

INGREDIENTS

- | | |
|----------------------------------|--------------------------|
| ½ cup extra virgin olive oil | 1½ teaspoons poppy seeds |
| ¼ cup fresh lemon juice | ½ teaspoon Dijon mustard |
| 2 tablespoons white wine vinegar | ¼ teaspoon of sea salt |
| 2 tablespoons agave or honey | |

DIRECTIONS

Combine all ingredients and whisk to blend.

CHICKEN: Two servings of chicken, eaten without the skin, is recommended each week. Chicken is a low fat protein choice high in B vitamins, iron, and zinc. The B vitamins assist in metabolism, immune system integrity, and nerve cell maintenance. Iron assists in the transport of oxygen, while zinc also helps with immune system integrity.



GRILLED CHICKEN SALAD WITH AVOCADO DRESSING

Serves 4

INGREDIENTS

- 4, 4-ounce chicken breasts
- 4 medium size roma tomatoes, seeds removed, diced
- 1 small red onion, diced
- 1 cup English cucumber, peeled, seeds removed, diced
- ½ cup cilantro, chopped
- 5 to 6 ounces of spring salad mix
- ¼ cup black olives, sliced
- Avocado Dressing (recipe to follow)

DIRECTIONS

- Use a flat mallet, wrap the chicken breast in plastic wrap and pound breast until it is about ½ inch thick. Season breast with salt and pepper and grill until cooked.
- Cut chicken breast in strips crosswise, and then cut into cubes.
- In a large mixing bowl, combine tomato, onion, cucumber, cilantro and cubed chicken. Mix to combine ingredients. Add salad mix and dressing. Toss all ingredients to coat with dressing.
- Evenly divide the salad mix on chilled plates or salad bowls.

GRILLED CHICKEN SALAD WITH AVOCADO DRESSING

(continued)

AVOCADO DRESSING

INGREDIENTS

1 large ripe avocado, peeled and cut into cubes

Juice from 1 lime

¼ cup extra virgin olive oil

½ cup fresh cilantro, minced

1 jalapeño, stem and seeds removed, minced

2 cloves garlic, crushed and minced

1 tablespoon of agave or honey

2 tablespoons apple cider vinegar

¼ cup water (or more for a thinner dressing)

DIRECTIONS

- In small bowl, place peeled avocado. Add lime juice and mash the avocado.
- In food processor or blender combine mashed avocado with remaining ingredients. Blend until mixture is smooth. Adjust consistency by adding additional water.
- Transfer dressing to airtight container and refrigerate overnight. Stir dressing before serving.
- Recipe makes 2 cups.

AVOCADO: A stone fruit that contains a natural plant sterol called beta sitosterol. This type of sterol has been known to help maintain healthy cholesterol levels. Avocados provide a substantial amount of monounsaturated fatty acids and studies suggest they also assist with the absorption of vitamin A.



POACHED SALMON ON MESCLUN WITH CITRUS VINAIGRETTE

Serves 4

INGREDIENTS

4, 4-ounce salmon fillets, skinless
1 cup white wine
2 cups water
2 teaspoons fresh cracked pepper

5 to 6 ounces of mesclun or spring
salad mix
Citrus Vinaigrette (recipe to follow)

DIRECTIONS

- In saucepan, combine wine and water. Place salmon pieces in poaching water skin side down, ensuring that the liquid completely covers the fish. Sprinkle pepper over the salmon.
- Over medium high heat, bring the poaching water to a boil and immediately reduce the temperature to simmer fish. Poach salmon for 3 to 8 minutes depending on the desired doneness.
- Remove salmon from poaching water and cool to room temperature or chill.
- Evenly divide the mesclun between four chilled plates or salad bowls.
- Top salad with a piece of salmon. Evenly spoon dressing over salmon and mesclun. Serve immediately.

WILD SALMON VS. FARM RAISED: Which choice is healthier? Farm raised salmon has a slightly higher omega 3 fatty acid content per serving, but it has 20% more saturated fat per serving than wild salmon. Saturated fat is not the type of fat we strive to have in our diet, making wild salmon the healthier option.

POACHED SALMON ON MESCLUN WITH CITRUS VINAIGRETTE

(continued)

CITRUS VINAIGRETTE

INGREDIENTS

- | | |
|--|---|
| 1 tablespoon extra virgin olive oil | ½ cup dried cranberries, coarsely chopped |
| 6 green onions, white and light green parts, chopped | 1 tablespoon agave or honey |
| ⅓ cup white wine | 2 teaspoons black sesame oil |
| ⅓ cup prepared reduced sodium chicken or vegetable broth | Sea salt |
| Grated zest of 1 orange | Fresh cracked pepper |
| 2 navel or other sweet oranges, peeled and cut into segments | 1 teaspoon cornstarch |
| | 1 tablespoon cold water |

DIRECTIONS

- In sauce pan over medium heat, heat oil. Add green onions and sauté until tender.
- Add wine, broth, orange zest and segments, cranberries, agave or honey, and sesame oil. Simmer for 5 to 8 minutes. Adjust taste with salt and pepper.
- Dissolve cornstarch in the cold water. Whisk mixture into dressing. Continue to simmer dressing, stirring constantly until dressing begins to thicken. Remove from heat and cool dressing to room temperature. Serve at room temperature or chilled.



