



BRAIN HEALTHY COOKING

NUTRITIOUS
MEALS FOR ONE

RECIPES & MORE

A collection of simple Brain Healthy
Cooking guidelines, essential
ingredients, tips & recipes for
cooking for one!



From the Kitchen of Senior Living Residences



TABLE OF CONTENTS

Introduction

- 2 LIST OF INGREDIENTS
- 3 THE MEDITERRANEAN DIET

Tips to Get you Started

- 6 VEGGIES, FRUITS & FRESH HERBS
- 7 WHOLE GRAINS, BEANS & NUTS
- 8 FISH & SEAFOOD
- 9 POULTRY, DAIRY & EGGS

Breakfast

- 11 MUFFINS

Soups & Salads

- 14 STEWED KALE AND TOMATOES
- 15 GARBANZO BEAN SALAD
- 16 TOMATO SOUP
- 17 STRACCIATELLA
- 18 LEMON CHICKEN SOUP
- 19 MORE SOUPS COMBOS

Soups & Salads

- 21 CHICKEN SALAD
- 22 LIGHT AVOCADO EGG SALAD
- 23 TUNA MELT
- 24 MORE SANDWICH COMBOS

Entrees

- 26 WALNUT-CRUSTED FISH
- 27 MAPLE GLAZED SALMON
- 28 SALMON CAKES
- 29 CHICKEN STEW

Desserts

- 31 CHOCOLATE MOUSSE



A growing body of scientific research points to the important role played by diet in the cause, prevention and management of Alzheimer's disease.

Our easy recipes, cooking videos, nutritional guidelines and grocery shopping lists will get you started on the road to a healthier mind and improved memory.

For more resources check out:
BrainHealthyCooking.com

Created by:



**SENIOR LIVING
RESIDENCES**

The Right Values

BRAIN HEALTHY COOKING ESSENTIAL INGREDIENTS!

Produce

- ☐ LEMONS
- ☐ APPLES
- ☐ STRAWBERRIES
- ☐ BLUEBERRIES
- ☐ BANANAS
- ☐ BABY SPINACH
- ☐ SPRING MIX
- ☐ KALE
- ☐ CARROTS
- ☐ CELERY
- ☐ ONIONS
- ☐ TOMATOES
- ☐ CUCUMBERS
- ☐ FRESH GARLIC
- ☐ AVOCADOS
- ☐ PARSLEY
- ☐ SWEET PEAS
- ☐ ZUCCHINI
- ☐ RED SKIN POTATOES
- ☐ SWEET POTATOES

Poultry & Fish

- ☐ WHOLE CHICKEN
- ☐ WHITE FISH (HADDOCK, COD)
- ☐ SALMON
- ☐ CANNED TUNA FISH

Dried Fruit & Spices

- ☐ DRIED CRANBERRIES
- ☐ RAISINS
- ☐ SLR SPICE OF LIFE (OR
OTHER SALT SUBSTITUTE)

Beans, Nuts & Whole Grains

- ☐ GARBANZO BEANS
- ☐ WALNUTS
- ☐ WHOLE GRAIN BAKING MIX
- ☐ WHOLE GRAIN BREAD
- ☐ BROWN RICE

Dairy

- ☐ EGGS
- ☐ YOGURT
- ☐ PARMESAN CHEESE
- ☐ SHREDDED CHEDDAR
CHEESE (LOW FAT)
- ☐ LIGHT MAYONNAISE

Groceries

- ☐ DARK CHOCOLATE
- ☐ PURE MAPLE SYRUP
- ☐ BALSAMIC GLAZE
(OR DRESSING)
- ☐ CANNED TOMATOES
(NO SALT ADDED)
- ☐ CHICKEN BROTH
(LOW SODIUM)
- ☐ PANKO BREADCRUMBS
- ☐ SOY SAUCE (LOW SODIUM)
- ☐ RED WINE VINEGAR

OUR BRAIN HEALTHY COOKING PROGRAM IS BASED ON THE MEDITERRANEAN DIET

The Mediterranean Diet has been scientifically proven to:

- Promote healthy brain function, maintain cognitive health and lower your risk of developing Alzheimer's
- Reduce risk of chronic diseases like heart disease, vascular disease, cancer & diabetes
- Lower inflammation & blood pressure
- Stabilize blood sugar
- Fight depression
- Help many people reduce the reliance on medication



It is that easy! Just follow the pyramid...

