



HUNTER COLLEGE NEW YORK CITY FOOD POLICY CENTER

Fresh Taste for Seniors: Chef's Recipes for Demos

These recipes are to be used by the chef for each cooking demonstration and have been adjusted to serve large groups with sample-size servings. Each recipe includes an ingredients list and directions, number of servings, equipment needed, talking points, and nutrient analysis (conducted using USDA's SuperTracker).

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Mashed Garbanzo Bean and Avocado Salad Sandwich

Ingredients:

- 3 cans (about 15 ounces each) low-sodium garbanzo beans, rinsed and drained
- 3 large, ripe avocados
- 3/4 cup cilantro, chopped
- 1/3 cup green onion, chopped
- Juice of 3 limes
- Salt and pepper, to taste
- 12 slices whole grain sandwich bread
- Sandwich toppings: tomato slices, lettuce

Directions:

1. In a medium bowl, mash the garbanzo beans and avocado together with a fork or large spoon.
2. Add the cilantro, green onion, and lime juice and stir
3. Season with salt and pepper.
4. Divide equally among the slices of bread and add the tomato slices and lettuce as toppings.

Makes: 40-48 sample-sized servings; each participant gets 1/4 of a slice of bread. If there are fewer participants, you can be more generous with your sample sizes and serve each participant 1/2 slice of bread.

Equipment Needed:

For prepping:

- Small bowl to wash cilantro - make sure to dry it well (shake it out in the sink and then lay on paper towels on the table)
- Can opener

For cooking:

- Medium-size bowl -- for produce scraps, etc. for demo table
- Paper towels for keeping your station clean
- Measuring cups
- Measuring spoons
- Fork or large spoon for mashing
- Wooden spoon for mixing
- Spoon or fork to juice the lime
- Medium-size bowl -- for mixing
- Knife
- Cutting board

For samples:

- Paper plates for samples
- Napkins for samples
- Passing trays for samples

For chefs:

- Plastic gloves
- Hair nets
- Aprons

For after the demo:

- Recipe handouts
- Evaluation surveys
- Golf pencils

Talking Points

- Introduce Yourself! Who are you? Why are you there? Be enthusiastic!
- Explain that we'll be taking pictures and anyone who doesn't want their photo taken will **not** be photographed.
- **BEANS:** When using canned beans, always go for low-sodium. To further lower salt, be sure to drain and rinse your beans well. This removes almost half the salt!
- Garbanzo beans have a considerable amount of **soluble fiber**, which has been shown to **reduce the risk of coronary heart disease** by reducing levels of LDL (or "bad") cholesterol. Fiber also helps with digestion
- Garbanzo beans are a great source of protein, and this recipe has almost 10 grams! Your body uses protein to **build** and repair tissues, make enzymes and **hormones**, and maintain **strength** in your bones, muscles, skin, blood, etc.
- Garbanzo beans are legumes and are low on the **Glycemic Index**, which means that they are a diabetic-friendly food.
 - The Glycemic Index measures how high blood sugar spikes in response to a food source. If a food is lower on the GI scale, it will not cause blood sugar to rise too high or too quickly.
- As with all of the ingredients in this recipe, feel free to substitute -- either because you prefer another ingredient or because of what you

have on hand in the pantry. White beans (either cannellini beans or great Northern beans) would be a great substitute in this dish.

- **AVOCADOS:** Avocados are high in **potassium**, which can be beneficial if you are taking a diuretic. Potassium can increase **brain function**, maintain **blood sugar** levels, and help with **muscle** function and contraction.
- Avocados are high in **fiber**, which is good for digestion, and rich in **healthy monounsaturated fat**, which helps to lower **LDL (or “bad”) cholesterol**. They also contain many vitamins, minerals, and micronutrients: **vitamins C and E**; **vitamin K**, which may help to preserve bone health in seniors; **potassium**, which may help control blood pressure; **lutein**, which may support healthy eyes; and **folate**, an important B vitamin that promotes growth.
- You can mash the beans and avocado with anything you have on hand. You can use a potato masher or simply the back of a large spoon or fork.
- **BREAD:** When choosing a loaf of bread, you always want to look for whole grains as the first ingredient. Look for names like “whole wheat, whole rye, bulgur, buckwheat, whole grain barley, and oatmeal.”
 - Don’t be fooled by the front of the package. It may say it’s made with “wheat” or that it’s “multigrain” but that does not mean it’s a *whole* grain. You have to read the ingredients list to make sure.
 - Also know that just because the bread is brown does not mean it’s whole grain.
- *Question to participants:* Does anyone know why whole grains are good for us?
 - Whole grains contain fiber, vitamins, minerals, and antioxidants. They help you feel full and help you to maintain a healthy weight.
- **Instead of bread**, you can try this spread on whole grain crackers or pita or as a dip with raw veggies.
- **SCALLIONS:** You can use any onion here in place of scallions. Scallions are a relatively mild onion so if you use a white, yellow, or red onion, you may want to soak the chopped onion in the lemon juice for a few minutes to mellow out the flavor since you will be serving it raw.
- **CILANTRO:** If you do not like cilantro, **fresh parsley** is a close substitute that will pair well with this dish.
 - *Question to participants:* Does anyone have any other

suggestions for herbs they would like to use in this sandwich?

