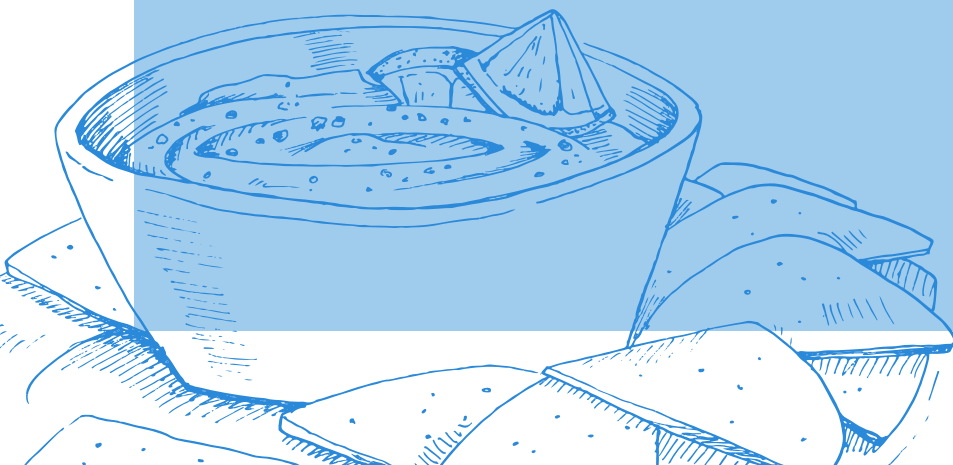
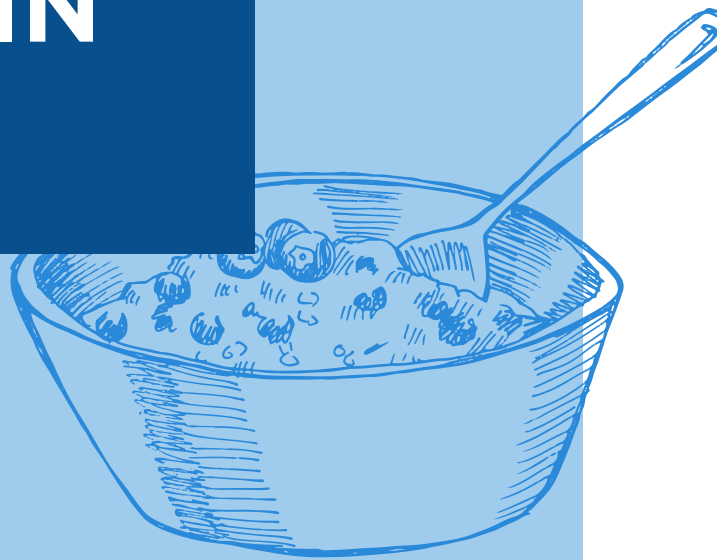