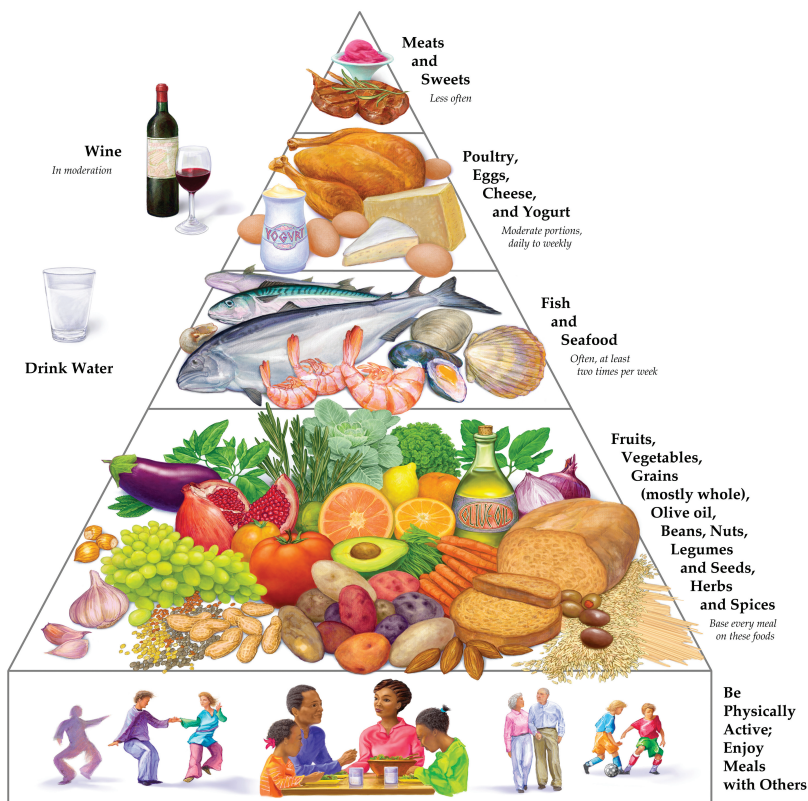


Illustration by George Middleton

© 2009 Oldways Preservation and Exchange Trust • www.oldwayspt.org

DON'T FORGET THE BASE OF THE MEDITERRANEAN DIET...

- Enjoy meals with others
- Stay active
- Drink plenty of water
- Enjoy your wine (*in moderation*)

The image features a solid red background with a fine, repeating diamond-shaped pattern. In the center, there is a large white circle with a dotted border. Inside this circle, the text "A COUPLE OF TIPS TO GET YOU STARTED" is written in a bold, dark green, sans-serif font, arranged in four lines.

**A COUPLE OF
TIPS TO GET
YOU STARTED**

BRAIN HEALTHY COOKING FOR ONE

VEGGIES, FRUITS & FRESH HERBS

Aim to get 4-8 servings of veggies and 2-4 servings of fruits per day. Add fresh herbs and spices to every meal!

Tips for Cooking for One:

- Enjoy your most perishable fresh produce like berries and spinach early in the week and save the cabbage for later!
- Buy lots of produce when it's in season and freeze for later use.
- Properly store your greens and herbs in the fridge to extend their shelf life by wrapping in paper towels and sticking them in ziplock bags.
- Put bunches of herbs in glasses of water in the fridge. (*think flowers in a vase*)
- You can regrow some vegetables from the roots and use them again. (*celery and green onions are great for this*)



BRAIN HEALTHY COOKING FOR ONE

WHOLE GRAINS, BEANS & NUTS

Aim to get 4-6 servings of whole grains and 1-3 servings of beans and nuts per day

Tips for Cooking for One:

- Cook in bigger batches and freeze single portions. *(use a muffin tin to measure each portion)*
- Make homemade baked goods using a versatile whole grain baking mix. *(we recommend Hodgson Mill brand)*
- Buy your grains, seeds and nuts in bulk to save money.