- **LIME:** If you don't have a lime on hand, a squeeze of lemon will do. A tablespoon of any of your favorite vinegars will also work in place of citrus, to give this dish the bit of bite that it needs.
- You can add **any toppings** you like to the sandwich. This is a great way to get more veggies into your diet. You can add lettuce, spinach, or any other green, sliced tomatoes, sliced onion, sprouts, pickles, shredded carrot, pepper slices -- whatever you prefer. Look for what's in season at the market. Or use up any ripe veggies on the counter or in your fridge.
 - *Question to participants:* Does anyone have any favorite sandwich toppings?
- **Storage:** This recipe will stay fresh in the refrigerator for 2-3 days. To help prevent the avocado from turning brown press plastic wrap directly onto the surface of the mixture.
- You can easily make this recipe for one person. Just cut everything in half in the recipe.
- **Storage Tip: The best way to keep cut avocado fresh** is to leave the pit of the avocado in the half that you are not using, and drizzle the cut side with lemon juice to prevent browning. Wrap tightly in plastic and refrigerate. This can hold for a few days!
- *When demo is winding down:* Thank you for coming! My colleague will be handing out the recipes now and we hope you will prepare the dish at home. My colleague is also handing out a very simple survey. We would appreciate your feedback on how you think the demo went today. It will take just 1 or 2 minutes of your time and will help us improve future demos.

Source: Adapted from

<http://www.twopeasandtheirpod.com/smashed-chickpea-avocado-salad-sandwich/>

Nutrient Analysis (from USDA's SuperTracker):

Nutrients	Target	Total per Recipe	Total per Serving
Total Calories	2000 Calories	890	222.5
Protein (g)***	46 g	38	9.5
Protein (% Calories)***	10 - 35% Calories	17	4.25

Carbohydrate (g) ^{***}	130 g	122	30.5
Carbohydrate (% Calories) ^{***}	45 - 65% Calories	55	13.75
Dietary Fiber	25 g	35	8.75
Total Sugars	No Daily Target or Limit	18	4.5
Added Sugars	< 50 g	5	1.25
Total Fat	20 - 35% Calories	33	8.25
Saturated Fat	< 10% Calories	5	1.25
Polyunsaturated Fat	No Daily Target or Limit	8	2
Monounsaturated Fat	No Daily Target or Limit	16	4
Linoleic Acid (g) ^{***}	12 g	8	2
Linoleic Acid (% Calories) ^{***}	5 - 10% Calories	8	2
α -Linolenic Acid (% Calories) ^{***}	0.6 - 1.2% Calories	0.5	0.125
α -Linolenic Acid (g) ^{***}	1.1 g	0.5	0.125
Omega 3 - EPA	No Daily Target or Limit	0	0
Omega 3 - DHA	No Daily Target or Limit	0	0
Cholesterol	< 300 mg	0	0
Minerals	Target	Total per Recipe	Total per Serving
Calcium	1000 mg	363	90.75
Potassium	4700 mg	1662	415.5
Sodium ^{**}	< 2300 mg	1085	271.25
Copper	900 μ g	1194	298.5
Iron	18 mg	9	2.25
Magnesium	310 mg	245	61.25
Phosphorus	700 mg	661	165.25
Selenium	55 μ g	38	9.5
Zinc	8 mg	6	1.5
Vitamins	Target	Total per Recipe	Total per Serving

Vitamin A	700 µg RAE	34	8.5
Vitamin B6	1.3 mg	2.6	0.65
Vitamin B12	2.4 µg	0	0
Vitamin C	75 mg	31	7.75
Vitamin D	15 µg	0	0
Vitamin E	15 mg AT	7	1.75
Vitamin K	90 µg	84	21
Folate	400 µg DFE	278	69.5
Thiamin	1.1 mg	0.7	0.175
Riboflavin	1.1 mg	0.5	0.125
Niacin	14 mg	8	0
Choline	425 mg	151	37.75

Tuna Lettuce Wrap

Ingredients:

- 2 cups plain Greek yogurt
- 4 teaspoons Dijon mustard
- 8 cans (about 5 ounces each) low-sodium, water-packed tuna, drained
- 1 cup raisins or craisins (use judgment -- use less if this is overwhelming the tuna)
- 1 cup walnuts, chopped (use judgment -- use less if this is overwhelming the tuna)
- 4 green onions, chopped
- Salt and pepper, to taste
- Butterhead lettuce leaves -- one leaf or ½ of a leaf per person depending on how big they are

Directions:

- Combine the yogurt and mustard in a large bowl and mix well.
- Stir in the tuna, raisins, walnuts, and green onion.
- Add salt and pepper to taste, if necessary.
- Scoop ¼ cup of the mixture into each lettuce leaf and serve.

Makes: 30-36 sample-size servings

Equipment needed:

For prepping:

- Small bowl to wash lettuce - make sure to dry it well (shake it out in the sink and then lay on paper towels on the table)
- Can opener

For cooking:

- Medium-size bowl -- for produce scraps, etc. for demo table
- Paper towels for keeping your station clean
- Measuring cups
- Measuring spoons
- Large bowl
- Knife
- Cutting board
- Large bowl
- Spoon to portion out yogurt
- Mixing spoons

For samples:

- Paper plates for samples
- Napkins for samples
- Passing trays for samples

For chefs:

- Plastic gloves
- Hair nets
- Aprons

For after the demo:

- Recipe handouts
- Evaluation surveys
- Golf pencils

Talking Points:

- Introduce Yourself! Who are you? Why are you there? Be enthusiastic!
- Explain that we'll be taking pictures and anyone who doesn't want their photo taken will **not** be photographed.
- **YOGURT:** Using **Greek yogurt** in place of mayonnaise is a great way to **reduce fat and calories** in your favorite dishes, and add extra protein, while still giving you the tang that you enjoy!
- **MUSTARD:** Mustard adds salt to this dish so you might not need to add any extra salt.
- Mustard is a great source of **potassium**, which can increase **brain function**, maintain **blood sugar** levels, and help with **muscle function** and contraction.
- One tablespoon of mustard contains 16 mg of **phosphorus**, which helps to maintain **strong teeth and bones**.
- Mustard is also a great source of **magnesium**, which is needed to **use and process energy**, and is also linked to **stress release**.
- **TUNA:** When buying tuna, look for cans that are marked "low-sodium" and for tuna packed in water—not oil—for the healthiest option.
- Tuna provides a wide range of health benefits. Canned tuna is rich in essential **fatty acids (omega-3 fatty acids)**, which help to fight chronic inflammation, **lower blood pressure** and reduce the risk of **heart disease**.
- Tuna also provides a great source of **lean protein**, which is

necessary for a healthy **immune system**, **cell growth** and healthy **muscle function**. Tuna contains the **B vitamin Niacin**, which has been shown to **increase** levels of HDL or “**good**” **cholesterol**.