EMORY

Healthy Aging Study

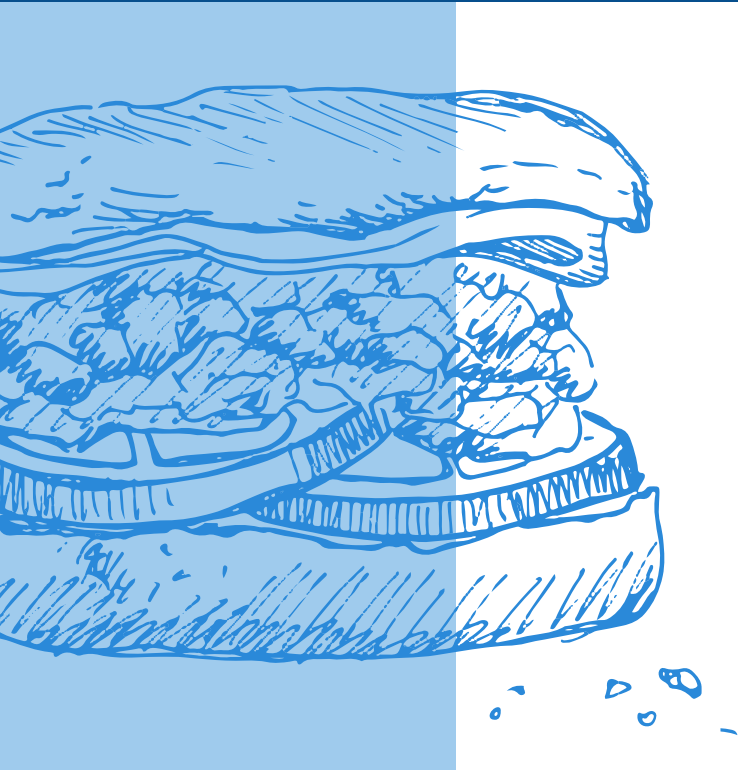
RECIPES FOR A HEALTHY BRAIN





A HEALTHY BRAIN STARTS IN THE KITCHEN

Taking care of your brain (and your body!) never tasted so good. Stay sharp and healthy with these nutrient-rich superfoods recipes that are delicious and easy to make!



EGG AND SALMON SANDWICH

TOTAL TIME: 15 MINUTES

This protein-packed breakfast sandwich is a delicious and nutritious start to your day. If you have trouble getting your weekly servings of fish or are just tired of the same old breakfast, give this [recipe](#) a try.

INGREDIENTS

- ½ teaspoon extra-virgin olive oil
- 1 tablespoon finely chopped red onion
- 2 large egg whites, beaten
- pinch of salt
- ½ teaspoon capers, rinsed and chopped (optional)
- 1 ounce smoked salmon
- 1 slice tomato
- 1 whole-wheat English muffin, split and toasted

DIRECTIONS

Heat oil in a small nonstick skillet over medium heat.

Add onion and cook, stirring, until it begins to soften, about 1 minute.

Add egg whites, salt and capers (if using) and cook, stirring constantly, until whites are set, about 30 seconds. To make the sandwich, layer the egg whites, smoked salmon and tomato on English muffin.

BENEFITS

Whole grain English muffins are a great source of vitamin E while eggs are protein-rich and provide B-6, B-12, and folic acid which all strengthen cardiovascular health. Salmon provides omega-3 essential fatty acids which can improve cardiovascular function, boost blood flow to the brain, and strengthen cognitive abilities.