BRAIN HEALTHY COOKING FOR ONE

FISH & SEAFOOD

Aim to get at least 2-3 servings of fish and seafood per week.

Tips for Cooking for One:

- Look for *Catch of the Day* specials as cheaper alternatives. Pollock can be substituted for haddock or cod while arctic char or trout can be a cheaper alternative to salmon.
- When packaging your fish for the freezer, sort the fillets into meal-sized portions. This way you only thaw as much as you plan to eat in one sitting.



BRAIN HEALTHY COOKING FOR ONE

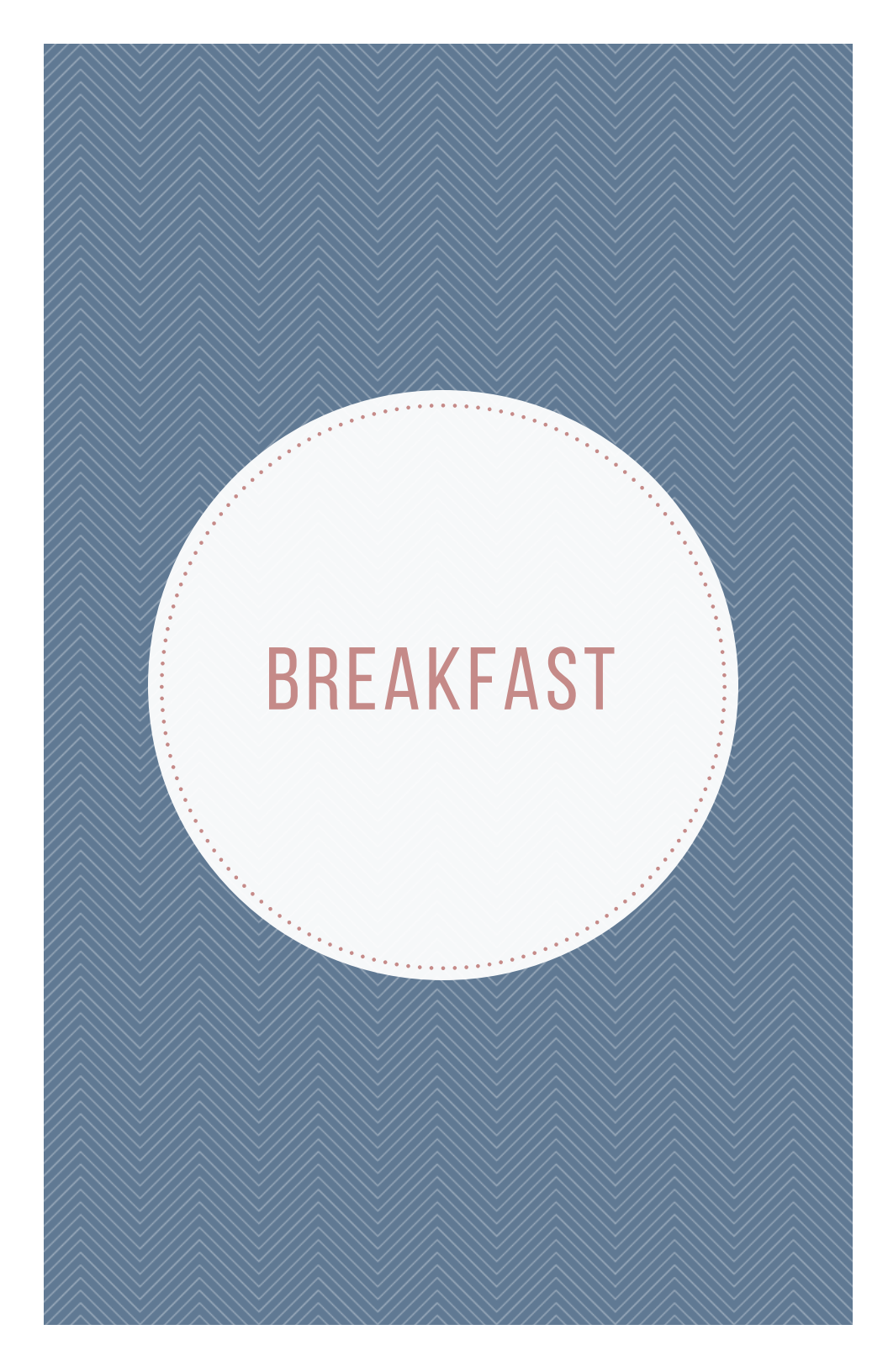
POULTRY, DAIRY & EGGS

Aim to get 1-3 servings of poultry and eggs per week. Dairy should be consumed moderately, 1-3 servings per day (look for low-fat options)

Tips for Cooking for One:

- Buy your poultry in value packs and freeze individually wrapped portions for the week.
- Cook once, eat all week! A whole roasted chicken for dinner can go a long way. Make chicken salad and soups for lunch.
- Embrace breakfast for dinner - Learn to love eggs!