- Canned salmon packed in water would also be a great substitute for canned tuna in this recipe
- **RAISINS:** Raisins are a great source of **dietary fiber**, which can **ease GI distress** (specifically constipation). Just ¼ cup has 2 grams of dietary fiber, but also a significant amount of sugar, so try to pair your raisins with proteins (tuna, peanut butter, cheese) if you have blood sugar control issues
- Raisins are also a great source of **iron**, which helps to **transport oxygen throughout our bodies** and can prevent **anemia**.
- If you’re watching your blood sugar, remember to eat dried fruits like raisins in moderation and make sure any dried fruit you buy does not contain *added* sugars
- **WALNUTS:** Walnuts are high in **omega-3 fatty acids**, which may help **lower blood pressure** and reduce the risk of **heart disease**.
- Walnuts are specifically high in a type of omega-3 fatty acid called **alpha- linolenic acid (ALA)**. ALA is essential for maintaining **heart health** by reducing **inflammation**.
- Walnuts are high in copper, which helps to maintain nerve and immune system function.
- You can use any nuts you’d like in this recipe
- **LETTUCE:** Using **lettuce or dark green leafy vegetables as wraps** instead of bread **adds more essential vitamins and minerals** to your favorite sandwich-type recipes while still giving you a great crunch
- **Storage:** This recipe can be stored for 2-3 days in the refrigerator but would not freeze well.

Nutrient Analysis (from USDA’s SuperTracker)

Nutrients	Target	Total per Recipe	Total per Serving
Total Calories	2000 Calories	529	264.5
Protein (g)***	46 g	45	22.5
Protein (% Calories)***	10 - 35% Calories	34	17
Carbohydrate (g)***	130 g	42	21

Carbohydrate (% Calories) ^{***}	45 - 65% Calories	32	16
Dietary Fiber	25 g	4	2
Total Sugars	No Daily Target or Limit	31	15.5
Added Sugars	< 50 g	0	0
Total Fat	20 - 35% Calories	40	0
Saturated Fat	< 10% Calories	6	3
Polyunsaturated Fat	No Daily Target or Limit	25	12.5
Monounsaturated Fat	No Daily Target or Limit	6	3
Linoleic Acid (g) ^{***}	12 g	12	6
Linoleic Acid (% Calories) ^{***}	5 - 10% Calories	20	10
α -Linolenic Acid (% Calories) ^{***}	0.6 - 1.2% Calories	4.8	2.4
α -Linolenic Acid (g) ^{***}	1.1 g	2.8	1.4
Omega 3 - EPA	No Daily Target or Limit	47	23.5
Omega 3 - DHA	No Daily Target or Limit	327	163.5
Cholesterol	< 300 mg	67	33.5
Minerals	Target	Total per Recipe	Total per Serving
Calcium	1000 mg	301	150.5
Potassium	4700 mg	1060	530
Sodium ^{**}	< 2300 mg	556	278
Copper	900 μ g	703	351.5
Iron	18 mg	5	2.5
Magnesium	310 mg	124	62
Phosphorus	700 mg	553	276.5
Selenium	55 μ g	125	62.5
Zinc	8 mg	3	1.5
Vitamins	Target	Total per Recipe	Total per Serving
Vitamin A	700 μ g RAE	97	48.5

Vitamin B6	1.3 mg	0.8	0.4
Vitamin B12	2.4 µg	4.9	2.45
Vitamin C	75 mg	4	2
Vitamin D	15 µg	2	1
Vitamin E	15 mg AT	1	0.5
Vitamin K	90 µg	44	22
Folate	400 µg DFE	76	21
Thiamin	1.1 mg	0.3	0.15
Riboflavin	1.1 mg	0.5	0.25
Niacin	14 mg	18	9
Choline	425 mg	86	43

Black Bean Quesadillas

***NOTE*: You will need to prepare several servings of this recipe before the demo starts to ensure that participants are not waiting while you cook off many batches of quesadillas (since we only have one burner)**

- Keep the cooked quesadillas warm under foil
- You will need to re-warm the quesadillas quickly in the skillet immediately before serving

Pico de Gallo Ingredients for PREP (to make before the demo):

(Make the entire batch *before* the demo but remember to explain to participants how you made it):

- 12 plum tomatoes, seeded and chopped
- 3 jalapenos, chopped and seeded (use your judgment; consider adding just one now and polling participants to see if they like their salsa hot)
- 1 onion, chopped (use your judgment on how much onion; taste it!)
- 4 tablespoons fresh lime juice (from 2-3 limes; do not need to measure; add to taste)
- Salt and pepper, to taste
- ½ cup cilantro -- consider chopping now but adding it during the demo in case some participants do not like it

Pico Directions:

1. Combine all ingredients in a medium-size bowl. Let sit until end of demo.

Quesadilla Ingredients for PREP (to make before the demo):

- 2 cans (about 15 ounces each) low-sodium black beans, drained and rinsed
- 1 cup shredded cheese of your choice (cheddar, cotija, queso fresco, etc)
- 1 cup homemade pico de gallo (recipe above)
- 16 six-inch corn tortillas
- 4 teaspoons canola oil (you can eyeball this)
- 2 ripe avocados, chopped

Quesadilla Ingredients for the DEMO:

- 1 can (about 15 ounces) low-sodium black beans, drained and rinsed
- ½ cup shredded cheese of your choice (cheddar, cotija, queso fresco, etc)
- ½ cup homemade pico de gallo (recipe follows)
- Eight 6-inch corn tortillas
- 2 teaspoons canola oil
- 1 ripe avocado, chopped

Quesadilla Directions for PREP and DEMO:

1. Warm the beans in a small pot over medium heat
2. Combine the beans, cheese, and 1 cup of the salsa in a medium bowl.
3. Place tortillas on a clean surface. Spread 1/4 cup filling on one tortilla. Place another tortilla on top, pressing gently to flatten.
4. Heat 1 teaspoon of the oil in a large skillet over medium heat. Add 2 quesadillas and cook, flipping once, until golden on both sides, 3 to 5 minutes total.
5. Put the cooked quesadillas on a plate and cover loosely with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas.
6. Cut the quesadillas into quarters, sixths, or eighths, depending on the number of participants.
7. Serve the quesadillas with chopped avocado and a spoonful of salsa.