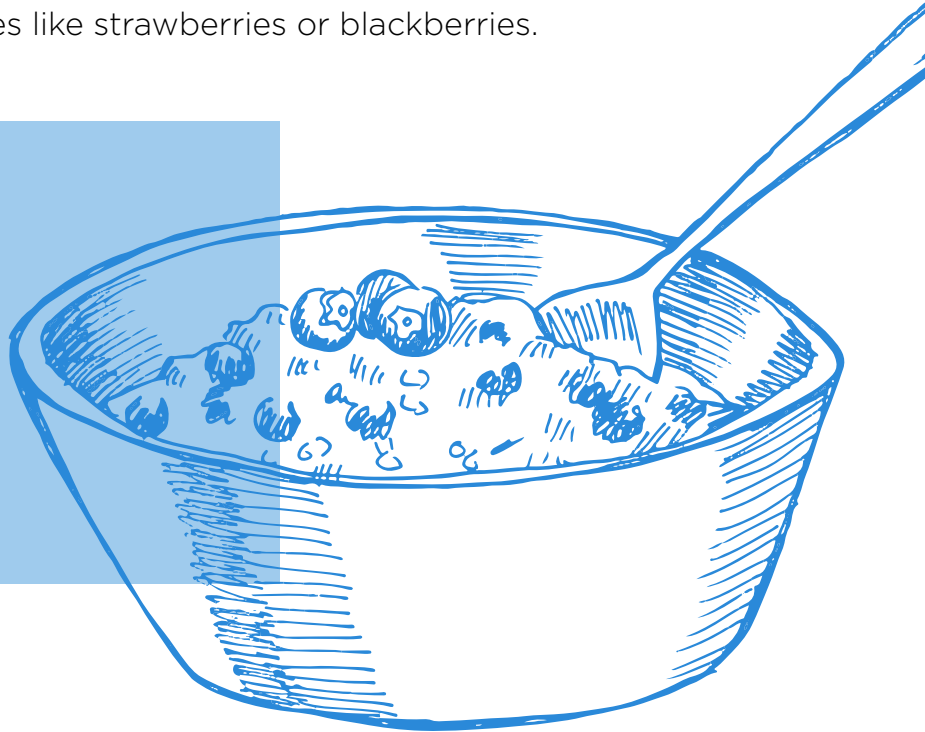
OATMEAL WITH FRESH BERRIES

TOTAL TIME: 15 MINUTES

This oatmeal recipe is simple, easy, and packed with nutrients. While we highlight blueberries because they're one of our favorite superfoods, you can use other berries like strawberries or blackberries.

INGREDIENTS

- 1 ½ cups water
- ⅛ teaspoon salt (optional)
- ¼ teaspoon cinnamon
- 2 teaspoons mild honey
- ⅔ cup rolled oats or oatmeal
- ⅓ cup blueberries



DIRECTIONS

Bring the water to a boil in a medium-size saucepan. Add the salt, cinnamon, honey and oatmeal. Reduce the heat and simmer uncovered for five minutes or until most of the water has been absorbed.

Add the blueberries. Bring to a simmer, and simmer five more minutes or until the oatmeal is thick and creamy and the blueberries have begun to pop. Cover and let stand for five minutes, then serve.

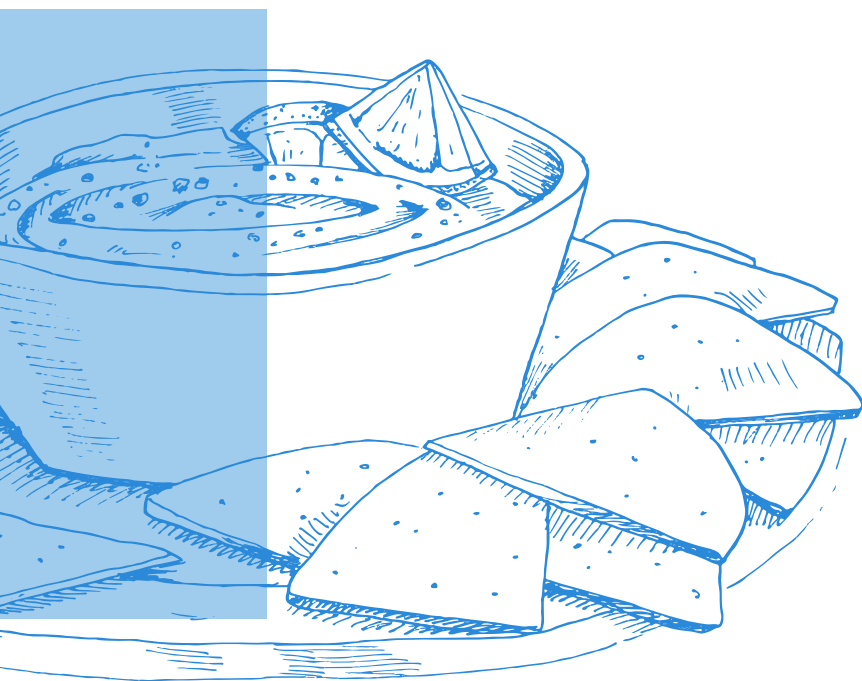
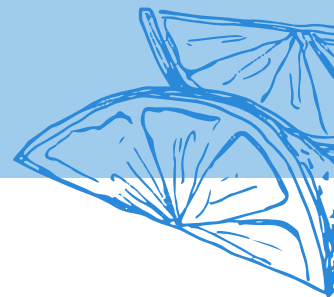
BENEFITS

Oatmeal helps reduce blood cholesterol levels and is a good source of vitamin E. Blueberries are rich in antioxidants, vitamin C, vitamin K, and manganese. In fact, blueberries are considered a superfood!