The image features a solid blue background with a repeating chevron pattern. In the center, there is a white circle with a thin red dotted border. Inside the circle, the word "BREAKFAST" is written in a red, sans-serif, all-caps font.

BREAKFAST

BRAIN HEALTHY COOKING FOR ONE

the one and only

MUFFIN

Basic Muffin Mix

1 Box (7 oz) Whole Grain
Baking Mix
1 TBS Canola Oil
3/4 CUP Milk
1 Egg

1. Preheat oven to 400F and line 6 muffin cups with paper liners or grease muffin cups.
2. Place Whole Grain Baking Mix into mixing bowl, cut in canola oil. Add milk and egg. Mix until blended.
3. Spoon into 6 muffin cups with paper liners or greased muffin cups and bake for 15 minutes.

Freeze a few of these for later if you don't think you'll consume them all in a week's time.



ADD BRAIN HEALTHY INGREDIENTS TO CREATE ENDLESS MUFFIN OPTIONS!

Mixed Berry Muffins

Add 1/2 CUP of blueberries & strawberries to batter

Strawberry or Blueberry Yogurt Muffins

Add 1/2 CUP of berries & 1 CUP yogurt to mix

Cinnamon Banana Oat Muffins

Add 2 bananas, 1/2 TSP cinnamon & 1 CUP of oats

Nutty Apple Carrot Muffins

Add 1/2 CUP carrots, 1/2 CUP of apples, 1/2 TSP cinnamon & 1/4 CUP chopped walnuts

