

MAKING

MEMORIES

in the Kitchen



Includes
recipes and
activities!



FISHER CENTER FOR
ALZHEIMER'S
RESEARCH FOUNDATION



Welcome!

The Fisher Center for Alzheimer's Research Foundation is pleased to share this special booklet of recipes and fun cooking-related activities. Our hope is that it will not only nourish you with delicious, healthy meals but will feed your spirit by inspiring you and your loved ones to gather in the kitchen and at the dining table to share and create precious memories.

The Foundation's mission is to understand the causes of Alzheimer's disease, improve the care of people living with it and find a cure. Our vision is working towards a future where Alzheimer's is nothing but a memory. Accomplishing these goals would be impossible without the support of people like you. Thank you.

The content of this booklet is for general information purposes only. It is not intended as nutritional or medical advice. Consult with your health care provider about your personal dietary needs.

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Vegetarian

RED AND YELLOW PEPPER OMELET

Ingredients

- 1 tsp. olive oil
- 1 sweet red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 4 egg whites
- ½ tsp. dried basil
- ¼ tsp. black pepper
- 2 tsp. grated Parmesan cheese, divided

Directions

Warm oil in a large nonstick frying pan over medium heat; add the peppers; cook, stirring frequently, for four to five minutes. Keep warm over low heat, stirring occasionally. In a small bowl, whisk together the egg whites, basil and black pepper. Coat a small nonstick frying pan with nonstick spray. Warm over medium-high heat for one minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set. Carefully loosen and flip; cook for one minute or until firm. Sprinkle half of the peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon of the Parmesan cheese. Repeat with the remaining egg mixture, peppers and Parmesan cheese. **Makes two servings.**



Tip

Stay hydrated throughout the day by drinking water—it's essential to biological functions like regulating body temperature and carrying nutrients and oxygen to cells. Add a wedge of lemon or lime to your water for extra flavor.

BERRY-BANANA SMOOTHIE



Ingredients

- 1 banana
- 1 cup blueberries
- 1 cup fat-free vanilla yogurt
- 1 cup low-calorie cranberry juice
- 1 cup chopped ice

Directions

Put all ingredients in blender and give it a whirl until blended. **Makes two servings.**

Source: *Health & You* magazine

NATURALLY SWEET LEMONADE

Ingredients

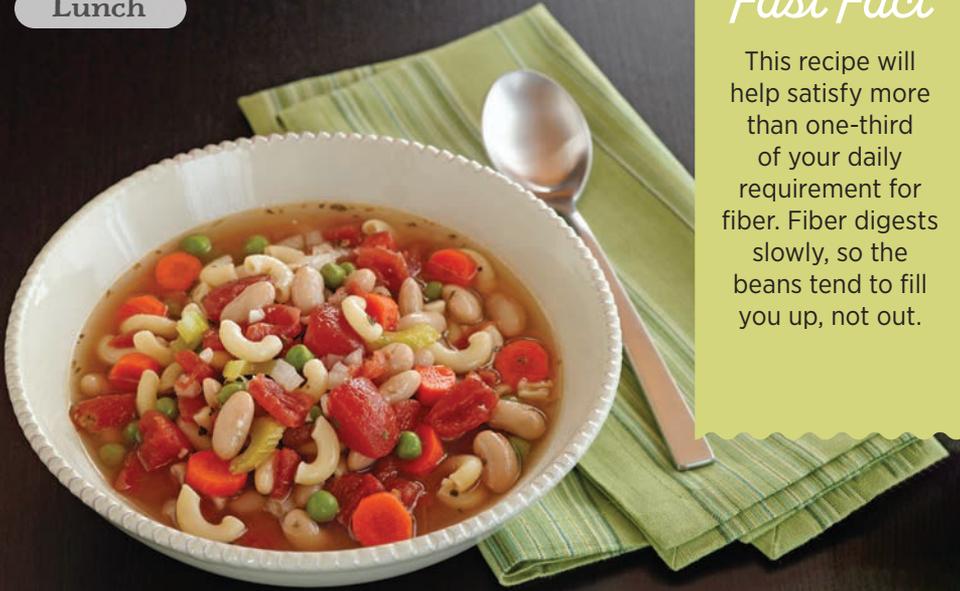
- 2 large apples
- ½ lemon
- 1 ½ cups sparkling water

Directions

Slice apples and lemons small enough to fit into a juicer. Juice apples and lemon. Whisk together to make sure they are well-blended. Divide among three glasses. Pour sparkling water into the glasses, then stir. **Makes three servings.**



This recipe will help satisfy more than one-third of your daily requirement for fiber. Fiber digests slowly, so the beans tend to fill you up, not out.