ROASTED CHICKEN SALAD WRAP WITH BRUSSELS SLAW

Serves 4

INGREDIENTS

2 chicken breasts, bone-in, skin on

Sea salt

Pepper

½ teaspoon thyme, dried and crumbled

1 tablespoon butter, melted

¼ cup almond pesto (recipe to follow)

½ cup vegetarian aioli (recipe to follow)

¼ cup fire roasted tomatoes, canned,

drained, coarsely chopped

¼ cup green onions, chopped

2 tablespoons roasted almonds

¼ cup dried cranberries

2 cups baby spinach

4, 12-inch whole wheat tortillas

Brussels Slaw (recipe to follow)

DIRECTIONS

- Preheat oven to 350°F. Place chicken breasts in a shallow baking dish, skin side up. Brush with melted butter. Sprinkle each breast with salt, pepper and ½ teaspoon thyme. Roast 1 hour or until chicken breast reaches an internal temperature of 165°F. Let cool.
- Shred roasted chicken meat and place in mixing bowl. Add aioli, almond pesto, tomatoes, green onions, roasted almonds, and cranberries. Mix until all ingredients are well combined.
- Place tortilla on clean flat surface. Place approximately ½ cup of chicken salad and ½ cup spinach in the lower part of the tortilla. Fold in sides of tortilla about 1 inch. Starting from the bottom, roll the tortilla. Cut in half. Repeat with the remaining three tortillas.
- Serve with Brussels Slaw.

ALMONDS are high in monounsaturated fats, the same type of health-promoting fats as are found in extra virgin olive oil. Research suggests that substituting nuts for an equivalent amount of carbohydrates in an average diet resulted in a 30% reduction in heart disease risk. Researchers calculated even more impressive risk reduction - 45% - when fat from nuts was substituted for saturated fats (found primarily in meat and dairy products).



ROASTED CHICKEN SALAD WRAP WITH BRUSSELS SLAW

(continued)

BRUSSELS SLAW

INGREDIENTS

- | | |
|---------------------------------|-------------------------------------|
| ½ cup red onion, sliced | ¼ teaspoon sea salt |
| 2 tablespoons fresh lemon juice | ⅛ teaspoon freshly cracked pepper |
| 1 teaspoon agave or honey | 1 tablespoon extra virgin olive oil |
| 1 teaspoon whole grain mustard | 2 cups fresh Brussels sprouts |

DIRECTIONS

- Place sliced onions in cold water for 10 to 15 minutes.
- Combine lemon juice, agave or honey, mustard, salt and pepper. Whisk to blend. Stream extra virgin olive oil in to mixture and emulsify.
- Remove first two layers of leaves from the Brussels sprouts. Using a very sharp knife, finely slice the Brussels sprouts to make a shred.
- Drain water from onions. Combine onions and shredded Brussels sprouts. Drizzle dressing over vegetables and toss to evenly coat. Serve immediately.

BRUSSELS SPROUTS: Brussels sprouts are a nutritionally rich vegetable, providing an excellent source of Vitamins C and K. Vitamin C is known for its immune boosting properties, while Vitamin K plays a role in blood clotting, which is critical during times of blood loss. Vitamin K deficiency is rare and not normally used as a dietary supplement.

ROASTED CHICKEN SALAD WRAP WITH BRUSSELS SLAW

(continued)

VEGETARIAN AIOLI

INGREDIENTS

- | | |
|---|-------------------------------------|
| 1 medium size eggplant, cut into small chunks | 1 tablespoon extra virgin olive oil |
| ½ red onion, cut into small chunks | ½ teaspoon Dijon mustard |
| 2 garlic cloves | ¼ cup extra virgin olive oil |
| ¼ teaspoon sea salt | 2 tablespoons apple cider vinegar |

DIRECTIONS

- Preheat oven to 350°F.
- In a mixing bowl combine eggplant, onion and garlic. Toss with 1 tablespoon of extra virgin olive oil and season with salt. Arrange vegetables on a lined baking sheet. Roast for 30 minutes or until tender.
- Once vegetables are cool, place in blender with mustard, extra virgin olive oil and vinegar. Pulse and blend until very smooth.
- Transfer aioli to an airtight container and refrigerate. Stir dressing before serving. Will last 7 days in refrigerator.

ALMOND PESTO

INGREDIENTS

- | | |
|---------------------------|------------------------------|
| ½ cup chopped arugula | ¼ cup extra virgin olive oil |
| ½ cup chopped basil | Sea salt |
| ¼ cup toasted almonds | Fresh cracked pepper |
| 2 tablespoons lemon juice | |

DIRECTIONS

- In food processor, combine arugula, basil, almonds, and lemon juice. Pulse to purée the ingredients. While food processor is running, drizzle in extra virgin olive oil to form a paste.
- Adjust seasoning with salt and pepper.



ROASTED CAULIFLOWER STEAKS WITH BLACK BEAN AND RICE SALSA

Serves 4

INGREDIENTS

1 large head of cauliflower
¼ cup extra virgin olive oil

BLACK BEAN SALSA

1 cup cooked brown rice, cooled
½ cup diced fresh mango
1 cup canned black beans, rinsed and drained
½ cup diced red bell pepper
½ cup cooked lentils
1 tablespoon minced, seeded jalapeño pepper

1 tablespoon mild curry powder

¼ cup minced red onion
2 tablespoons minced fresh cilantro
2 tablespoons lime juice
2 tablespoons orange juice
½ teaspoon sea salt
2 tablespoons extra virgin olive oil
1 teaspoon minced garlic

DIRECTIONS

- Preheat oven to 400°F. Line baking sheet with foil.
- Remove leaves and trim stem of cauliflower, leaving core intact. Place cauliflower, core side down, on a work surface. Starting at the midline of the cauliflower, slice from top to bottom into four ½ inch “steaks” (reserve any florets that break loose). Should make four steaks.
- Combine the extra virgin olive oil and curry powder. Liberally coat the steaks in the extra virgin olive oil and place on a prepared baking sheet. Season with salt and pepper if desired.
- Roast steaks in oven for 15 minutes, turn and roast for 15 minutes longer.
- Remove steaks from oven. Serve with ¾ cup of Black Bean Salsa.

FOR SALSA

- Combine all ingredients. Place in refrigerator for 1 hour. Bring to room temperature for service. (Can also be served warmed.)

ENTRÉES

These delicious meals
are way more than
just chicken or fish.