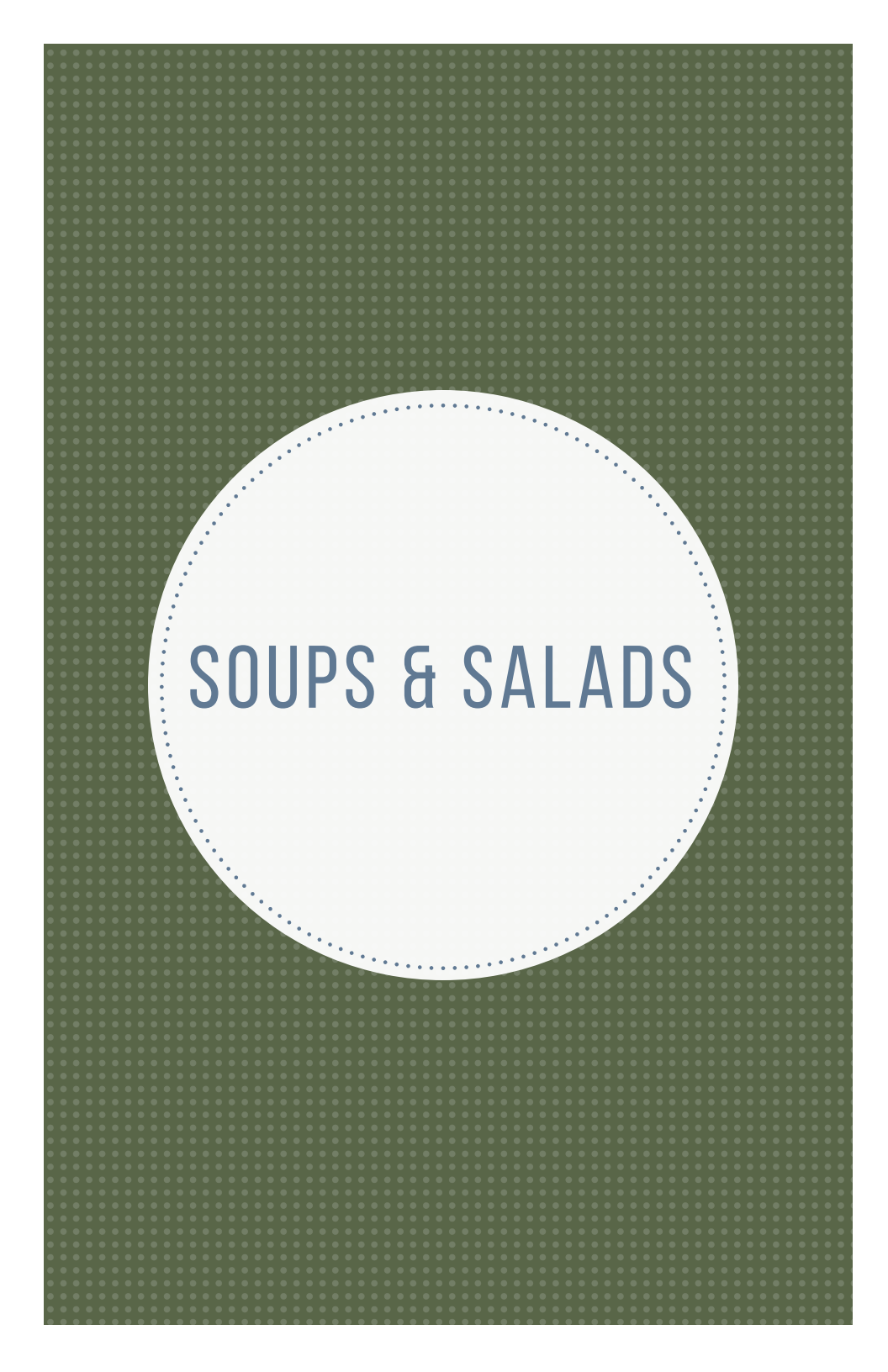
Raisin Nut Muffins

Add 2/3 CUP raisins & 1/4 CUP chopped nuts

To change it up, you can also add zucchini, dark chocolate chips, cranberries, canned apples, canned pears, etc.

Turn your favorite muffin into a pancake and pair it with pure maple syrup!





SOUPS & SALADS

BRAIN HEALTHY COOKING FOR ONE

the aromatic

STEWED KALE AND TOMATOES

1/8 Red Onion, chopped
1 Garlic Clove, minced
1 TBSP Olive Oil
1/4 LB Kale, chopped
1 TBSP Red Wine Vinegar
1/2 can Diced Italian Tomatoes
1/8 CUP Raisins
Spice of Life to taste
Black Pepper to taste

1. Rinse kale and set aside in colander.
2. In large pot or Dutch oven, heat olive oil and sauté garlic and onions until soft, about 5 minutes.
3. Carefully add kale to pot (do not completely dry, leftover water on the leaves will help cook it down), a little at a time until it cooks down enough to fit.
4. Add vinegar to pot and continue to gently toss kale leaves until they start to wilt.
5. Once wilted down (still tender, but softer), season with a little Spice of Life and pepper, and add diced Italian tomatoes.
6. Add raisins, stir and cover, let simmer for 5-8 minutes over low to medium heat. Continue to check and stir kale for about 20 -25 minutes total until very tender and fragrant. Taste for seasoning.