SPICED SWEET ROASTED RED PEPPER HUMMUS

TOTAL TIME: 1 HOUR 15 MINUTES

Whether you're dipping, topping, or just eating it by the spoonful, hummus is a great (and healthy!) addition to any meal. Add some spice to this [Mediterranean favorite](#) for a new flavor!

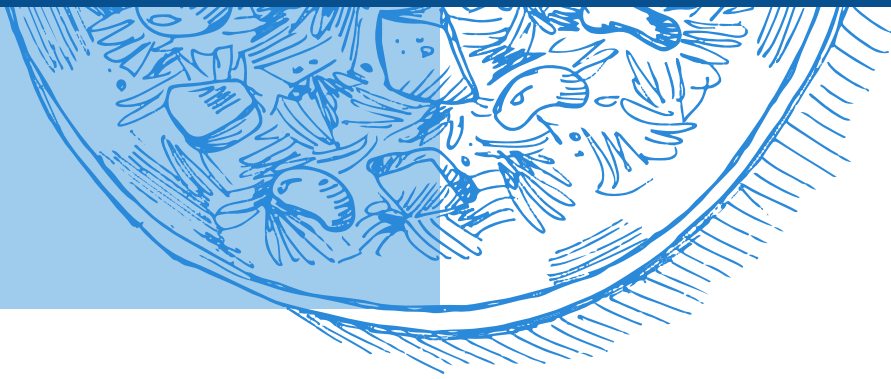


INGREDIENTS

- 1 15 oz can garbanzo beans, drained
- 1 4 oz jar roasted red peppers
- 3 tablespoons lemon juice
- 1 ½ tablespoons tahini
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon cayenne pepper
- ¼ teaspoon salt
- 1 tablespoon chopped fresh parsley

DIRECTIONS

In an electric blender or food processor, puree the garbanzo beans, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving. Sprinkle the hummus with chopped parsley and serve with pita chips or freshly chopped veggies.



TUNA EDAMAME SALAD WITH RED WINE VINAIGRETTE

TOTAL TIME: 10 MINUTES

This [simple salad](#) combines high-quality protein, antioxidants, and healthy fiber. Its low preparation time and easy storage makes it an ideal option for meal prep.

INGREDIENTS

For Dressing:

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 2 teaspoons whole grain Dijon mustard
- 1/8 teaspoon Kosher salt
- freshly ground black pepper, to taste

For Tuna Salad:

- one 5-ounce can albacore tuna, packed in water, drained and flaked
- 1/4 cup chopped shredded carrots
- 1/4 cup shelled ready-to-eat edamame soybeans
- 1/4 cup diced red bell pepper
- 1/4 cup diced cherry tomatoes

DIRECTIONS

In a small mixing bowl, whisk together the dressing ingredients and set aside. In a medium mixing bowl, combine the tuna salad ingredients. Pour dressing over tuna edamame salad and toss to combine.



BENEFITS

Tuna contains omega-3 fatty acids, an essential fatty acid that's good for your heart and is a low-fat source of protein. It's also rich in potassium, manganese, zinc, and selenium. Edamame are a great whole protein source, meaning they provide all the essential amino acids your body needs. They are also an excellent source of fiber, vitamins and minerals such as vitamin K and manganese.

KALE AND RED QUINOA SOUP

TOTAL TIME: 6-8 HOURS ON LOW, 2 TO 3 HOURS ON HIGH

This [protein and vitamin-packed soup](#) is a great dinner option. Use a slow cooker on low to let it cook during the day for a meal that's ready to go when you get home.