BAKED SALMON ON AMARANTH PILAF WITH ASPARAGUS AND CREAMY- CILANTRO SAUCE

Serves 4

INGREDIENTS

- | | |
|--------------------------------------|----------------------------------|
| 4, 4-ounce salmon fillets | Sea salt and ground black pepper |
| 1 pound of medium asparagus | 2 garlic cloves |
| 2 cups fresh cilantro, stems removed | Juice of ½ lime |
| ½ cup extra virgin olive oil | |

DIRECTIONS

- Preheat the oven to 400°F.
- In a coated baking dish place the salmon fillets. Season each fillet with salt and pepper.
- In a food processor mix the cilantro, oil, garlic, lime, salt and pepper. Pour half of the mixture on top of the salmon fillets.
- Place the baking dish in the oven and bake for 15 to 20 minutes or until the salmon is cooked.
- While the salmon is baking, trim the tough ends from asparagus. Place asparagus in bowl and pour the remaining cilantro mixture over the asparagus. Toss to coat the asparagus.
- Arrange the asparagus on a lined baking sheet and place in the oven with the salmon. Roast for 8 to 12 minutes or desired doneness.

WILD SALMON (not farm-raised) in particular is a true brain food: one of the best sources of Essential Fatty Acids (such as the all-important Omega-3), a rich source of high-quality non-land animal protein, low saturated fat, generally among the lowest amounts of contaminants (such as mercury) among seafood. Canned salmon in the United States is usually wild Pacific catch, though some farmed salmon is available in canned form. Traditional canned salmon includes some skin (which is harmless) and bone (which adds calcium). Skinless and boneless canned salmon is also available.

BAKED SALMON ON AMARANTH PILAF WITH ASPARAGUS AND CREAMY-CILANTRO SAUCE

(continued)

AMARANTH OR QUINOA STIR-FRY

INGREDIENTS

2 cups cooked amaranth or quinoa	3 cloves garlic, chopped fine
2 tablespoons extra virgin olive oil	½ cup almonds, toasted and chopped
1 onion, chopped	¼ cup toasted sunflower seeds
1 carrot, sliced	2 tablespoons low sodium soy sauce
1 celery stalk, sliced	¼ teaspoon Worcestershire sauce
1 cup brown or crimini mushrooms, sliced	

DIRECTIONS

- Cook amaranth or quinoa according to instructions on package.
- In a sauté pan over medium heat, heat oil. Add onions, carrots, celery, mushrooms and garlic. Sauté until vegetables are tender.
- Add amaranth or quinoa, soy sauce and Worcestershire sauce. Stir until all ingredients are warm.

AMARANTH: A gluten-free grain that contains an essential amino acid – lysine. Lysine is a good source of proteins as one cup provides nine grams. Our bodies do not make lysine; we obtain it from food. Lysine assists in the absorption of calcium.



NEW MEXICO BAKE WITH ROASTED GARLIC BROCCOLI

Serves 6

INGREDIENTS

- | | |
|------------------------------------|--|
| 1 tablespoon chipotle chili powder | 1 cup zucchini, diced |
| 1 teaspoon ground cumin | 1 red bell pepper, seeds removed, diced |
| ¼ teaspoon ground oregano | 1 green bell pepper, seeds removed, diced |
| ¼ teaspoon ground coriander | 15 ounces canned black beans, drained and rinsed |
| ¼ teaspoon onion powder | ¼ cup green onions, sliced |
| ¼ teaspoon garlic powder | 2 cups prepared tomato salsa |
| ⅛ teaspoon ground allspice | ½ cup sliced black olives (optional for garnish) |
| 2 cups cooked quinoa | |
| 1 cup par cooked diced potatoes | |

DIRECTIONS

- In a small mixing bowl combine the spices and herbs. Mix to blend well.
- Cook the quinoa according to the instructions on the package.
- Peel potatoes. Cut into ½ inch cubes. In a medium size pan, bring two cups of water to a boil. Add potatoes and cook for 8 to 10 minutes until tender but firm. Remove potatoes from water.
- Preheat oven to 350°F. Using grapeseed or extra virgin olive oil cooking spray, grease a 9 inch x 13 inch glass baking dish.
- On the bottom of the baking dish, evenly spread potatoes, zucchini and peppers. Sprinkle with 1 teaspoon of seasoning mixture.
- In a mixing bowl, combine the black beans, quinoa, green onions, and the remaining seasoning mix. Spread mixture over vegetables.
- Spread the salsa evenly over the bean and quinoa mixture.
- Bake for 25 to 30 minutes.



NEW MEXICO BAKE WITH ROASTED GARLIC BROCCOLI

(continued)

ROASTED GARLIC BROCCOLI

INGREDIENTS

8 cups water

4 cups broccoli florets, larger pieces
cut in half

2 tablespoons extra virgin olive oil

2 tablespoons garlic, minced

1 tablespoon reduced sodium soy sauce

½ teaspoon black sesame seed oil

DIRECTIONS

- In a large sauce pan, bring water to a boil. Add broccoli florets and cook for 5 minutes. Remove from heat and drain water.
- While broccoli is cooking, heat oil in heavy skillet over medium high heat. Add garlic and sauté for 3 to 5 minutes allowing garlic to brown slightly.
- Add broccoli and reduce heat. Cook until the broccoli is tender.
- Remove from heat and stir in soy sauce and sesame seed oil.
- Serve immediately.

BROCCOLI: Broccoli is action packed with nutrition as it is rich in Vitamins C and K, as well as potassium and fiber. It belongs to the cruciferous family of vegetables, which exhibit a sulfur-containing compound, known to have some anti-cancer properties. However, more research is needed to fully explore the benefits of those properties.