BRAIN HEALTHY COOKING FOR ONE

the stellar

GARBANZO BEAN SALAD

1/2 can Garbanzo Beans
1/4 CUP Cucumbers, diced
1/4 CUP Tomatoes, diced
1/8 CUP Onions, diced
1/8 CUP Celery, chopped
1/4 CUP Carrots, diced
1/2 CUP chopped Spinach
1/8 TSP Spice of Life
Chopped Parsley to taste

1. Mix all ingredients together in a bowl.
2. Add balsamic dressing to taste.



BRAIN HEALTHY COOKING FOR ONE

the tasty

TOMATO SOUP

2 TSP Olive Oil
2 TSP unsalted Butter
1/2 small Onion, diced
1 Garlic Clove
1 (14.5 oz.) can diced Tomatoes
3/4 CUP Chicken Broth
2 1/2 TBSP Dairy Creamer
Black Pepper to taste

Optional garnishes:

Extra-Virgin Olive Oil
Basil leaves, julienned
Grated Parmesan Cheese
Red Pepper Flakes

1. Place a medium saucepan over medium-low heat and add the oil and butter. When the butter melts, add the onion. Cook, stirring occasionally, until the onion is completely soft, about 15 minutes. (reduce the heat if onion is starting to brown)
2. Add garlic and cook 5 mins, stirring occasionally.
3. Increase the heat to medium and add the tomatoes and their juices to the pan.
4. Roughly crush the tomatoes with the back of a wooden spoon and cook 10 minutes. Add broth and bring to a simmer. Cook at a medium simmer until the tomatoes begin to fall apart, about 15 minutes.
5. Remove the soup from the heat and cool slightly, about 10 minutes. Purée the soup in a couple of batches until smooth.
6. Return the soup to the burner over low heat and stir in the cream and add black pepper to taste.



BRAIN HEALTHY COOKING FOR ONE

the Italian

STRACCIATELLA (EGG DROP SOUP)

4 CUPS Chicken Broth
1 large Egg
4 TSP finely grated, lightly
packed Parmesan cheese
1 TBSP Panko Breadcrumbs
Pinch of Black Pepper
A handful of Spinach
leaves, cut into 1/2-inch
ribbons (can also use Chard,
Arugula, Sorrel, or any
tender green)

1. Place broth in a 2-quart saucepan and bring to a simmer.
2. In a medium bowl whisk together the egg, Parmesan cheese, breadcrumbs, and black pepper.
3. Once the broth is simmering, stir in the cut spinach.
4. Pour/scrape the cheese egg mixture, stir the egg mixture into the soup. Make sure the spoon is in motion when pouring the egg mixture into the soup.
5. Cook at a gentle simmer for another minute.

Taste the soup and add more salt and pepper if you wish. Serve immediately.

Save your leftovers for another day.



BRAIN HEALTHY COOKING FOR ONE

the Greek

LEMON CHICKEN SOUP

4 CUPS Chicken Broth
1/4 CUP Lemon Juice
1/4 CUP Carrot, chopped
1/4 CUP Onion, chopped
1/4 CUP Celery, chopped
1/8 TSP Black Pepper
1/2 CUP cooked Brown Rice
1/2 CUP cooked Chicken, diced
8 slices Lemon
4 Egg Yolks
1 CUP Spinach, chopped

1. In a large pot, combine the chicken broth, lemon juice, carrots, onions, celery, and black pepper. Bring to a boil on high, then simmer for 20 minutes.

2. Meanwhile, beat the egg yolks until light in color. Gradually add some of the hot soup to the egg yolks, stirring constantly. Return the egg mixture to the soup pot and heat through. Add the rice, chicken and spinach.

Ladle hot soup into bowls and garnish with lemon slices.

Save your leftovers for another day.



BRAIN HEALTHY COOKING FOR ONE

fun combinations to try with your ingredients

SOUPS

Tomato Vegetable Kale Soup

Onion, Carrot, Celery, Diced Tomatoes & Garlic.