INGREDIENTS

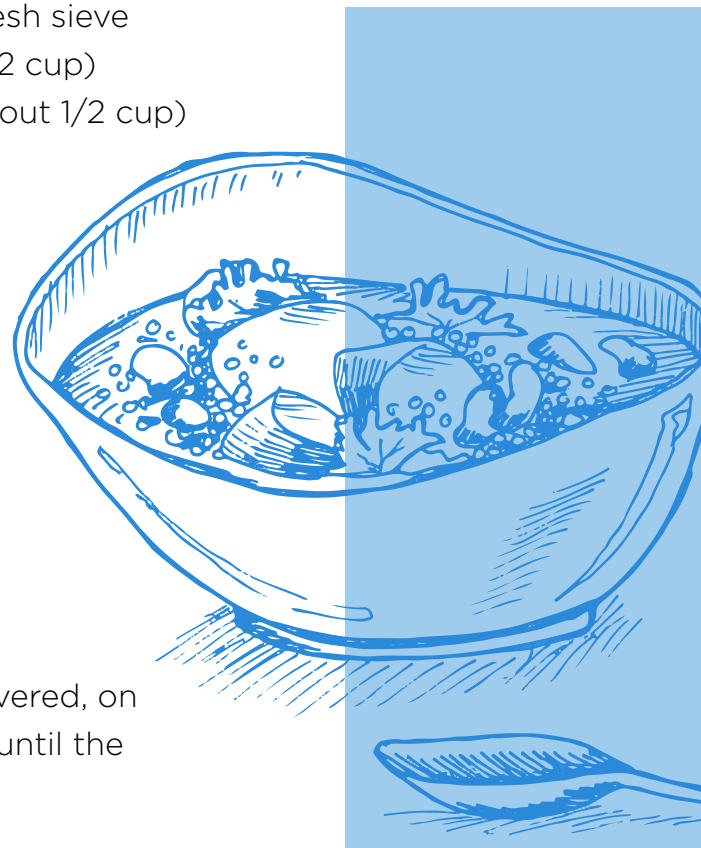
- 1 14.5-ounce can no-salt-added whole tomatoes, undrained
- 1 14.5-ounce can no-salt-added Great Northern beans, rinsed and drained
- 4 cups coarsely chopped kale (1/2 of a 5-ounce bunch), any large stems discarded
- 2 cups fat-free vegetable broth (low-sodium)
- 1/2 cup red quinoa, rinsed and drained in a fine-mesh sieve
- 1 medium carrot, cut into 1/2-inch slices (about 1/2 cup)
- 1 medium rib of celery, cut into 1/2-inch slices (about 1/2 cup)
- 1/2 cup chopped red onion
- 1 tablespoon olive oil
- 2 medium minced garlic cloves
- 3/4 teaspoon dried herbes de Provence or dried thyme, crumbled
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon smoked paprika (sweet or hot)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

Put all the ingredients in the slow cooker. Cook, covered, on low for 6 to 8 hours or on high for 2 to 3 hours, or until the vegetables and quinoa are tender.

BENEFITS

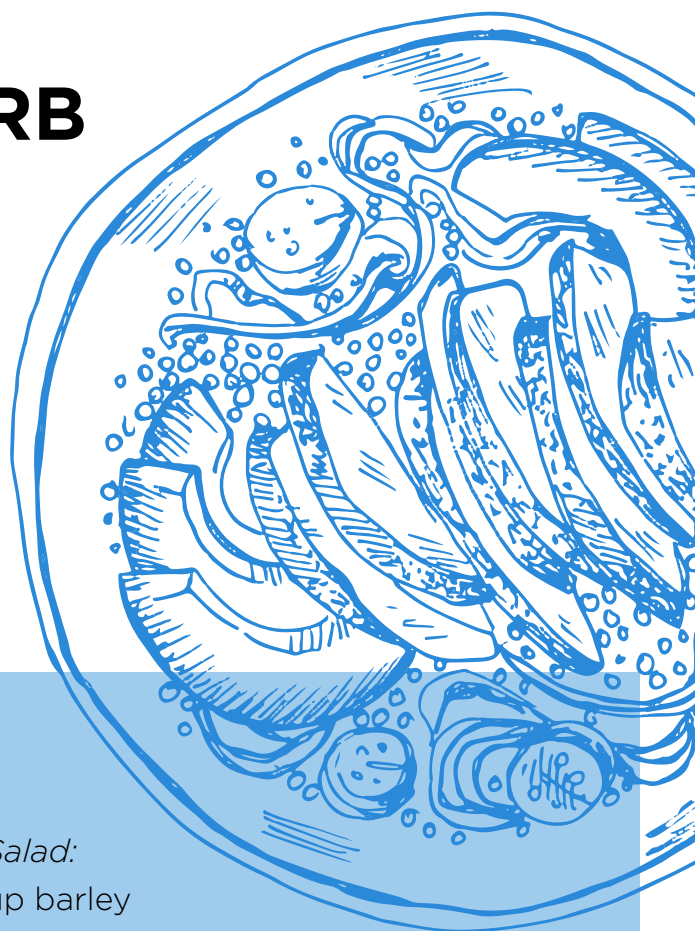
Quinoa is an excellent source for whole proteins, which consist of all nine essential amino acids. It also has immune-boosting manganese, energy-boosting magnesium, and bone-fortifying calcium. Kale is one of the most nutrient-dense foods on the planet. While it contains very little fat, a large portion of the fat it does contain is an omega-3 fatty acid. It's also a great source for vitamins K, A, and C.