MINESTRONE SOUP

Ingredients

- 1 tbsp. olive oil
- 1 small onion, about ½ cup, chopped
- 2 medium carrots, sliced
- 1 stalk celery, sliced
- 1 clove garlic (or 1 tsp. garlic flakes)
- 1 tbsp. pot herbs or sodium-free Italian seasoning (such as Mrs. Dash)
- 1 14.5-oz. can reduced-sodium chicken or vegetable broth (about 2 cups)
- 1 14.5-oz. can no-salt-added diced tomatoes, plus 1 can water
- 1 19-oz. can cannellini (white kidney) or other beans, no salt added
- ½ cup frozen peas
- 1 cup cooked elbow macaroni

Directions

In a large pot, heat oil over medium-high heat. Add onion, carrots, celery, garlic and herbs. Cook, stirring, just until onions look slightly wilted. Add broth, tomatoes, water and beans. Bring just to a boil, then turn heat to low, and simmer about 10 minutes or until carrots are done. Add frozen peas and macaroni to hot soup and serve. **Makes four servings.**

Note:

Recipe is vegetarian if you use vegetable broth.



FISH TACOS

Ingredients

- ½ cup nonfat sour cream
- ¼ cup fat-free mayonnaise
- ½ cup chopped fresh cilantro
- ½ package low-sodium taco seasoning, divided
- 1 lb. cod or other whitefish fillets, cut into 1-inch pieces
- 1 tbsp. olive oil
- 2 tbsp. lemon juice
- 12 6-inch warmed corn tortillas
- 2 cups shredded red and green cabbage
- 2 cups diced tomato
- Taco sauce
- Lime wedges

Directions

In a small bowl, combine sour cream, mayonnaise, cilantro and 2 tablespoons of seasoning mix. In a medium bowl, combine fish, oil, lemon juice and remaining seasoning mix; pour into large skillet. Cook, stirring constantly, over medium-high heat for four to five minutes or until fish flakes easily when tested with a fork. Fill tortillas with fish mixture. Top with cabbage, tomato, sour cream mixture and taco sauce; serve with lime wedges. **Makes six servings.**

Food for Thought

Who taught you to cook?

WORD SCRAMBLE

Look carefully at the jumbled words and try unscrambling as many as you can into words related to cooking.

1 aunegrism opnso _ _ _ _ _

2 parno _ _ _ _ _

3 latpau_ _ _ _ _

4 eirmt _ _ _ _ _

5 oicgonk loi _ _ _ _ _

6 gbiakn apn _ _ _ _ _

Thinking Pad

Answers

1. measuring
2. apron
3. spatula
4. timer
5. cooking oil
6. baking pan



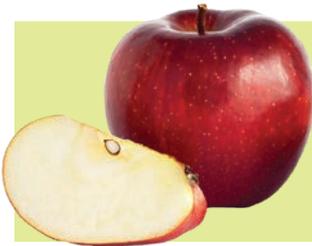
APPLE CRISP

Ingredients

- 1/3 cup graham cracker crumbs
- 1/3 cup quick oats
- 2 tbsp. brown sugar
- 2 lb. apples (about 6, medium-sized)
- 1/2 cup water
- 1 tsp. cinnamon
- 1 tbsp. butter

Directions

Preheat oven to 375 degrees. In a small bowl, mix graham cracker crumbs, oats and brown sugar. Wash and peel apples. Quarter them; cut out core and seeds. Slice apple quarters. Spread apples in a 12-by-8-inch baking pan. Add 1/2 cup of water to the pan. Sprinkle cinnamon and topping mixture over apples and dot with butter. Bake for about 45 minutes or until apples are soft and topping is browned. **Makes six servings.**



Fast Fact

Flavonoids, compounds found in plant-based foods, such as apples (concentrated in the peels), may help preserve brain health.