Makes: 32-64 sample-size portions (depending on how you cut the quesadillas)

Equipment Needed:

For cooking:

- Medium-size bowl -- for produce scraps, etc. for demo table
- Paper towels for keeping your station clean
- Can opener
- Measuring cups
- Medium bowl
- Knife
- Cutting board
- Small pot
- Skillet
- Spatula
- Aluminum foil

For samples:

- Paper plates for samples
- Napkins for samples
- Passing trays for samples

For chefs:

- Plastic gloves
- Hair nets
- Aprons

For after the demo:

- Recipe handouts
- Evaluation surveys
- Golf pencils

Talking Points:

- Introduce Yourself! Who are you? Why are you there? Be enthusiastic!
- Explain that we'll be taking pictures and anyone who doesn't want their photo taken will **not** be photographed.

- This recipe has almost 50 percent of your recommended amount of **protein** for the day! Your body uses protein to build and repair tissues, make enzymes and hormones, and maintain healthy bones, muscles, skin, blood, etc.
- **CORN AND BEANS: Just like beans and rice, corn and beans eaten together create a complete plant-based protein** and healthy substitute to meat at any meal, so corn tortillas are a great choice for this meal.
- Corn and beans are high in **phosphorus**, a nutrient that is essential for helping to build **strong bones and teeth**.
- **BLACK BEANS:** Black beans are rich in fiber and protein, which means that they are great for promoting balanced blood sugar and are diabetic-friendly.
- Black beans are a great source of **insoluble dietary fiber**. Insoluble fiber **improves the movement of material** through your digestive system, which can help those who struggle with **constipation**. A diet that includes insoluble fiber may help with weight control by increasing feeling of fullness and satisfaction after a meal, and could also play a role in **preventing Type 2 Diabetes**.
- Black beans are high in iron and folate, nutrients that can help prevent low blood iron and reduce risk of anemia, and help to improve energy levels.
- Many other beans would work well in this dish, like kidney beans or pinto beans.
- When using canned beans, always go for low-sodium. To further lower salt, be sure to rinse your beans well. This removes almost half the salt!
- **SODIUM:** There are a few other ways to **reduce the salt or sodium** in this dish:
 - Use **homemade pico de gallo** instead of jarred salsa.
 - Use a **lower sodium cheese** such as mozzarella, monterey jack , or reduced-fat cream cheese.

- Many whole wheat tortillas and wraps are high in salt. Soft corn tortillas usually contain far less salt (about 10 mg of salt in two corn tortillas compared to one flour tortilla, which has up to 25% of your total salt allowance for the day). Plus, corn tortillas can last up to a month longer in the fridge than flour tortillas!
- Using **fresh herbs and spices** to this dish **instead of salt** will add great flavor! Try some of these in your quesadilla beans:
 - bay leaf, chili peppers, cilantro, cumin, epazote, garlic, oregano, parsley, thyme
- **CHEESE:** Dairy foods such as cheese provide **calcium, which is essential** to maintaining healthy and **strong bones** and prevent bone thinning.
 - If you eat a diet that is high in calcium, you may not need to take calcium supplements. It is important to keep calcium balanced rather than taking supplements we do not need. Talk to your doctor.
 - If you cannot eat dairy foods, other great sources of calcium include dark green leafy vegetables, legumes and beans, sardines, salmon with soft bones, and fortified milks like soy milk and almond milk.
- **AVOCADOS:** Avocados are high in **fiber**, which is good for digestion, and rich in **healthy fats called monounsaturated fats**. They contain many vitamins, minerals, and micronutrients: **vitamins C and E; vitamin K**, which may preserve bone health in seniors; **potassium**, which may help control blood pressure; **lutein**, which may support healthy eyes; and **folate**, an important B vitamin.
- Diets that are higher in **monounsaturated fats may** lead to decreased **LDL (or “bad”) cholesterol** in our bodies. Other sources of monounsaturated fats include olive and canola oils, and nuts like peanuts, almonds, pecans, and pistachios.
- Avocados and beans are high in **magnesium**, an essential nutrient that promotes muscle and nerve function, a healthy immune system, a regular heart rhythm, and strong bones.
- **PICO DE GALLO:**
- Making homemade pico de gallo, a type of salsa, is super easy, and it has much less salt, sugar, and no preservatives compared to store-bought salsas!
- [Explain to participants that you made the pico de gallo before the demo so that it had time to sit to let the flavors meld. Explain that it's

easy to make -- you just chop the tomatoes, jalapeno, onion, and cilantro (if using); squeeze in lime, add salt & pepper (if desired) and you're done! You now have a delicious, easy salsa that *tastes better* than any store-bought. Ask participants if they want it mild or hot -- add extra jalapeno for those who want them.]