PECAN HONEY- MUSTARD CHICKEN WITH CAULIFLOWER MASH AND ROASTED VEGETABLES

Serves 4

INGREDIENTS

- | | |
|--|-------------------------------------|
| 4 boneless, skinless chicken breast halves | ½ teaspoon dried rosemary, crumbled |
| 1 cup toasted pecan pieces | Pinch of cayenne pepper |
| ½ cup dry, unseasoned whole wheat bread crumbs | 5 tablespoons honey |
| 1 teaspoon dried basil, crumbled | 3 tablespoons Dijon-style mustard |
| ½ teaspoon dried thyme, crumbled | 2 tablespoons brown rice vinegar |

DIRECTIONS

- Preheat oven to 400°F.
- Lightly toast pecans in oven, if not purchased already toasted.
- In a food processor, grind the pecans into fine crumbs.
- Combine pecans, bread crumbs, basil, thyme, rosemary, and cayenne. Set aside.
- Combine honey, mustard, and vinegar. Whisk well to blend. Divide in half and set aside.
- Pound each chicken breast as follows – place chicken on sheet of plastic wrap, fold wrap over chicken and pound until about ¼ inch thick.
- Lightly season chicken breasts with sea salt and ground black pepper.
- Coat the chicken breasts in half the honey mustard sauce, then coat in pecan bread crumbs.
- Place on non-stick baking pan or baking pan lined with non-stick foil.
- Bake 15-20 minutes or until chicken is cooked.
- Serve with honey-mustard sauce on the side.



PECAN HONEY- MUSTARD CHICKEN WITH CAULIFLOWER MASH AND ROASTED VEGETABLES

(continued)

CAULIFLOWER MASH

INGREDIENTS

1 pound of cauliflower cut florets
(about 3 to 4 cups)

1 pound of Yukon gold potatoes, peeled
and cut into ½ inch pieces

2 to 4 tablespoons extra virgin olive oil

2 teaspoons Chef Brad's Salt Substitute
(see page 60)

Freshly ground black pepper to taste

Snipped fresh chives for garnish
(optional)

DIRECTIONS

- Place cauliflower and potatoes in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes.
- Transfer to mixing bowl. Sprinkle with salt substitute. While still hot, mash the vegetables using a hand mixer or masher. Drizzle in extra virgin olive oil until desired consistency. Do not over mash the vegetables as the potatoes will become gummy.
- Season with pepper to taste. Garnish with chives (optional).



PECAN HONEY- MUSTARD CHICKEN WITH CAULIFLOWER MASH AND ROASTED VEGETABLES

(continued)

ROASTED VEGETABLES

INGREDIENTS

- | | |
|---|---|
| ½ cup carrots, peeled, sliced ¼ inch thick | 1 small onion, thinly sliced |
| ½ cup zucchini, sliced ½ inch thick | 2 teaspoons of extra virgin olive oil |
| ½ cup fresh mushrooms, stems removed and quartered. | Sea salt or garlic salt and pepper to taste |
| | 2 teaspoons chopped fresh parsley |

DIRECTIONS

- Preheat oven to 400°F. Combine ingredients except parsley and evenly spread on a lined shallow baking sheet pan. Cover loosely with a sheet of foil.
- Bake 25-30 minutes, stirring the vegetables occasionally. Sprinkle with chopped fresh parsley before serving.

CARROTS: The antioxidant beta-carotene gives carrots their orange color. As carrots are digested, the beta-carotene is converted into Vitamin A, making carrots rich in this vitamin.



STUFFED RED PEPPERS WITH THREE BEAN SALAD

Serves 4

INGREDIENTS

- 4 cups cooked quinoa
- 4 large red bell peppers
- 1 medium onion, diced
- 8 ounces fresh mushrooms, sliced
- 1 tablespoon extra virgin olive oil
- 1, 28-ounce can fire-roasted tomatoes, diced (reserve juice)
- 2 teaspoons garlic, minced
- 1½ cups prepared tomato salsa
- 2 tablespoons Sherry

DIRECTIONS

- Preheat oven to 325°F.
- Cook quinoa according to the instructions on the package.
- Cut peppers lengthwise to create a “boat.” Remove seeds of pepper. Steam peppers until tender but not soft.
- In heavy skillet, heat oil over medium heat. Add onions and mushrooms and sauté for 3 to 5 minutes. Add tomatoes, garlic and salsa. Cook over medium heat for 10 minutes, stirring often.
- Add Sherry and reduce heat and simmer for additional 10 minutes. Remove from heat and stir in quinoa.
- In 9 inch x 13 inch glass baking dish, place the red peppers. Fill the cavity of the peppers with quinoa mixture. Take remaining quinoa mixture and thin with reserved juice from tomatoes. Spoon thin mixture around peppers.
- Bake for 25 to 30 minutes.



STUFFED RED PEPPERS WITH THREE BEAN SALAD

(continued)

THREE BEAN SALAD

INGREDIENTS

8 ounces fresh green beans

4 cups water

1, 15-ounce can black beans, drained and rinsed

1, 15-ounce can pinto beans, drained and rinsed

3 tablespoons extra virgin olive oil

½ cup green onions, sliced

1 jalapeño, seeded, chopped

1 teaspoon garlic, minced

⅓ cup fresh lime juice

1 tablespoon agave or honey

¼ cup chopped cilantro

DIRECTIONS

- Bring water to a boil. Add green beans and cook until beans are tender. Remove from heat and immediately drain water.
- In a small mixing bowl, combine extra virgin olive oil, onion, jalapeño, garlic, lime juice, and agave or honey. Whisk to blend all ingredients.
- In a large mixing bowl, combine the beans. Drizzle with dressing and toss to coat the beans. Marinate 1 to 4 hours. Just prior to serving, add cilantro and toss. Adjust seasoning with salt and pepper.

BEANS are high in fiber and protein as well as low in calories and fat. Research suggests that beans assist in keeping the mind sharp. Why? Beans are a soluble fiber. Soluble fibers help remove cholesterol from the body thereby preventing plaque buildup in the arteries. Clear arteries in turn help ensure blood flows to the brain and assists in reducing the risk of dementia.