GRILLED LEMON-HERB CHICKEN AND AVOCADO SALAD

TOTAL TIME: 1 HOUR 35 MINUTES

While [this recipe](#) has a longer preparation time than some of our other favorites, it's an energy-packed lunch option that is as flavorful as it is nutrient-rich.



INGREDIENTS

For Chicken:

- 1½ pounds boneless, skinless chicken breasts
- 3 tablespoons extra-virgin olive oil
- zest and juice of 2 lemons
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh dill
- 3 tablespoons chopped fresh parsley
- kosher salt
- freshly ground black pepper

For Salad:

- 1 cup barley
- 2½ cups chicken broth
- zest and juice of 1 lemon
- 1 tablespoon whole-grain mustard
- 1 teaspoon dried oregano
- ⅓ cup extra-virgin olive oil
- kosher salt
- freshly ground black pepper
- 2 heads red-leaf lettuce, chopped
- 1 red onion, halved and thinly sliced
- 1 pint cherry tomatoes, sliced
- 2 avocados, sliced



DIRECTIONS

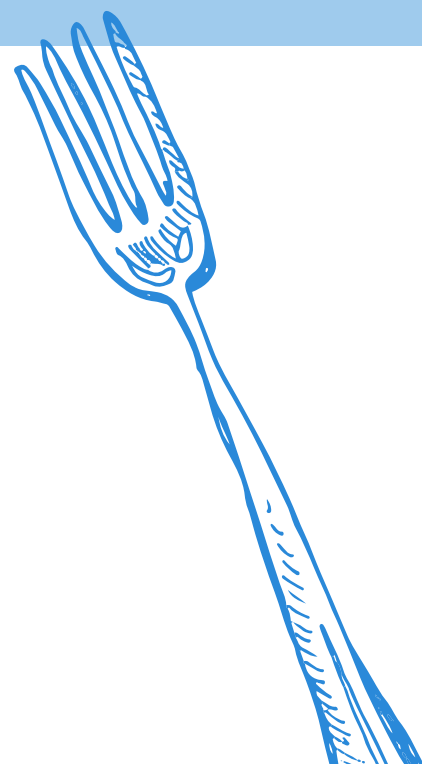
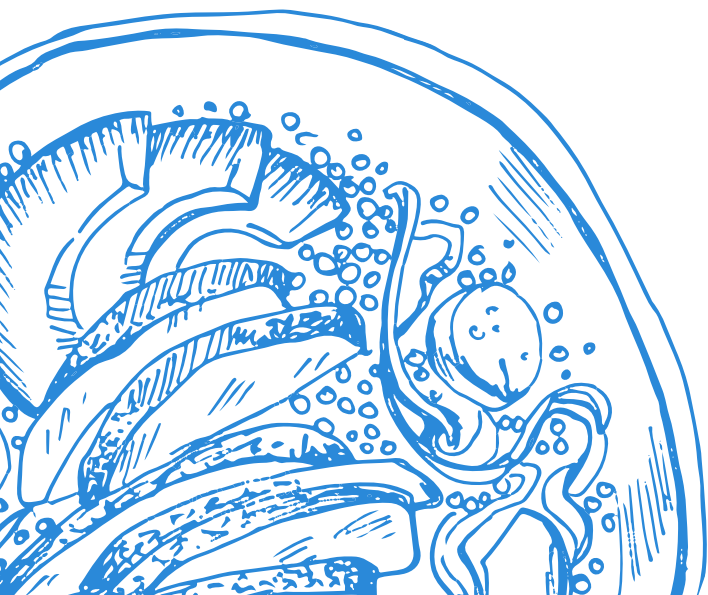
Place the chicken in a large resealable plastic bag. In a medium bowl, whisk together the olive oil, lemon zest, lemon juice, oregano, dill and parsley. Pour the marinade into the bag, seal it and refrigerate for 30 minutes.

