

TUNA POWER BOWL

Calories: 449
Carbohydrates: 55g
Protein: 32g
Fat: 9g



Customize and mix it up!

Rice	↔	Quinoa, Faro, Couscous
Romaine	↔	Spinach, Kale
Tuna	↔	Chicken, Salmon, Fish
Southwest Flavors	↔	Asian, Lemon Pepper

LET'S EAT HEALTHIER

Ingredients:

- 0.75 cup, cooked brown rice
- 1 pouch (2.6oz) tuna, Chili Lime
- ½ cup chopped romaine lettuce
- ¼ cup shredded purple cabbage
- ¼ cup diced tomato
- ¼ cup corn, canned, drained
- ¼ cup black beans, canned, drained
- 2 tbsp cilantro, chopped
- 2 tbsp cilantro avocado dressing

Procedure:

- Chop fresh romaine, tomato and cilantro
- Drain and rinse canned corn and beans
- Assemble rice and romaine as a base and place remainder of ingredients in sections around bowl on top.
- Drizzle with cilantro avocado dressing and top with lime, jalapeño or other seasoning as desired.

ADD THIS YUMMY OATMEAL CRUMBLE TOPPING TO THE PURPLE FRUITS FOR A SIMPLE AND QUICK DESSERT!

MIX TOGETHER :

- 1 CUP OLD FASHIONED OATS
- 1/2 CUP WHOLE WHEAT FLOUR
- 1/2 CUP BROWN SUGAR-TIGHTLY PACKED
- 1/3 CUP BUTTER OR MARGARINE-CUT INTO SMALL PIECES
- 1/2 TEASPOON CINNAMON

SPRINKLE OVER PURPLE FRUIT SALAD AND BAKE AT 350 DEGREES FOR 35-45 MINUTES UNTIL BUBBLY AND BROWN. COOL BEFORE SERVING!



Senior Resources
AGENCY ON AGING

MIND DIET RECIPES



PURPLE FRUIT SALAD



A fast and flavorful, low-calorie, low sugar mix filled with fiber and antioxidants to support brain health!

INGREDIENTS

- ½ cup black seedless grapes, halved
- 1 cup blueberries
- 1 cup blackberries
- 2 cups, diced plums
- 2 tbsp chopped basil

Serving Size: ¾ cup

Calories: 63g

Carbohydrates: 13g

Protein: 1g

Fat: 0g

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Dense Bean Salad



Ingredients

For the dressing:

- 2 cloves garlic, peeled
- Finely grated zest of 2 medium limes
- Juice of 2 medium limes (about 1/4 cup)
- 1/2 medium jalapeño pepper, seeded and quartered
- 1/2 cup fresh cilantro leaves
- 1/4 cup white wine vinegar
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground cumin
- 1/2 cup neutral oil, such as vegetable or avocado

For the salad:

- 2 (15-ounce) cans beans, such as black, pinto, or cannellini, drained and rinsed
- 2 medium bell peppers, diced (about 3 cups)
- 2 cups cherry or grape tomatoes, halved
- 1 1/2 cups fresh or frozen corn kernels
- 3 and 3/4 cups red cabbage, finely chopped
- 1/2 medium red onion, diced
- 1/2 cup finely chopped fresh cilantro
- 1/2 medium jalapeño pepper, seeded and minced
- 6 ounces crumbled Cotija cheese



ADD TO A LARGE GREEN LETTUCE LEAF WRAP FOR AN EASY PLANT-FORWARD LUNCH!

Instructions

Dressing:

Blend garlic cloves, the zest and juice of 2 medium limes, jalapeño pepper, cilantro, white wine vinegar, kosher salt, and ground cumin together in a blender until smooth. With the machine running, slowly drizzle in neutral oil and blend until emulsified.