Chicken, Kale & Vegetable Soup

Chicken Broth, Chicken, Kale, Onion, Carrot & Celery



SANDWICHES

*turn any sandwich into
salad by substituting fresh
greens for bread

BRAIN HEALTHY COOKING FOR ONE

the classic

CHICKEN SALAD

1/2 CUP of Chicken, cubed
1 TBSP of Light Mayonnaise
1 stock of Celery, chopped
1 TBSP of shredded Carrot
1/2 TSP Spice of Life
Pinch of Black Pepper

1. Mix together all ingredients in a medium bowl.
2. Spread on whole grain bread or whole grain wraps.
3. Add lettuce/tomato to garnish.



BRAIN HEALTHY COOKING FOR ONE

the adventurous

LIGHT AVOCADO EGG SALAD

4 Eggs

1/2 Avocado, peeled and pitted

1/8 CUP chopped Green Onion
(optional)

1/2 TSP Yellow Mustard

1/8 TSP Paprika

Black Pepper to taste

Spice of Life to taste

1. Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.

2. Remove eggs from hot water, cool under cold running water, and peel. Chop eggs and transfer to a salad bowl.

3. Mash avocado in a separate bowl using a fork. Mix mashed avocado, yellow mustard, and paprika into eggs until thoroughly combined. Season with black pepper & Spice of Life.

Save your leftovers for another day.



BRAIN HEALTHY COOKING FOR ONE

the ultimate

TUNA MELT

1 (5-ounce) can Chunk Light
or Albacore White Tuna
in water, drained
1 TBSP Light Mayonnaise
3/4 TBSP chopped Red Onion
or Scallions
1/4 TSP dried Dill
1/2 TSP Lemon Juice
2 slices Whole-Wheat Bread
or Whole-Wheat English
Muffin
1 medium Tomato, sliced
1/4 CUP shredded, reduced-
fat Cheddar Cheese
1/2 TSP Spice of Life

1. Preheat the oven or broiler.
2. In a small bowl, add drained tuna, mayonnaise, red onion/ scallions, dill, lemon juice and Spice of Life. Using a fork, mix to combine.
3. Place each bread slice onto a foil-lined baking sheet. Divide tuna, layering on top of each slice.
4. Top tuna with tomato slices. Place baking sheet under the broiler for 1 to 2 minutes until tuna is warm.
5. Divide cheese between each open-face sandwich; place under the broiler until cheese melts, about 1 minute.



BRAIN HEALTHY COOKING FOR ONE

fun combinations to try with your ingredients

SANDWICHES

Cranberry & Apple Chicken Salad on Whole Grain Bread

Chicken, Mayonnaise, Dried Cranberries, Apple, Celery, Walnuts & Parsley

Tarragon Chicken Salad with Spring Mix or Spinach on Whole Grain Bread

Chicken, Tarragon, Mayonnaise, Celery, Walnuts & Parsley

Tuna Fish Salad on Whole Grain Bread

Tuna Fish, Mayonnaise, Celery, Carrots, Parsley & Spice of Life

Tarragon Tuna Salad on Whole Grain Bread

Tuna Fish, Mayonnaise, Tarragon, Celery, Onion, Spice of Life & Parsley

Spice of Life Grilled Chicken Sandwich on Whole Grain Toast

with Spring Mix Lettuce & Avocado





ENTRÉES

BRAIN HEALTHY COOKING FOR ONE

the mouth watering

WALNUT-CRUSTED FISH

1 TBSP Light Mayonnaise
1 TBSP Dijon Mustard
1/2 TSP chopped fresh
Parsley or Basil
1/8 TSP Spice of Life
1/2 CUP or more crushed
Walnuts
2 White Fish Fillets
(approx. 5 or 6oz each)

1. Pre-heat oven to 425F.
2. Use a shallow baking dish and spray with non-stick cooking spray.
3. Stir together mayonnaise, dijon mustard, parsley. Pat the fish dry with a paper towel and coat with mayonnaise mixture on each side.
4. Place nuts in a shallow dish, press fish into nuts to coat each side.
5. Place fish in the baking tray, and bake for 15 -20 mins until fish flakes easily or the temperature reads 145F.