TURKEY AND VEGETABLE MEATBALLS

INGREDIENTS

MEATBALLS

2 cups coarsely chopped zucchini

1½ cups coarsely chopped onions

½ cup red bell pepper, coarsely chopped

½ cup green bell pepper, coarsely chopped

½ cup carrots, finely chopped

1 pound extra lean ground turkey

¾ cup cooked quinoa

1 egg

2 tablespoons Worcestershire sauce

1 tablespoon Dijon mustard

1 tablespoon Chef Brad's Salt Substitute
(see page 60)

TOMATO SAUCE

2 tablespoons extra virgin olive oil

2 garlic cloves, thinly sliced

⅛ teaspoon red chili flakes (optional)

⅓ cup chopped fresh basil

1 teaspoon finely ground fennel seeds

1 teaspoon dried oregano

1, 28-ounce can crushed tomatoes

TURKEY AND VEGETABLE MEATBALLS

(continued)

DIRECTIONS

- Preheat oven to 400°F.
- Cook quinoa per instructions on the package (¼ cup of quinoa will be approximately ¾ cup cooked)
- Place zucchini, onions, and bell pepper into a food processor, and pulse several times until finely chopped but not liquefied.
- Place the processed vegetables and the carrots into a bowl, and mix in ground turkey, quinoa, egg, Worcestershire sauce, and Dijon mustard, until thoroughly combined.
- Using a 1 ounce scoop or spoon, form the meat mixture into 1½-inch balls. Place the meatballs on a heavy nonstick baking sheet. Place the meatballs next to each other, do not space. Drizzle with olive oil and bake until cooked through, 15 minutes.
- For the tomato sauce: In a large, straight-sided skillet over medium heat, warm the oil. Add garlic and cook until just lightly golden. Add chili flakes if desired and cook 30 seconds. Add the remaining ingredients. Bring to a boil, then reduce heat and simmer for 30 minutes. Season with salt and pepper.
- Place meatballs on serving plate and top with tomato sauce. Serve.

TURKEY: Turkey is a rich source of protein. Combining these meatballs with vegetables and quinoa makes it a gluten free, low-fat entrée. The complementing tomato sauce provides Vitamin A as well as lycopene, which studies suggest may have antioxidant properties.



FLOUNDER PROVENCAL WITH SWISS CHARD AND SAUTÉED ASPARAGUS WITH ALMONDS AND CRANBERRIES

INGREDIENTS

1 cup fresh orange sections, juice reserved

2 tablespoons extra virgin olive oil

1 cup red onion, thinly sliced

3 cloves thinly sliced garlic

$\frac{3}{4}$ cup drained, canned fire roasted diced tomatoes

$\frac{3}{4}$ cup dry white wine

Salt and freshly ground pepper

5 Kalamata olives, pit removed and cut into thin slivers

4, 6-ounce flounder or English sole fillets

DIRECTIONS

- In a large skillet over medium heat, heat the oil. Add the onions and sauté until the onions start to brown. Add the garlic and sauté 30 seconds to 1 minute.
- Add tomatoes, reserved orange juice and wine. Cook until sauce is reduced a little.
- Sprinkle olives evenly over sauce and top with fillets. Season fish with salt and pepper if desired. Cover and cook fish until it begins to firm and the center is slightly opaque.
- Using a spatula, remove fish from skillet. Stir in oranges and heat thoroughly. Spoon sauce over fillets.

FLOUNDER is a rich source of omega-3 fatty acids as well as a high quality protein which means it contains essential amino acids. Our bodies do not make essential amino acids; we need to consume them.



FLOUNDER PROVENCAL WITH SWISS CHARD AND SAUTÉED ASPARAGUS WITH ALMONDS AND CRANBERRIES

(continued)

SWISS CHARD

INGREDIENTS

2 large bunches of Swiss chard, stems removed, cut into ½ inch ribbons
1 onion, finely diced
½ cup cilantro, chopped

⅓ cup extra virgin olive oil
1 teaspoon Hungarian paprika
1 teaspoon minced garlic

DIRECTIONS

Place all the ingredients in a large heavy bottom pot. Add ¼ cup of water. Bring to a boil, cover tightly, and reduce heat to low heat. Cook for 45 to 50 minutes. Stir occasionally. If not enough moisture, add water a few tablespoons at a time. Season with salt and pepper if desired.

SAUTÉED ASPARAGUS WITH ALMONDS AND CRANBERRIES

INGREDIENTS

1 bunch of medium asparagus
⅓ cup slivered almonds, raw
⅓ cup dried cranberries

Pinch of salt
3 tablespoons extra virgin olive oil

DIRECTIONS

- Trim the ends of asparagus and set aside
- Heat the extra virgin olive oil in a skillet over medium heat. Stir in the almonds, cranberries, and salt. Cook and stir until the almonds begin to brown (about 5 to 6 minutes). Remove almonds and cranberries from skillet and set aside.
- Return the skillet to burner. Add the asparagus spears and cook, adding a little more extra virgin olive oil if needed, until stalks are bright green and tender. Add in almonds and cranberries. Heat thoroughly. Serve immediately.

ASPARAGUS: Considered a highly prized vegetable, nutrient wise, asparagus provides fiber and an array of phytonutrients high in anti-inflammatory properties. This side dish also has the added nutrients of almonds.



SWEETS

Who says you can't eat dessert first? There's no need to feel guilty when you enjoy these sweet treats.



BAKED APPLES

Serves 4

INGREDIENTS

4 apples, such as Gala, Rome Beauties, Cortlands, etc.

