Recipes
All us here are so glad you are interested in Keeping Your Brain Sharp. One way to help you do that is by eating healthful foods. Here are four recipes, from our kitchen to yours. Enjoy!
Avocado: For cognitive functioning & mood.

When folks hear about carotenoids, they usually think of reddish vegetables such as carrots. But avocados are full of them, too, and carotenoids may improve brain performance and prevent cognitive decline, with a strong association suggesting it keeps depression at bay. The avocado also has lots of the healthiest fats out there – the kind that can keep inflammation under control and lower the risk of heart disease. Those heart-healthy benefits are linked with better brain performance as well.

From: The Healthy Mind Cookbook, Rebecca Katz with Mat Edelson

Guacamole

A great way to start the festivities and help keep your brain sharp.

Ingredients:

5 Ripe avocados, peeled and chopped in a food processor
1 Red onion, finely diced
1 Jalapeño pepper, stemmed, seeds removed, and minced
2 tbsp. Chopped fresh garlic
3 Limes, juiced
2 tbsp. Chopped fresh cilantro
½ tsp. Ground coriander
½ tsp. Chili powder
½ tsp. Ground cumin
Salt & pepper to taste

Directions:

Combine all ingredients in a bowl. Mix gently but thoroughly and serve with your favorite chip, cracker or vegetable, or as a condiment.
Beets: For blood flow, cognitive functioning & mood.

Beets are a brain food of the first order. They’re high in nitrites, which have been shown to increase blood flow in parts of the brain related to executive functioning. They’ve got lots of folate, or vitamin B9, which may aid cognitive functioning & delay a descent into dementia as we age. Beets are also rich in carotenoids, especially the ones called betalains. These may help boost brain functioning & stave off depression.

From: The Healthy Mind Cookbook, Rebecca Katz with Mat Edelson

Beet & Goat Cheese Appetizer

A refreshing and interesting starter with health benefits.

Ingredients:

3 Whole red beets
2 Oranges, zest removed & squeezed for juice
2 Lemons, zest removed & squeezed for juice
1 cup walnuts
1/8 cup Raw sugar
8 oz Goat cheese
1 tbsp. honey
1-2 tbsp. Chopped chives
Salt & Pepper to taste
Radish sprouts for garnish, optional

Directions:

Heat the oven to 350°; wrap beets in aluminum foil, place on roasting pan and roast approx. 45 minutes or until fork tender. Remove, cool & peel. Dice into small pieces and marinate overnight, if possible, in the citrus juices and zest. Season with salt & pepper.

In a small bowl whip the goat cheese together with the honey and chopped chives. Toss the walnuts with the sugar in a small pan and toast until fragrant. Chop. Serve by placing about a tablespoon of the marinated beets in a large spoon, topped by the goat cheese and walnuts. Garnish with the radish sprouts, if using.
Blueberries: For cognitive functioning, memory and neuronal health.

Blueberries are a boon for the brain. The flavonoids they deliver help delay cognitive decline in older people. Blueberry consumption may also improve memory and help neurons survive. This latter result seems to be related to the high level of antioxidants in blueberries, which helps promote a balanced metabolism that enhances nerve communication.

From: The Healthy Mind Cookbook, Rebecca Katz with Mat Edelson

Blueberry and Lemon Aqua Fresca

A refreshing and healthy drink!

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pints</td>
<td>Fresh blueberries</td>
</tr>
<tr>
<td>3</td>
<td>Fresh lemons, juiced</td>
</tr>
<tr>
<td>½ cup</td>
<td>Granulated sugar</td>
</tr>
<tr>
<td>1 gal.</td>
<td>Water</td>
</tr>
</tbody>
</table>

Directions:

In a blender, finely chop the blueberries, lemon juice, sugar and water in batches (unless your blender is large enough to hold it all). Strain the resulting mix through a fine colander or sieve. The holes should be large enough to let the pulp through and leave the skins in the colander. Serve over ice.
Chickpeas: For cognitive functioning, healthy sleep, learning & memory

Chickpeas deliver their antioxidant benefits through an array of phytonutrients and flavonoids that may also help boost our memories and enhance brain functioning. Also known as garbanzo beans, chickpeas are a great source of folate and magnesium. Folate has been shown to boost scores on cognitive tests, while magnesium has been shown to boost learning skills in animals and improve sleep quality in humans.

From: The Healthy Mind Cookbook, Rebecca Katz with Mat Edelson

Sundried Tomato Hummus

This is a lovely beginning to any gathering with healthful ingredients.

Ingredients:

3 lbs Sabra-brand Garlic Hummus
1 lb Rehydrated sundried tomatoes (Use dry-packed.
Soak them in warm water with a pinch of sugar, and drain)
1 tbsp. Fresh basil, chopped

Directions:

Finely chop the sundried tomatoes – a food processor works well for this. In a bowl fold the tomatoes in with the hummus and basil and serve with a multi-grain chip or other crispy cracker.