Save your leftovers for another day.



BRAIN HEALTHY COOKING FOR ONE

the simple

MAPLE GLAZED SALMON

1/8 CUP pure Maple Syrup
1 TBSP Soy Sauce
1/2 Garlic Clove, minced
1/8 TSP Black Pepper
1/2 LB Salmon

1. In a small bowl, mix the maple syrup, soy sauce, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400F.
4. Place the baking dish in the preheated oven and bake salmon uncovered for approximately 20 minutes until fish flakes easily with a fork or the temperature reads 145F.



BRAIN HEALTHY COOKING FOR ONE

the perfect

SALMON CAKES

1/2 LB of cooked Salmon (or a
14.75 oz can of Salmon)
1 Egg
1/4 CUP chopped Onion
1/2 CUP Whole Grain Breadcrumbs
1 TBSP Extra-Virgin Olive Oil
1/2 TSP dried Dill

Remoulade Sauce:

4 oz plain Greek Yogurt
2 oz sweet Pickle Relish
2 oz Ketchup
Pinch of Black Pepper

Add more flavor by adding:

*Shredded Carrot
Grated Raw Onion
Fresh Lemon Zest
Small diced Roasted
Red Bell Pepper*

1. Mix all ingredients of Remoulade sauce in a small bowl and set aside.
2. Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs, dill and salmon together.
3. Make into patties. If mixture is too dry to form into patties, add reserved liquid from salmon.
4. In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels and serve.
5. Serve with Remoulade sauce.



BRAIN HEALTHY COOKING FOR ONE

the tasty

CHICKEN STEW

1 TBSP Vegetable Oil
3 stalks of Celery, cut
1 small Onion, chopped
3 Potatoes, peeled and cut
2 large carrots, peeled and cut
4 cups Chicken Broth
1/2 TSP dried Sage
1/2 TSP Black Pepper
3/4 CUP Water
1/2 can Garbanzo Beans, puréed
3 CUPS Chicken, pulled apart
into 1-inch pieces

1. In a soup pot, heat oil over high heat. Add celery and onion, and cook 4 to 5 minutes. Add potatoes, carrots, chicken broth, sage, and pepper.

2. Bring to a boil, reduce heat to medium-low, and cook 15 to 18 minutes, or until potatoes are almost fork-tender, stirring occasionally.

3. In a small bowl, combine water and puréed garbanzo beans; mix well. Pour into soup pot and stir until thickened. Add chicken and cook 6 to 8 minutes, stirring occasionally.

Save your leftovers for another day.





DESSERTS

BRAIN HEALTHY COOKING FOR ONE

a sweet treat

CHOCOLATE MOUSSE

1 can (15 oz) Garbanzo Beans
2/3 CUP dark chocolate
1 TBSP Sugar

1. Break chocolate into small pieces and melt slowly over a water bath. Stir often so chocolate does not burn. Let cool to room temperature.
2. Open the can of Garbanzo beans and drain the water into a small bowl. Save the Garbanzo beans for another recipe this week by refrigerating them.
3. Using an electronic whisk, whip the Garbanzo bean reserved water into stiff peaks.
4. Fold in room temperature chocolate and sugar until completely mixed.
5. Refrigerate for 3 hours to allow mousse to set.
6. Garnish with your favorite berries.

Save your additional mousse cups for dessert later this week.



LEARN MORE ABOUT OUR BRAIN HEALTHY COOKING PROGRAM

Get started on the road to YOUR healthier
mind and improved memory...

Download easy recipes & shopping lists
at our BrainHealthyCooking.com

Tour an SLR community
and get a gift of spices & the latest recipe cards!

Stay up to date with the latest research, tips & resources
on aging well at our AgeRight.org

FIND A COMMUNITY NEAR YOU

SeniorLivingResidences.com/Communities



**SENIOR LIVING
RESIDENCES**

The Right Values