CHOCOLATE CHIP OAT BARS

Ingredients

- 1 large egg
 - ½ cup plain fat-free yogurt
 - ½ cup Splenda brown sugar blend
 - 1½ cups quick oats
 - 2 tbsp. milled flaxseed
 - ¼ cup chocolate chips
- Cooking spray

Directions

Whisk egg with yogurt and brown sugar. Blend in oats and flaxseed. Add chocolate chips. Spread mixture in an 8-inch-square pan coated with cooking spray. Bake at 350 degrees for 30 minutes. Let cool, then cut into 12 bars. **Makes 12 servings.**

Source: *Health & You* magazine

Tip

Snack on high-protein foods such as cheese, yogurt, nuts, peanut butter or a hard-boiled egg. These foods provide energy and are more likely to satisfy hunger.



RHYME TIME

How many words can you think of that rhyme with the following kitchen and cooking terms?

FLOUR

DOUGH

PLATE

EGG

FORK

YEAST

SALT

SPOON

BOWL

KNIFE

CUP

OIL



SCAVENGER HUNT

Here's a fun activity you can do with the children in your family. Search your kitchen for the common items below. For an extra challenge, set a timer to limit how much time you have to look.

- Whisk
- Muffin tin
- Rolling pin
- Saucepan
- Cutting board
- Saltshaker
- Oven mitt or pot holder
- Tongs
- Measuring spoon
- Dish towel
- Mixing bowl
- Spatula



Breakfast

Tip

Plenty of foods, including these mini casseroles, can be frozen and reheated later. If you're often pressed for time, cook on the weekend and freeze items for a quick meal during the week.

MINI BREAKFAST CASSEROLES

Ingredients

Olive oil spray

- ½ small yellow onion, diced (about ½ cup or 3 oz.)
- 2 large white mushrooms, diced (a little more than ½ cup or about 2 oz.)
- 3 oz. frozen broccoli, thawed and diced (about ½ cup)
- 1 large precooked chicken sausage (about 3 oz.), diced
- 5 egg whites, whisked
- 2 tbsp. low-fat feta cheese
- 1 green onion, diced
- ⅙ tsp. sea salt
- ⅙ tsp. black pepper

Directions

Preheat oven to 350 degrees. Preheat nonstick skillet over high heat for one minute. Remove from heat, spray with olive oil spray, then return to stove. Add onions and reduce heat to medium-high. Cook for 30 seconds, then add mushrooms and cook for 30 more seconds. Add broccoli and sausage and cook for 30 to 60 seconds more. Let cool slightly. Spray six portions of a muffin tin with olive oil spray. Stir together egg whites, vegetable and sausage mixture, feta cheese, green onions, sea salt and black pepper. Pour into six tins. Bake for 18 to 20 minutes or until casseroles are set. **Makes three servings.**

