

# TUNA POWER BOWL

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

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

## Customize and mix it up !

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

## 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
- ½ CUP BROWN SUGAR-TIGHTLY PACKED
- ⅓ CUP BUTTER OR MARGARINE-CUT INTO SMALL PIECES
- ½ 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!



Serving Size: ¾ cup  
Calories: 63g  
Carbohydrates: 13g  
Protein: 1g  
Fat: 0g

## INGREDIENTS

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



## DIRECTIONS

- Combine ingredients in a large bowl.
- Serve and enjoy on its own or:
  - on top of low-fat plain Greek yogurt with oats with a drizzle of honey
  - As a filling for an oat bar or graham cracker crumb cookie



# 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

## 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!**



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



# 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!