Meanwhile, in a medium saucepan, bring the barley and chicken broth to a simmer over medium heat. When it comes to a simmer, cover the pot and cook until the barley is tender, 35 to 45 minutes. Drain and reserve. In a medium bowl, whisk together the lemon zest, lemon juice, mustard and oregano. Gradually add in the olive oil and whisk well to combine. Season with salt and pepper.

Prepare your grill for high heat. Remove the chicken from the marinade and season with salt and pepper. Grill the chicken until well charred on both sides and fully cooked through, flipping as needed, for about 10 to 12 minutes. Remove the chicken from the grill and reserve. In a large bowl, toss together the lettuce, onion and tomatoes. Add the dressing and toss well to coat. Slice the chicken and serve on top of the salad alongside the avocado.

BENEFITS

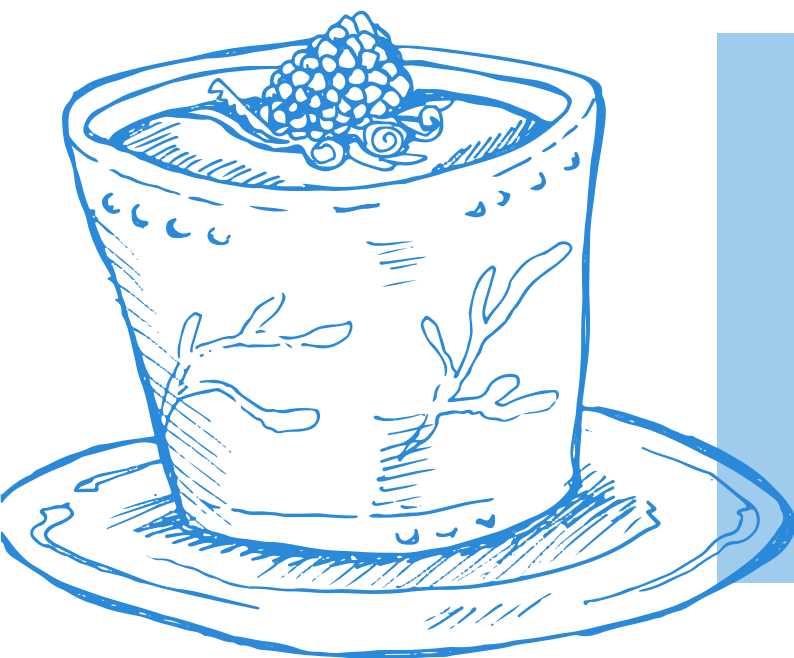
Chicken is a great source of lean, low-fat protein. It also contains beneficial minerals like magnesium and phosphorus which are known to help maintain cardiovascular health. Avocados, another superfood, are high in healthy fats. Unlike saturated and trans fats, avocados contain heart-healthy monounsaturated fats that can help lower bad cholesterol. Healthy brains rely on a healthy heart to keep it supplied with nutrients and oxygen.