- **TOMATOES:** Eating tomatoes is excellent for your heart health and blood pressure control. The magnesium in tomatoes not only helps to lower blood pressure, but is also an important mineral for **bone health** and can help to lower risk of **osteoporosis**.
- Tomatoes are naturally high in **vitamin C**, which is necessary for maintaining **strong bones** and strengthening your **immune system**.
- **JALAPENO:** Be careful when handling the jalapeno. Wash your hands after handling but be aware that the oils from the pepper may stay on your hands even if you wash them. Be mindful about touching your eyes or face because it may feel like a burning sensation. One easy solution is to wear plastic gloves while handling hot peppers.
- **CILANTRO:** Cilantro is a common ingredient in pico de gallo and you can add it to give this salsa even more flavor.
- **Storage:** This recipe cannot be stored for a long period of time (overnight will be fine). You can easily make this as a single serving by using ¼ of all ingredients.
- **WANT MORE?** Adding different fillings to your quesadilla is a great way to have fun with this recipe and enjoy a new flavor each time. Try using different types of beans, extra vegetables like **sauteed peppers, onions, spinach, or mushrooms**, or even fruit like sliced strawberries, peaches, or apples!

Source for Quesadillas: Adapted from <http://www.eatingwell.com/recipe/250108/black-bean-quesadillas/>

Source for Pico: <http://www.realsimple.com/food-recipes/browse-all-recipes/pico-de-gallo>

Nutrient Analysis (from USDA's SuperTracker)

Nutrients	Target	Total Per Recipe	Total Per Serving
Total Calories	2000 Calories	939	313
Protein (g)***	46 g	52	13
Carbohydrate (g)***	130 g	152	38

Dietary Fiber	25 g	48	12
Total Sugars	No Daily Target or Limit	8	2
Added Sugars	< 50 g	0	0
Total Fat	20 - 35% Calories	52	13
Saturated Fat	< 10% Calories	16	4
Polyunsaturated Fat	No Daily Target or Limit	8	2
Monounsaturated Fat	No Daily Target or Limit	36	6
Linoleic Acid (g) ^{***}	12 g	8	2
α -Linolenic Acid (g) ^{***}	1.1 g	1.2	0.3
Omega 3 - EPA	No Daily Target or Limit	0	0
Omega 3 - DHA	No Daily Target or Limit	0	0
Cholesterol	< 300 mg	60	15
Minerals	Target	Total Per Recipe	Total Per Serving
Calcium	1000 mg	720	180
Potassium	4700 mg	2496	624
Sodium ^{**}	< 2300 mg	1528	382
Copper	900 μ g	1384	346
Iron	18 mg	12	3
Magnesium	310 mg	320	80
Phosphorus	700 mg	1296	324
Selenium	55 μ g	24	6
Zinc	8 mg	8	2
Vitamins	Target	Total Per Recipe	Total Per Serving
Vitamin A	700 μ g RAE	172	43
Vitamin B6	1.3 mg	1.2	0
Vitamin B12	2.4 μ g	0.4	0
Vitamin C	75 mg	48	12

Vitamin D	15 µg	0	0
Vitamin E	15 mg AT	8	2
Vitamin K	90 µg	52	13
Folate	400 µg DFE	396	99
Thiamin	1.1 mg	0.8	0
Riboflavin	1.1 mg	1.2	0
Niacin	14 mg	8	2
Choline	425 mg	152	38

Spinach, Fruit and Avocado Salad with Garlic Mustard Vinaigrette

Ingredients:

- 2 garlic cloves, finely minced
- Juice from 2 fresh lemons, seeds removed
- 4 teaspoons mustard
- 4 tablespoons olive oil
- 1 pound spinach leaves
- 2 avocados, cubed
- 3 apples, chopped into bite-size pieces

Directions:

1. Put the garlic in a bowl, and whisk in the lemon juice and mustard. Whisk in the oil until the dressing is blended.
2. Place the spinach leaves in a large bowl and add the dressing, tossing to coat all the leaves. Add the avocado and fruit and gently toss.
3. Season with additional lemon juice to taste.
4. Serve each participant approximately ½ cup of salad.

Makes: 30-36 sample-size servings

Equipment Needed:

For prepping:

- Bowl to wash spinach - make sure to dry it well (shake it out in the sink and then lay on paper towels on the table)

For cooking:

- Medium-size bowl -- for produce scraps, etc. for demo table
- Paper towels for keeping your station clean
- Measuring cups
- Measuring spoons
- Whisk
- Knife
- Cutting board
- Fork or spoon to juice the lemon
- Small bowl
- Large bowl

For samples:

- Paper plates for samples
- Plastic utensils

- Napkins
- Passing trays for samples

For chefs:

- Plastic gloves
- Hair nets
- Aprons

For after the demo:

- Recipe handouts
- Evaluation surveys
- Golf pencils

Talking Points:

- Introduce Yourself! Who are you? Why are you there? Be enthusiastic!
- Explain that we'll be taking pictures and anyone who doesn't want their photo taken will **not** be photographed.
- **GARLIC:** Garlic has many health benefits. It's anti-bacterial, anti-fungal, and an antioxidant.
- When buying garlic, look for firm bulbs with tightly closed cloves and tight white skin. Store your garlic in a cool and dry place. Avoid storing garlic in the refrigerator.
- **LEMON: Cooking Tip:** There's an easy way to juice a fresh lemon even if you have limited hand strength: Cut the lemon in half crosswise, stick a fork in the center and make an up and down motion to extract the juice. It also helps if you bring the lemon to room temperature before juicing.
- Make sure to catch the seeds when juicing a lemon. Don't let them fall into your dressing. You can hold the lemon right-side up so they don't fall in or you can use a sieve over a bowl to catch the seeds.
- Lemons like all citrus, are high in vitamin C
- **If you don't have a whisk,** you can use a fork to blend the dressing. If you're ever missing a piece of equipment, you can usually make do with what you have if you get creative.
- **MUSTARD:** Mustard is not just a tasty condiment! It adds salt to the dressing so that you do not have to.
- Mustard is a great source of **potassium**, which, as stated above, can increase **brain function**, maintain **blood sugar** levels, and help with **muscle** function and contraction.