1 tablespoon fresh lemon juice

4 ounces apple cider

3 tablespoons agave or honey

2 tablespoons dried apricots, diced

2 tablespoons dried cranberries

2 tablespoons dried blueberries

2 tablespoons dried cherries, coarsely chopped

1 teaspoon extra virgin olive oil

¼ teaspoon of sugar

pinch of ground cinnamon

DIRECTIONS

- Preheat oven to 350°F.
- Core the apples, but make sure not to cut through the bottoms, and peel the apples down ⅓ from the top. Reserve the peels. Toss the apples and reserved peels in the lemon juice.
- Trim the bottom of each apple so that the apple will stand upright.
- Place apples in glass baking dish large enough to accommodate the apples.
- In a mixing bowl, combine the dried fruit. Fill each apple core with 2 tablespoons of fruit mixture.
- Pour apple juice around apples. Evenly drizzle agave or honey over fruit mixture.
- Bake for 1 hour or until the apples are tender, basting every 10 minutes. Remove apples from oven and let stand to cool.
- Increase oven temperature to 400°F.
- Toss the reserved peels in olive oil. Sprinkle with sugar and cinnamon. Toss to coat.
- Spread the peels in a single layer on a parchment or non-stick aluminum foil lined baking sheet and bake at 400°F until brown on the edges, about 12 minutes. Turn peels half way through baking.
- On a warm plate or bowl, divide the apple syrup from the glass baking dish, evenly between the plates or bowls. Top with baked apple. Garnish apples with baked peels.

APPLES: The nutritional value of apples is found in the skin. Apple skins are high in antioxidant properties as well as fiber. Peeled apples are still a nutritious food choice as they satisfy the sweet tooth without the added fat of a rich dessert.



CANTALOUPE AND STRAWBERRIES WITH BALSAMIC VINEGAR

Serves 4

INGREDIENTS

2 cups cut cantaloupe cubes or melon balls

¼ cup balsamic vinegar

2 cups fresh strawberries, rinsed, stems removed, cut in half

1 tablespoon of basil chiffonade (optional for garnish)

DIRECTIONS

- In a mixing bowl, combine cantaloupe and strawberries.
- Place 1 cup of fruit mixture on chilled or room temperature dessert plate.
- Top each portion with 1 tablespoon of balsamic vinegar and serve immediately.

Note: fruit can be served chilled or at room temperature.

CANTALOUPE: Cantaloupe is a great source of potassium, Vitamins, fiber and antioxidants. Potassium is a mineral that is critical to sustain life. It is necessary for the heart and kidneys to work normally. A diet rich in potassium also helps reduce sodium's effect on blood pressure.



QUINOA PUDDING

Serves 6

INGREDIENTS

2 cups quinoa, cooked
(follow directions on package)

3 cups milk or soy milk

$\frac{1}{3}$ cup agave or honey

$\frac{1}{2}$ cup almonds, ground

$\frac{1}{2}$ teaspoon cinnamon, ground

$\frac{1}{2}$ teaspoon orange rind, grated

$\frac{1}{2}$ cup dried fruit (cranberry, blueberry,
dark raisin, etc.), coarsely chopped

$\frac{1}{2}$ cup shredded coconut, toasted

1 teaspoon pure vanilla

3 eggs, lightly beaten

$\frac{1}{8}$ teaspoon salt

1 tablespoon butter, melted, room
temperature

1 teaspoon fresh orange juice

DIRECTIONS

- Preheat oven to 350°F.
- Combine all ingredients and mix well.
Pour mixture into greased glass pie dish or 8x8x2 glass baking dish.
- Bake for 45 minutes or until mixture sets.
- Serve hot or chilled.

QUINOA: Quinoa contains flavonoids, which are antioxidants. Quinoa, a gluten free grain, is also a good source of fiber and protein.



RED WINE SORBET

Serves 6

INGREDIENTS

- | | |
|---|------------------------------------|
| 1½ cups of red wine (any varietal type) | 2 tablespoons pickling spice |
| ½ cup of sugar | 1 tablespoon of fresh lemon juice |
| 2½ pounds of ripe pears | 1 tablespoon of fresh orange juice |
| 1½ cups of water | Sprig of mint |

DIRECTIONS

- Wash, peel, and core pears. Cut into 1 inch pieces.
- In a sauce pan, combine pears, wine, sugar, water, and pickling spices. Over medium high heat, bring to a boil then reduce heat and simmer for 20 minutes or until the pears become soft.
- Remove pears and set aside.
- Strain liquid to remove the pickling spices. Wipe out pan to remove any remaining spices.
- Return liquid to pan. Increase heat and reduce liquid to a thin syrup. Remove from heat and stir in the citrus juices.
- In a food processor or blender, purée the pears until smooth.
- While the blender is still running, stream the syrup into the puréed pears until all the syrup is completely incorporated.
- Freeze mixture in ice cream machine and transfer to an airtight container and store in freezer until use.
- Add a sprig of mint when served.

RED WINE: A serving of red wine a day is recommended, as red wine contains polyphenols, which have been shown to improve neural communication. Red wine also increases the blood flow to the brain. The alcohol improves insulin sensitivity, which is important as insulin resistance has been linked to dementia. However, the health benefits stop after one serving.



CHOCOLATE TORTE WITH BLUEBERRY SAUCE

Serves 10

INGREDIENTS

2 cups 60% Ghirardelli® chocolate chips

$\frac{3}{4}$ cup butter

$\frac{1}{2}$ cup cocoa powder

5 eggs

1 cup minus 1 tablespoon sugar

1 tablespoon all-purpose flour

Blueberry Sauce (recipe to follow)

Assorted berries (blackberry, blueberry, strawberry, etc.)

DIRECTIONS

- Preheat the oven to 350°F. Lightly butter a 9-inch springform pan and set aside.
- In a medium saucepan, melt the chocolate and butter over low heat. Mix in the cocoa powder until smooth and set aside for a few minutes to cool.
- While the chocolate is cooling, whisk together the eggs, sugar, and flour until they are completely combined and foamy.
- Fold the egg mixture into the chocolate until the color is uniform. Pour the batter into the prepared pan.
- Bake for 45 minutes, until a toothpick pulls out moist crumbs when inserted near the center of the torte.
- Allow the cake to cool in the pan on a rack for 15 minutes.
- Run a knife or inverted spatula along the edges of the torte and loosen the sides of the pan. Cool for 5 minutes and remove the sides of the pan.
- Invert the cake on to a serving platter and cool completely before serving with the blueberry sauce and assorted berries.