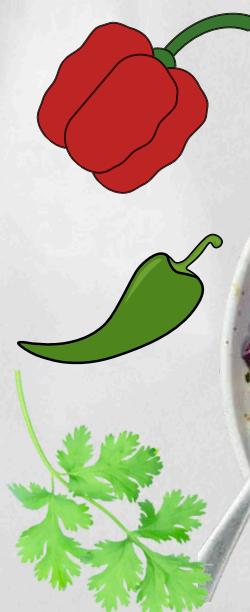
Bean Salad:

Stir drained and rinsed beans, bell peppers, halved cherry tomatoes, corn kernels, red cabbage, red onion, cilantro, jalapeño pepper, and Cotija cheese together in a large bowl.

Add the dressing and toss to coat. Serve chilled or at room temperature.

Serving Size: 1.5 Cups
Calories 280
Fat 8 g
Carbs 40.7 g
Fiber 8.8 g
Protein 15 g

**MAKE A BIG BATCH
AHEAD AND
REFRIGERATE AND
USE THROUGHOUT THE
WEEK!**



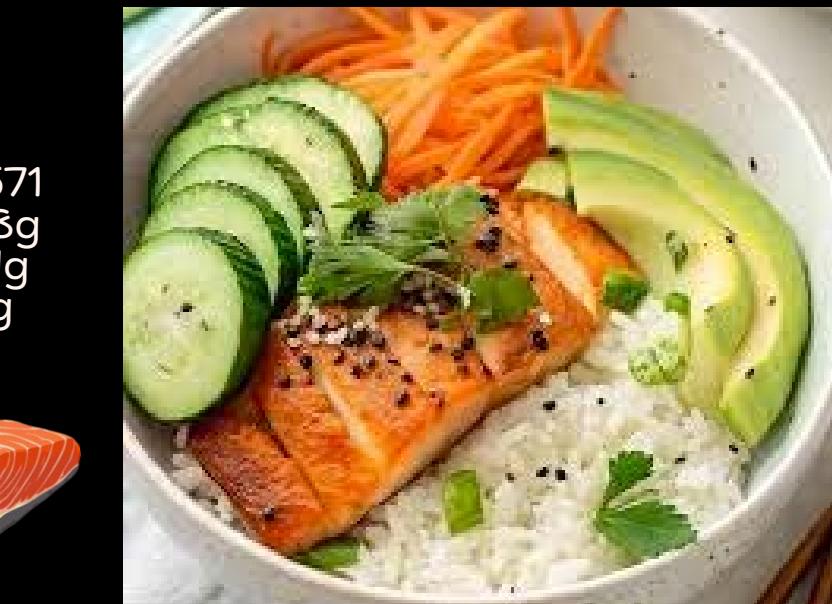
SALMON POKE BOWL

Calories 571
Protein 38g
Carbs 39g
Fiber 12g
Fat 24g



INGREDIENTS

- 0.75 cup cooked quinoa (made with low sodium chicken broth)
- 4 oz. Salmon Filet, seared (or canned salmon, 2 oz)
- 1/3 cup baby spinach
- 1/3 cup cucumber, sliced
- 1/2 avocado, sliced or chopped
- 1/4 cup scallions
- 1/4 cup carrot, shredded
- 1/4 cup yellow, orange, or red bell pepper
- 1 tsp chia seed
- 1/4 tsp sesame seed
- 2 tsp store bought gyoza sauce***



***HOMEMADE GYOZA SAUCE

WHISK TOGETHER:

- 1/4 CUP CIDER VINEGAR
- 1/4 CUP LOW-SODIUM SOY SAUCE
- 1 TSP MINCED GARLIC,
- 1/2 TSP AVOCADO OIL
- 1 TBSP WATER



INSTRUCTIONS:

ADD QUINOA TO YOUR BOWL. CAN BE SERVED COLD OR HOT.

ADD ALL TOPPINGS, LAYERING THE BABY SPINACH AT THE BOTTOM, THEN CUCUMBERS, CARROTS, RED PEPPERS, AVOCADO, SCALLIONS, SESAME SEEDS, CHIA SEEDS. TOP WITH THE SALMON.

ADD 1 TBSP OF YOUR PREFERRED GYOZA SAUCE TO POKE BOWL BY DRIZZLING IT OVER.

FINISH WITH RED PEPPER FLAKES, TO TASTE. SERVE AND ENJOY!