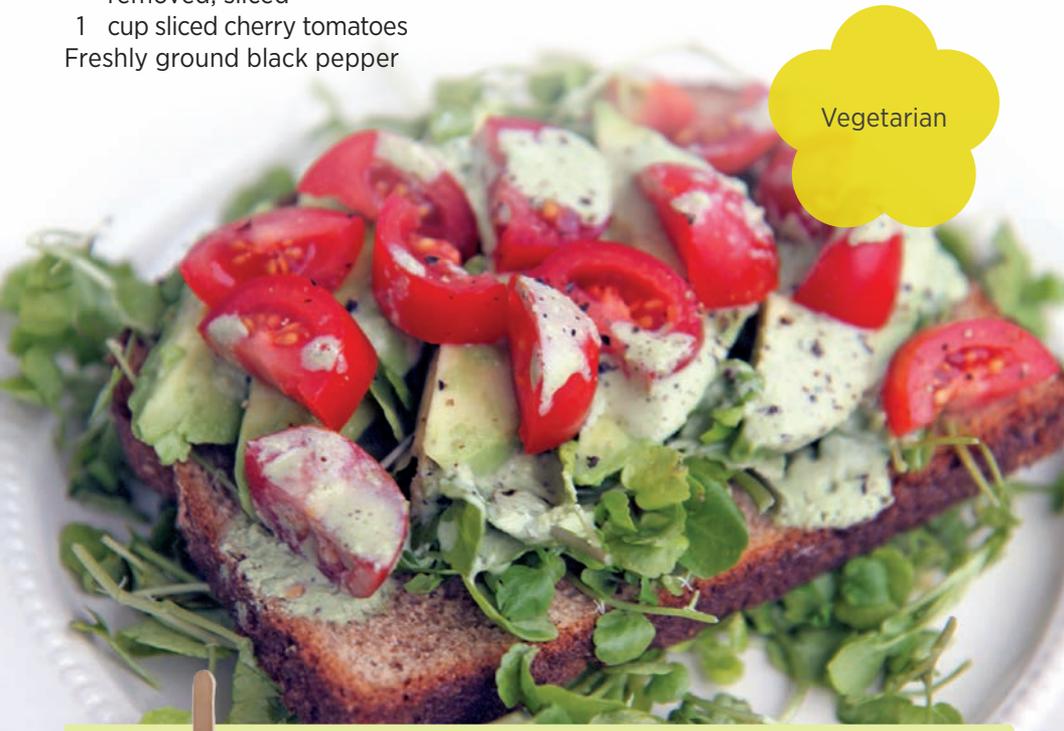
ALT (AVOCADO LOVES TOMATO) SANDWICH

Ingredients

- 1 5.5-oz. container plain nonfat Greek yogurt
- ½ cup fresh basil leaves
- 2 cloves garlic
- ⅛ tsp. sea salt
- 2 slices whole wheat bread
- 1 cup arugula
- 1 avocado, peel and pit removed, sliced
- 1 cup sliced cherry tomatoes
- Freshly ground black pepper

Directions

Place yogurt, basil, garlic and sea salt in food processor or blender; blend until smooth. Set aside. Toast bread. On each slice of toast, arrange half of arugula, half of avocados and half of tomatoes. Drizzle with 2 tablespoons basil-garlic mixture (you will have more than half left over). Crack some black pepper on top and enjoy. **Makes two servings.**



Vegetarian



Tip

Yogurt makes a great snack, especially when combined with fruit. For a refreshing frozen treat, mash 1 ½ cups of fresh berries in a bowl, then stir in 1 cup of plain or vanilla nonfat yogurt. Divide among four Popsicle molds and freeze for several hours.



CHICKEN PARMIGIANA

Ingredients

THE CHEESE

- 1 cup shredded low-moisture, skim-milk mozzarella

THE SAUCE

- 1 tbsp. olive oil
- 1 large onion, chopped (about 1 cup)
- 2 cloves garlic, crushed
- 1 28-oz. can crushed no-salt-added tomatoes
- 1 28-oz. can diced low-salt tomatoes
- 2 tbsp. dried parsley
- 1 tbsp. dried basil
- 1 bay leaf

THE CHICKEN

- 1 egg white
- 1 tsp. water
- 1 lb. chicken breast cutlets—four pieces

(If you buy the chicken as two skinless breasts, cut each breast in half lengthwise. Put chicken between two sheets of waxed paper and pound to make it evenly thick, about ½ to ¾ of an inch.)

- $\frac{3}{4}$ cup panko bread crumbs
- 2 tbsp. olive oil, divided

Directions

THE SAUCE

Heat olive oil in a heavy pot. Add onion and sauté until transparent. Add garlic and stir.

Add tomatoes and herbs. Bring sauce to bubbling and turn down heat to simmer. Let cook, stirring occasionally, until it begins to thicken while you prepare the rest of the ingredients. If you're making the sauce in advance, cook for about 45 minutes to an hour, then refrigerate. You'll need 2 cups for your chicken; the rest can be frozen.

THE CHICKEN

Put egg white and water in a shallow bowl. Beat lightly. Dip cutlets in egg wash. Spread some panko on waxed paper. Cover the cutlets with panko, pressing the crumbs into the chicken. Put 1 tablespoon of olive oil in large frying pan and heat to medium-high. Add chicken and cook about three minutes, until golden. Add the second tablespoon of olive oil when turning chicken. Cook two minutes more.

THE COMPLETE DISH

To assemble the chicken parmigiana, spread 1 cup of sauce in the bottom of a shallow baking dish that will hold the chicken in one layer. Spread another cup of sauce over the chicken. Bake for about 15 minutes at 350 degrees. Remove dish from oven and sprinkle with shredded mozzarella. Return dish to oven for five minutes and turn off the heat. The cheese doesn't need to cook, just melt. Serve with whole wheat thin spaghetti and a salad.

Makes four servings.

Add your own recipe to this booklet!



MY FAVORITE RECIPE:



Did this booklet help you make memories in the kitchen?

Share your thoughts and photos using
the hashtag **#MakingMemories**.

 facebook.com/ALZResearch

 twitter.com/FisherCenter

 instagram.com/ALZinfo

We also welcome you to share your Alzheimer's
disease story by visiting ALZinfo.org/stories.