- One tablespoon of mustard contains 16 mg of **phosphorus**, which helps to maintain **strong teeth and bones**.
- Mustard is also a great source of **magnesium**, which is needed to **use and process energy**, and is also linked to **stress release**.
- To **add flavor to this salad without adding any more salt** use fresh herbs and spices instead.
 - Add any of these to the salad dressing: dill weed, ginger, cilantro, jalapeno, tarragon.
- **SPINACH:** Spinach is one of the richest sources of **vitamin K**, which is great for maintaining **bone strength** in elderly populations. If you are taking a **blood thinner** such as **Warfarin or Coumadin**, you need to eat a consistent amount of vitamin K on a regular basis in order for your medication to work. For that reason, this recipe may not be right for you.
 - You could **substitute romaine lettuce** for the spinach or use a 50/50 blend of romaine and spinach to **decrease the vitamin K content**.
- **AVOCADOS:** Avocados are high in **potassium**, which can be beneficial if you are taking a diuretic. Potassium can also increase **brain function**, maintain **blood sugar** levels, and help with **muscle function and contraction**.
- Avocados are also high in **fiber**, which is good for digestion, and rich in **healthy monounsaturated fat** that lowers LDL (or “bad”) cholesterol. They contain many vitamins, minerals, and micronutrients: **vitamins C and E**; **vitamin K**, which may preserve bone health in seniors; **potassium**, which may help control blood pressure; **lutein**, which may support healthy eyes; and **folate**, an important B vitamin that promotes growth.
- **Storage Tip: The best way to keep cut avocado fresh** is to leave the pit of the avocado in the half that you are not using, and drizzle the cut side with lemon juice to prevent browning. Wrap tightly in plastic and refrigerate. This can hold for a few days!
- **FRUIT:** Fresh fruit increases vitamins, minerals and fiber in this salad. The natural sweetness pairs well with the spinach, mustard, and avocado.
- Get the best quality, flavor, and price on fruits by picking those that are in season. For Spring: Berries or oranges Summer: Peaches, plums, apricots for Fall: Apples, Pears, Winter: Apples, oranges, tangerine

- We're using apples because they are the closest to being in season. You can use any type of apple you prefer in this recipe. Red-skinned apples add a beautiful red color to the salad.
- **PROTEIN:** If you want to increase the amount of **protein** to this salad, you could add **garbanzo beans, white beans, or unsalted nuts** such as walnuts or almonds.
- **STORAGE:** This recipe will keep well for 2-3 days in the refrigerator, any longer and the avocado might turn brown.

Source: Adapted from

<http://www.mnn.com/food/recipes/stories/spinach-and-avocado-salad-with-garlic-mustard-vinaigrette>

Nutrient Analysis (from USDA's SuperTracker)

Nutrients	Target	Total per Recipe	Total per Serving
Total Calories	2000 Calories	885	221.25
Protein (g) ^{***}	46 g	14	3.5
Carbohydrate (g) ^{***}	130 g	61	15.25
Dietary Fiber	25 g	31	7.75
Total Sugars	No Daily Target or Limit	19	4.75
Added Sugars	< 50 g	0	0
Total Fat	20 - 35% Calories	74	18.5
Saturated Fat	< 10% Calories	10	2.5
Polyunsaturated Fat	No Daily Target or Limit	50	12.5
Monounsaturated Fat	No Daily Target or Limit	9	2.25
Linoleic Acid (g) ^{***}	12 g	8	2
α-Linolenic Acid (g) ^{***}	1.1 g	1.1	0.275
Omega 3 - EPA	No Daily Target or Limit	0	0
Omega 3 - DHA	No Daily Target or Limit	0	0
Cholesterol	< 300 mg	0	0
Minerals	Target	Total per Recipe	Total per Serving

Calcium	1000 mg	278	69.5
Potassium	4700 mg	3018	754.5
Sodium**	< 2300 mg	282	70.5
Copper	900 µg	983	245.75
Iron	18 mg	8	2
Magnesium	310 mg	278	69.5
Phosphorus	700 mg	338	84.5
Selenium	55 µg	8	2
Zinc	8 mg	3	0.75
Vitamins	Target	Total per Recipe	Total per Serving
Vitamin A	700 µg RAE	869	217.25
Vitamin B6	1.3 mg	1.3	0.325
Vitamin B12	2.4 µg	0	0
Vitamin C	75 mg	279	69.75
Vitamin D	15 µg	0	0
Vitamin E	15 mg AT	15	3.75
Vitamin K	90 µg	956	239
Folate	400 µg DFE	679	169.75
Thiamin	1.1 mg	0.5	0.125
Riboflavin	1.1 mg	0.8	0.2
Niacin	14 mg	8	2
Choline	425 mg	101	25.25

Quick Bean Chili

***NOTE*: You will need to prepare the entire batch of this recipe before the demo starts to ensure that it is properly cooked; cover with lid to keep as warm as possible**

- During the demo, you will make the recipe as it is written on the postcard -- enough for just a few servings; this will not be served to participants but can be given to the senior center
- Prep all of the toppings
- Clean your station before the demo
- Once you finish demo-ing the chili, re-warm the cooked chili you made during prep; then you should be ready to serve -- make sure you check that it is hot!
- Serve each participant about ¼ cup of chili

Makes: 48-58 sample-size servings

Ingredients for PREP (to make before the demo):

- 2 medium onions, chopped (use your judgment; use less if this looks like too much onion if the onions are large)
- 6 medium-size cloves of garlic, minced (use the garlic leftover from the last demo; it will be in the rubbermaid container -- not the Fresh Direct box)
- 3 cans (about 15 ounces each), low-sodium kidney beans, rinsed and drained
- 3 cans (about 15 ounces each) diced tomatoes, no-salt added
- 3 tablespoons chili powder
- Salt, to taste
- 3 avocados, chopped
- All of the cilantro, chopped (keep this as topping in case some people don't like it)

Directions:

1. Place the onion, garlic, beans, tomatoes, and chili powder in a pot, cover, and let simmer on medium heat for about 20 minutes.
2. Add salt to taste.
3. Top with avocado and cilantro and serve.