DARK CHOCOLATE: The higher the cocoa percentage, the greater the health benefits. The nutrition benefits of dark chocolate include their antioxidant properties which are more prevalent in dark chocolate than milk chocolate. Chocolate hasn't achieved the reputation of a health food yet, but previous studies are suggesting it can have heart health benefits.

CHOCOLATE TORTE WITH BLUEBERRY SAUCE

Serves 10

BLUEBERRY SAUCE

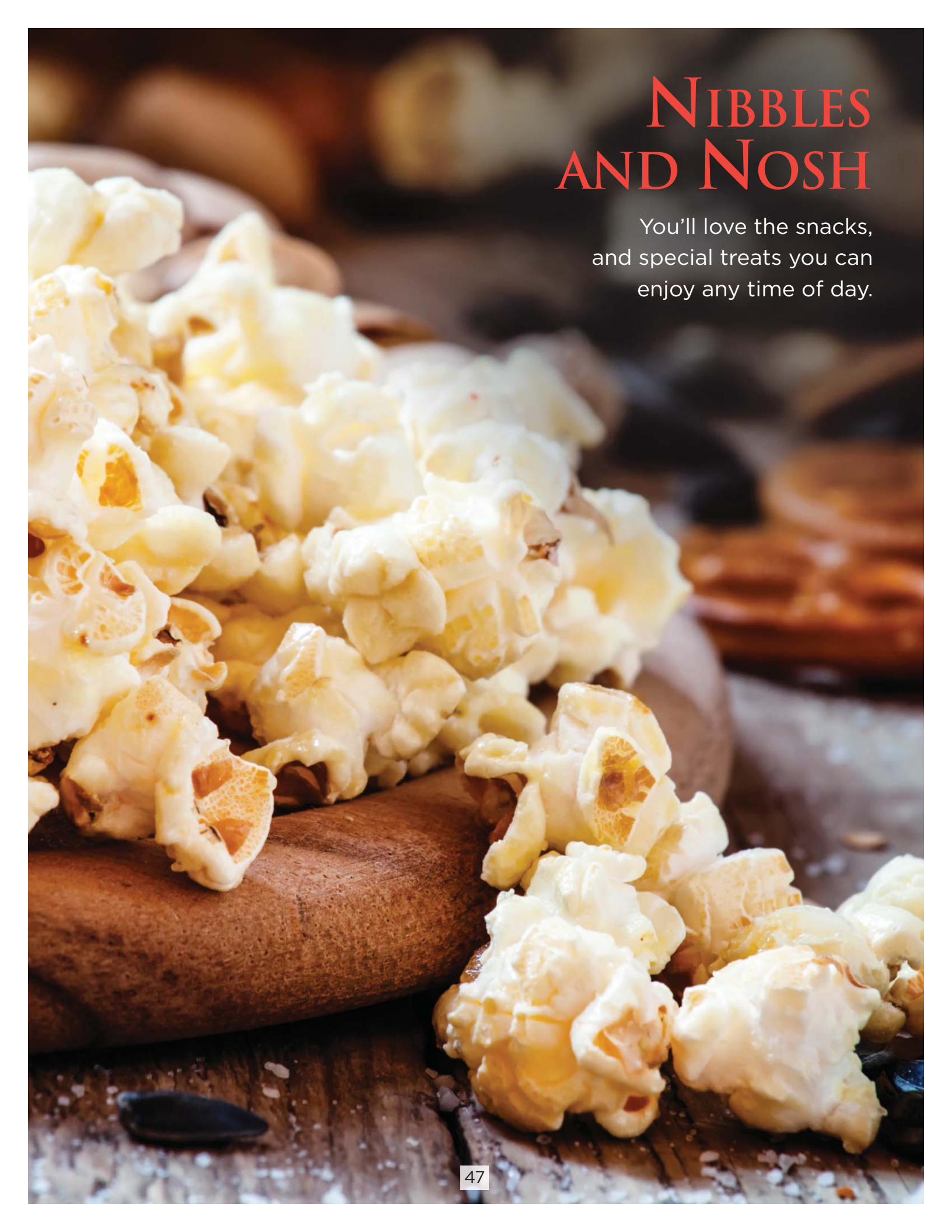
INGREDIENTS

12 ounces fresh blueberries

½ cup Port wine

DIRECTIONS

- Combine blueberries and Port.
- Over medium heat, bring blueberries and Port to a low boil. Reduce heat and simmer until blueberries break and Port is reduced by half.
- Process the mixture in the blender, and then strain out and discard the solids.
- Chill and stir before serving.



NIBBLES AND NOSH

You'll love the snacks,
and special treats you can
enjoy any time of day.



CURRIED POPCORN

Yield: 2 quarts

INGREDIENTS

- | | |
|-------------------------------------|---|
| 2 tablespoons grapeseed oil | ¼ teaspoon cumin |
| 1 tablespoon extra virgin olive oil | ½ teaspoon sea salt |
| 1 teaspoon curry powder | ⅛ teaspoon cayenne, (or up to ¼ teaspoon) |
| ¼ teaspoon ground turmeric | ⅓ cup popcorn kernels |

DIRECTIONS

- Stir extra virgin olive oil, curry powder, turmeric, cumin, salt and cayenne in a small bowl.
- In heavy sauce pan over medium high heat, heat grapeseed oil. Place a few kernels of popcorn in pan and cover.
- Reduce heat to medium. When kernels begin to pop, add the remaining popcorn kernels.
- Cover pan and continue to pop kernels shaking the pan frequently until kernels are popped - about 2 to 3 minutes.
- Transfer popcorn to serving bowl. Drizzle with curry oil. Toss to coat. Serve immediately.