CHOCOLATE AND RASPBERRY POT DE CRÈME

TOTAL TIME: 2 HOURS 10 MINUTES

The [perfect dessert](#) to satisfy your sweets cravings. That's right, even certain desserts can help give your brain a boost!



INGREDIENTS

- 6 oz 70% dark chocolate, chopped into bite-sized pieces
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup of coconut milk, scalded
- fresh raspberries for garnish

DIRECTIONS

Blend chopped dark chocolate, eggs, and vanilla in a high-speed blender until smooth. In a small saucepan heat coconut milk until almost boiling. You will see steam rising from the milk but it should not be bubbling yet. Slowly pour the scalded coconut milk into the blender and blend until smooth. Place 4 fresh raspberries in the bottom of four 8 oz soufflé dishes. Pour chocolate cream mixture into the soufflé dishes over the raspberries. Cover each dish and chill in the refrigerator for two hours. Garnish with shaved dark chocolate and a fresh raspberry.

BENEFITS

Not only does dark chocolate contain important minerals like iron, magnesium and manganese, but it may also help brain function by increasing blood flow. Raspberries are a low-calorie option to add some sweetness, fiber and vitamin C.

HONEY LIME FRUIT SALAD

TOTAL TIME: 20 MINUTES

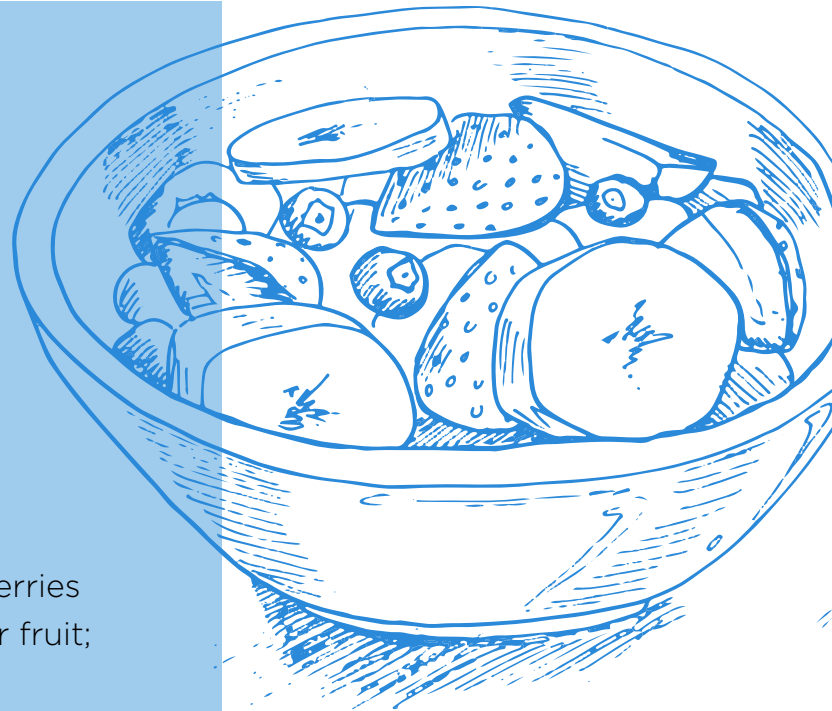
This will be your new go-to dish when you're craving a [refreshing salad](#) with a twist! Perfect for a side dish or to bring to a potluck, you'll want to enjoy this all year long!

INGREDIENTS

- 2 large bananas, sliced
- 1 16 oz package of strawberries, sliced
- ½ pound of fresh blueberries
- 2 tablespoons honey
- 1 lime, juiced
- ⅓ cup pine nuts

DIRECTIONS

Combine bananas, strawberries and blueberries in a bowl. Drizzle honey and lime juice over fruit; stir to coat. Sprinkle with pine nuts.



BENEFITS

Blueberries are rich in antioxidants, vitamin C, vitamin K and manganese. Pine nuts and seeds are great sources of monounsaturated fatty acids and vitamin E, which may combat cognitive decline. Experts categorize both nuts and blueberries as superfoods.