Ingredients for DEMO:

- 1 small onion, chopped
- 2 cloves garlic, minced or pressed
- 1 can (about 15 ounces), low-sodium kidney beans, rinsed and drained
- 1 can (about 15 ounces) diced tomatoes, no-salt added
- 1 tablespoon chili powder
- Salt, to taste

Directions:

1. Place the onion, garlic, beans, tomatoes, and chili powder in a pot, cover, and let simmer on medium heat for about 20 minutes.
2. Add salt to taste. (You do not need the toppings for this batch.)

Equipment Needed:

For cooking:

- Medium-size bowl -- for produce scraps, etc. for demo table
- Paper towels for keeping your station clean
- Knife
- Cutting board
- Measuring spoons
- Measuring cup
- Can opener
- Large pot (for prepping the chili that is to be served)
- Medium-size pot (for demo-ing the smaller batch)

For samples:

- Paper bowls for samples
- Plastic utensils
- Napkins
- Passing trays for samples

For chefs:

- Plastic gloves
- Hair nets
- Aprons

For after the demo:

- Recipe handouts
- Evaluation surveys
- Golf pencils

Talking Points:

- Introduce Yourself! Who are you? Why are you there? Be enthusiastic!
- Explain that we'll be taking pictures and anyone who doesn't want their photo taken will **not** be photographed.

- **ONION:** Cutting an onion under a kitchen vent or fan has been proven to reduce the incidence of tears!
- **GARLIC:** Garlic has many health benefits. It's anti-bacterial,

anti-fungal, and an antioxidant.

- When buying garlic, look for firm bulbs with tightly closed cloves and tight white skin. Store your garlic in a cool and dry place. Avoid storing garlic in the refrigerator.
- One serving of this recipe has more than 50 percent of the recommended amount of **dietary fiber** you need per day! A high intake of fiber is associated with a decreased risk of **heart disease, certain cancers, and stroke**.
- **BEANS:** Are beans a grain, a vegetable or a protein? They are a little bit of all three. Although beans contain starch, like potatoes or corn, their higher fiber and protein content makes this food easier on your blood sugar. Foods with more fiber take longer to digest, and that means it takes longer for their natural sugars to reach the rest of your body.
- Beans and legumes are an excellent **plant-based protein**, which can be combined with grains, nuts or seeds to make a delicious and affordable substitute for meat at any meal. Kidney beans are an excellent source of **soluble fiber**, which is proven to support balanced blood sugar levels and help lower cholesterol.
- The **folate and magnesium** found in beans help reduce risk of heart attack and lower blood pressure, which makes this an important part of a heart-healthy diet. The Dietary Guidelines recommend eating 3 cups of beans per week.
- When using canned beans, always go for low-sodium. To further lower salt, be sure to rinse your beans well. This removes almost half the salt!
- Flavorful homemade dishes need less added salt, and cooking without adding any salt is a great way to protect your heart, lung, and kidney health, especially if you have a medical issue like high blood pressure or **COPD**.
- **TOMATOES:** Tomatoes are red and have four chambers, just like the heart -- and not surprisingly, eating tomatoes is excellent for your heart health and blood pressure control. The magnesium in tomatoes not only helps to lower blood pressure, but is also an important mineral for **bone health** and can help to lower risk of **osteoporosis**.
- One serving of this recipe has less than 7 percent of calories from **saturated fat** (only 1 gram per serving), which is an important dietary factor when it comes to preventing and slowing heart disease.

- **AVOCADOS:** Avocados are high in **monounsaturated fatty acids**, which have been shown to decrease **LDL (or “bad”) cholesterol** in our body when used as a substitute for other fats in your diet.
- This recipe has almost half of your daily recommended amount of **vitamin C**, which maintains **bone health** and supports a healthy **immune system**.
- **HERBS: Fresh herbs** (like cilantro) are a great way to get flavor without adding salt. If you do not like cilantro, **parsley** is another great option for this dish.
- **Storage Tip for fresh herb (cilantro):** Make sure the leaves are completely dry. Better to hold off rinsing them until you're about to use them. Snip off the bottom of the stems. Fill a jar or glass partially with water and place the stem ends of the herbs in the water. Keep in the refrigerator for up to two weeks.
- **WANT MORE?** If you want to add more to this recipe, add any of your favorite vegetables like diced carrots, peppers, zucchini, or cooked sweet potatoes.
- **STORAGE:** This recipe will stay fresh 3-4 days in the refrigerator and 2-3 months in the freezer.

Source: Adapted from

<http://www.aplaceformom.com/blog/2013-3-15-easy-recipes-for-senior-nutrition/>

Nutrient Analysis (from USDA’s SuperTracker)

Nutrients	Target	Total Per Recipe	Total Per Serving
Total Calories	2000 Calories	720	240
Protein (g)***	46 g	33	11
Protein (% Calories)***	10 - 35% Calories	111	37
Carbohydrate (g)***	130 g	42	14
Carbohydrate (% Calories)***	45 - 65% Calories	24	8
Dietary Fiber	25 g	0	0
Total Sugars	No Daily Target or Limit	24	8
Added Sugars	< 50 g	3	1
Total Fat	20 - 35% Calories	15	5

Saturated Fat	< 10% Calories	3	1
Polyunsaturated Fat	No Daily Target or Limit	3	1
Monounsaturated Fat	No Daily Target or Limit	0.6	0.2
Linoleic Acid (g)***	12 g	0	0
Linoleic Acid (% Calories)***	5 - 10% Calories	0	0
α-Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	0	0
α-Linolenic Acid (g)***	1.1 g	0	0
Omega 3 - EPA	No Daily Target or Limit	0	0
Omega 3 - DHA	No Daily Target or Limit	0	0
Cholesterol	< 300 mg	0	0