OMEGA-3 BOOST MIX

Yield: 20, 1-ounce servings

INGREDIENTS

1 cup walnut halves and pieces

½ cup slivered almonds

½ cup sweetened dried cranberries

½ cup pumpkin seeds, roasted, unsalted

DIRECTIONS

- Place raw almonds in a heavy ungreased sauce pan.
- Over medium heat, stir the almonds until golden.
- Remove from heat and let cool.
- Combine walnuts, almonds, cranberries and pumpkin seeds. Toss to evenly mix.
- Store in airtight container or sealable plastic bag for up to 10 days.

OMEGA-3 BOOST MIX: This is a great snack for brain health as it contains healthy fats, fiber, and antioxidants. Studies also suggest nuts can help lower cholesterol and reduce the risk of heart disease.



URBAN TRAIL MIX

Yield: 28, 1-ounce servings

INGREDIENTS

- | | |
|--|--|
| ½ cup slivered almonds | ½ cup sweetened dried cranberries or dried blueberries |
| ½ cup peanuts, roasted, unsalted | ½ cup sun-dried raisins |
| ½ cup whole cashews, roasted, unsalted | ½ cup dark chocolate chips |
| ½ cup pumpkin seeds, roasted, unsalted | |

DIRECTIONS

- Place raw almonds in a heavy ungreased sauce pan.
- Over medium heat, stir the almonds until golden.
- Remove from heat and let cool.
- Combine the almonds, peanuts, cashews, pumpkin seeds, dried fruit, and chocolate. Toss to evenly mix.
- Place in an airtight container or sealable plastic bag. Store in dark, cool area for up to 10 days.

DRESSINGS, SAUCES AND SEASONINGS

Give your healthy food choices a flavorful flair with alternatives to the traditional. From lower sodium seasoning options to dressings designed to tantalize the tastebuds, healthy meals will never be bland or boring again.



VEGAN AIOLI

INGREDIENTS

- 1 medium size eggplant, cut into small chunks
- ½ red onion, cut into small chunks
- 2 garlic cloves
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon sea salt
- ½ teaspoon Dijon mustard
- ¼ cup extra virgin olive oil
- 2 tablespoons apple cider vinegar

DIRECTIONS

- Preheat oven to 350°F.
- In a mixing bowl combine eggplant, onion and garlic. Toss with 1 tablespoon of extra virgin olive oil and season with salt. Arrange vegetables on a lined baking sheet. Roast for 30 minutes or until tender.
- Once vegetables are cool, place in blender with mustard, extra virgin olive oil and vinegar. Pulse and blend until very smooth.
- Transfer aioli to an airtight container and refrigerate. Stir dressing before serving. Will last 7 days in refrigerator.

ALMOND PESTO

INGREDIENTS

- ½ cup chopped arugula
- ½ cup chopped basil
- ¼ cup toasted almonds
- 2 tablespoons lemon juice
- ¼ cup extra virgin olive oil
- Sea salt
- Fresh cracked pepper

DIRECTIONS

- In food processor, combine arugula, basil, almonds, and lemon juice. Pulse to purée the ingredients. While food processor is running, drizzle in extra virgin olive oil to form a paste.
- Adjust seasoning with salt and pepper.

POPPY SEED DRESSING

INGREDIENTS

- | | |
|----------------------------------|--------------------------|
| ½ cup extra virgin olive oil | 1½ teaspoons poppy seeds |
| ¼ cup fresh lemon juice | ½ teaspoon Dijon mustard |
| 2 tablespoons white wine vinegar | ¼ teaspoon of sea salt |
| 2 tablespoons agave or honey | |

DIRECTIONS

Combine all ingredients and whisk to blend.

AVOCADO DRESSING

INGREDIENTS

- | | |
|---|--|
| 1 large ripe avocado, peeled and cut into cubes | 1 jalapeño, stem and seeds removed, minced |
| Juice from 1 lime | 1 tablespoon of agave or honey |
| ¼ cup extra virgin olive oil | 2 tablespoons apple cider vinegar |
| ½ cup fresh cilantro, minced | ¼ cup water (or more for a thinner dressing) |
| 2 cloves garlic, crushed and minced | |

DIRECTIONS

- In small bowl, place peeled avocado. Add lime juice and mash the avocado.
- In food processor or blender combine mashed avocado with remaining ingredients. Blend until mixture is smooth. Adjust consistency by adding additional water.
- Transfer dressing to airtight container and refrigerate overnight. Stir dressing before serving.
- Recipe makes 2 cups.



CELEBRITY CHEF BRAD MILLER'S SALT SUBSTITUTE

INGREDIENTS

- | | |
|---------------------------------|---------------------------|
| 2 teaspoons dried basil | 1 teaspoon turmeric |
| 1 teaspoon oregano | 1 teaspoon dried sage |
| ½ teaspoon dried thyme | ½ teaspoon ground mace |
| 1 tablespoon garlic powder | 1½ teaspoons black pepper |
| 1 teaspoon dried parsley flakes | ⅛ teaspoon cayenne pepper |
| 1 teaspoon onion powder | |

DIRECTIONS

- Combine all the ingredients. Blend well.
- Store at room temperature in airtight container for up to 2 weeks.



TASTE THE BEST LIFE HAS TO OFFER WITH FIVE STAR

Five Star Senior Living offers independent living, assisted living, skilled nursing, rehabilitation, and memory care in communities across the country. Our residents enjoy Five Star dining every day with delicious, nutritious meal selections, just part of our commitment to helping seniors live the best life possible.

Good nutrition plays a key role in brain health and memory care. The latest research points towards the role of a healthy diet in slowing the progress of dementia. For those living with memory impairment such as Alzheimer's and other dementias, Five Star Senior Living's innovative memory program Bridge to Rediscovery™ focuses on rediscovering the joy in everyday life. Bridge to Rediscovery takes a Montessori-style approach to treating memory care residents, celebrating the spirit within each individual. The program encourages creativity and self-expression through hands-on and personalized activities, striving for small successes each day to create a sense of accomplishment. A recipient of the Assisted Living Federation of America (ALFA) "Best of the Best" Award, Bridge to Rediscovery allows those with memory impairment to live each day with the dignity they deserve.

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