Minerals	Target	Total Per Recipe	Total Per Serving
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Calcium	1000 mg	339	113
Potassium	4700 mg	2955	985
Sodium**	< 2300 mg	894	298
Copper	900 µg	1347	449
Iron	18 mg	12	4
Magnesium	310 mg	243	81
Phosphorus	700 mg	684	228
Selenium	55 µg	9	3
Zinc	8 mg	6	2

Vitamins	Target	Total Per Recipe	Total Per Serving
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Vitamin A	700 µg RAE	31	180
Vitamin B6	1.3 mg	31	1.5
Vitamin B12	2.4 µg	31	0
Vitamin C	75 mg	31	69
Vitamin D	15 µg	31	0
Vitamin E	15 mg AT	31	9

Vitamin K	90 µg	31	93
Folate	400 µg DFE	31	285
Thiamin	1.1 mg	31	0.9
Riboflavin	1.1 mg	31	0.9
Niacin	14 mg	31	9
Choline	425 mg	31	195

Corn and Green Chili Salad

Ingredients:

- 4 cups frozen corn kernels, thawed (no salt added)
- 1 can (10 ounces) diced tomatoes with green chilies, no salt added
- 1 bunch of radishes, cleaned, leaves washed and chopped and bulb diced into bite-size pieces
- 1 tablespoon canola oil (use your judgment; taste!)
- 2 tablespoons fresh lime juice (about 1 lime) (use your judgment; taste!)
- 2/3 cup green onions, sliced
- 1/2 cup fresh cilantro, chopped (use your judgment; add more if needed)
- Salt, to taste

Directions:

1. Combine all ingredients in a medium-size bowl and mix well.
2. Serve 1/4 cup to each participant

Makes: 30-36 sample-size servings

Equipment Needed:

- Can opener
- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- Large bowl
- Bowl for garbage scraps
- Paper towels

For samples:

- Paper bowls for samples
- Plastic utensils
- Napkins

For chefs:

- Plastic gloves
- Hair nets
- Aprons

For the demo table:

- Recipe handouts

Talking Points:

- Introduce Yourself! Who are you? Why are you there? Be enthusiastic!
- Explain that we'll be taking pictures and anyone who doesn't want their photo taken will **not** be photographed.

- This recipe can be made in about 10 minutes, which is great when you don't have a lot of time to make a nutritious meal.
- **CORN:** Buying **frozen corn kernels** eliminates the need to shuck fresh corn and remove the kernels from the cob.
- Corn has two **phytochemicals, lutein and zeaxanthin**, that promote **healthy vision**. It also contains a considerable amount of **dietary fiber**, which promotes **healthy digestion**.
- **TOMATOES:** Eating tomatoes is excellent for your heart health and blood pressure control. The magnesium in tomatoes not only helps to lower blood pressure, but is also an important mineral for **bone health** and can help to lower risk of **osteoporosis**.
- Tomatoes are naturally high in **vitamin C**, which is necessary for maintaining **strong bones** and strengthening your **immune system**.
- **RADISHES:** Did you know you can eat the radish greens too? They are delicious and good for you. They contain vitamin C, potassium, and folic acid.
- **LIME:** You can juice a lime even if you have limited hand strength: Cut the lime in half crosswise, stick a fork in the center and make an up and down motion to extract the juice.
- **CILANTRO:** The cilantro in this dish **does more** than just add flavor!
- Cilantro has a considerable amount of **vitamin A**, which promotes the health of your eyes, teeth, and skin.
- Cilantro is also a great source of **vitamin B9, or folate**, which produces DNA and promotes healthy growth.
- This herb is also one of the best sources of **vitamin K**. If you are taking Warfarin/ Coumadin, you need to consume a consistent amount of vitamin K on a regular basis in order for your medication to work properly. Therefore, you should probably eliminate the cilantro from this recipe and use parsley instead.
- **Storage:** This recipe will stay fresh in the refrigerator for 2-3 days but does not freeze well.

Source: Adapted from

<https://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-LC-HealthyLatinoRecipes.pdf>

Nutrient Analysis (from USDA’s SuperTracker)

Nutrients	Target	Total per Recipe	Total per Serving
Total Calories	2000 Calories	364	91
Protein (g) ^{***}	46 g	14	3.5
Carbohydrate (g) ^{***}	130 g	86	21.5
Dietary Fiber	25 g	18	4.5
Total Sugars	No Daily Target or Limit	24	6
Added Sugars	< 50 g	0	0
Total Fat	20 - 35% Calories	3	0.75
Saturated Fat	< 10% Calories	0	0
Polyunsaturated Fat	No Daily Target or Limit	1	0.25
Monounsaturated Fat	No Daily Target or Limit	1	0.25
Linoleic Acid (g) ^{***}	12 g	1	0.25
α-Linolenic Acid (g) ^{***}	1.1 g	0	0
Omega 3 - EPA	No Daily Target or Limit	0	0
Omega 3 - DHA	No Daily Target or Limit	0	0
Cholesterol	< 300 mg	0	0
Minerals	Target	Total per Recipe	Total per Serving
Calcium	1000 mg	214	53.5
Potassium	4700 mg	1533	383.25
Sodium ^{**}	< 2300 mg	756	189
Copper	900 µg	475	118.75
Iron	18 mg	5	1.25
Magnesium	310 mg	119	29.75

Phosphorus	700 mg	288	72
Selenium	55 µg	6	1.5
Zinc	8 mg	2	0.5
Vitamins	Target	Total per Recipe	Total per Serving
Vitamin A	700 µg RAE	118	29.5
Vitamin B6	1.3 mg	1	0.25
Vitamin B12	2.4 µg	0	0
Vitamin C	75 mg	100	25
Vitamin D	15 µg	0	0
Vitamin E	15 mg AT	3	0.75
Vitamin K	90 µg	127	31.75
Folate	400 µg DFE	207	51.75
Thiamin	1.1 mg	2.7	0.675
Riboflavin	1.1 mg	0.5	0.125
Niacin	14 mg	8	2
Choline	425 mg	118	29.5