

A close-up photograph of a light blue ceramic bowl filled with a thick, brown soup. The soup is garnished with several chunks of bright green avocado and fresh green cilantro leaves. In the background, a wooden cutting board holds a lime and more cilantro. A silver spoon is visible on the left side of the bowl. The bowl sits on a grey and white striped cloth.

*Culinary Rx Kit*



Healing  
Kitchens



THE HACIENDA®  
AT THE RIVER  
A WATERMARK COMMUNITY



## CULINARY RX

Watermark Retirement Communities® is pleased to provide you with this helpful Culinary Rx Kit. It contains all the information you need to prepare healthy, delicious meals to help your loved ones stay on their healing path as they leave The Hacienda at the River. These tips and recipes, combined with carefully following all doctors' orders regarding rehabilitation and medication, will guide and aid them on their journey back to optimum health.

Medical research shows that nourishing foods can have a powerful impact on overall health. Food can be a significant ally in dealing with some of the residual side effects of surgery, injury or illness. These are nourishing culinary solutions that will help you feel better on your journey towards healing that are simply delicious! Great taste and good nutrition can sit together at the same side of the table.

## TRANSLATING SCIENCE TO THE PLATE

The culinary pharmacy is open 24/7. For general wellness and to reduce inflammation, limit highly-processed foods and fill your plate with vegetables, fruit, healthy fats, cold water fish, herbs and spices. What you put on the end of your fork can empower you towards wellness.

Here are some of the most common stresses that people, especially seniors, experience following an illness or injury requiring a skilled nursing stay:

- **Dehydration:** Fluid balance and metabolic rate can be affected by medication and illness, which can inhibit the body's ability to heal. As we age, we also lose our sense of thirst making it difficult to stay hydrated. You may not even realize it, but if you are dehydrated, you may feel tired, weak, foggy headed, have a dry mouth or a headache. See the Hydration Menu.
- **Constipation:** This situation can be caused by medicine, residual anesthesia and dehydration. Eat foods high in fiber, such as dried fruits, avocado and dark leafy greens.
- **Recovery:** After a surgery or illness, your body is depleted from working really hard. To help rebuild and heal or recharge your battery, eat high protein foods, like fish, poultry and eggs.
- **Inflammation of the Gut:** To help repair the gut from antibiotics, eat foods rich in probiotics from foods like yogurt, kefir or other fermented foods.
- **Reduced Appetite:** As we age, we eat less, so this makes every bite count even more. You'll want to eat more foods that are loaded with good nutrition. See the Longevity Menu.





## CULINARY PHARMACY

What you put on the end of your fork can empower you towards wellness. The following are just a few of the powerhouse foods you can incorporate into your meals. The included menu plans are filled with these foods.

### **Vegetables**

**Cruciferous** – broccoli, cauliflower, cabbage, Brussels sprouts

**Dark leafy greens** – kale, chard, arugula, spinach, beet greens

**Brightly colored** – sweet potatoes, yams, winter squash, carrots, beets

### **Protein**

**Cold water fish** – tuna, salmon or sardines

Chicken or turkey

**Nuts** – walnuts, almonds, cashews, pecans

### **Eggs**

#### **Beans**

Black beans, cannellini beans, garbanzo (chickpeas)

#### **Seeds**

Pumpkin, sunflower, sesame

**Herbs** – mint, parsley, cilantro, basil, thyme

**Spices** – turmeric, ginger, cinnamon, cumin

**Fruit** – dark berries - strawberries, blackberries, blueberries, raspberries

**Citrus** – lemons, limes, oranges, avocado

**Good fats** – Extra-virgin olive oil, coconut oil, avocado oil, ghee, sunflower oil

Coconut milk, almond milk

**Cultured foods** – Kefir, yogurt, fermented vegetables

**Dried fruit** – Raisins, cranberries, dates, apricots, prunes

**Chocolate** (dark 60% or higher)

**Green tea or herbal tea**



## ENHANCING FLAVOR WITH FASS™

As we get older, medications can dull taste buds and reduce our sense of smell, making eating much less enjoyable. Bring flavor and joy back to your meals with a technique called “FASS™”, which stands for Fat, Acid, Salt and Sweet.

When these four taste components are out of balance, food can taste bland or a little “off.” On the other hand, with a little practice, these same four components bring out flavors hiding in the background.

Each part of FASS has a special role: Fat is the flavor carrier. A pinch of sea salt will bring flavors out. A 1/4 tsp of lemon juice will transform something flat and make it brighter. A few drops of maple syrup can round out flavors out and make them come together.

Understanding FASS will elevate the flavor in almost every recipe!

## **FAT**

*Function:* Distributes flavor across the palate; *Benefits:* Increases satiety. Makes food high in fat-soluble vitamins more bioavailable; *Examples:* Avocado, olive oil, coconut oil, ghee, sesame oil

## **ACID**

*Function:* Draws out and brightens flavors; *Benefits:* Increases absorption of minerals and stimulates digestion; *Examples:* Lemons, limes, citrus, vinegar

## **SALT**

*Function:* Brings out the flavor of foods. Move flavor to the front of the tongue where it's best perceived; *Benefits:* Improves appetite, balances ratio of potassium, essential for energy and cellular metabolism; *Examples:* Sea salt, miso, tamari

## **SWEET**

*Function:* Tames harsh, bitter, sour, spicy flavors. Rounds out or harmonizes flavors; *Benefits:* Increases the desire to eat and the sense of pleasure; *Examples:* Grade A dark maple syrup, honey, dates, raisins

## **ADDRESSING IMBALANCES**

Too Sweet -> Add **Acid**      Too Bitter -> Add **Sweet**      Too Salty -> Add **Acid**

Too Spicy -> Add **Fat, Sweet**      Too Flat -> Add **Acid, Sweet**

Too Sour -> Add **Sweet**      Too Bland -> Add **Acid, Salt**



## **HOW TO USE THE MENU PLANS & RECIPES**

These menu plans were designed to address the various side effects and needs of someone leaving Skilled Nursing at The Springs at The Hacienda at the River, as well as give them nourishing food options that are quick to reheat and repurpose.

The recipes are simple to make and good for storage in the refrigerator or freezer.

Each menu plan was designed to be made all at one time, so there are drinks, snacks and meals for a few days to a week ready to go. Freeze items in usable, single-serving portions, so they are easy to grab and reheat or defrost.



## HYDRATION MENU

The most important thing (after breathing, of course!) is good hydration. Think about it: water makes up about 60% of men's bodies and 55% of women's bodies. We need to keep REPLENISHING that water for our organs and systems to work properly. The good news is that, even if you're not a big water drinker, there are many other ways to increase your fluid intake during the day. Get it from food – it doesn't have to be water! Sip on flavorful and nourishing broth, tea, smoothies or soup. Having these recipes made and ready to consume would help anyone stay hydrated:

**MAGIC MINERAL BROTH™**

**COZY ROASTED VEGETABLE SOUP**

**HIBISCUS POMEGRANATE COOLER**

**POMEGRANATE MOCK MOJITO**

**CHOCOLATE LACED BLUEBERRY CHERRY SMOOTHIE**

**GINGER MINT TEA**



## Magic Mineral Broth™

Makes 6 quarts

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled Garnet sweet potato, quartered
- 5 unpeeled cloves garlic, halved
- 1/2 bunch fresh flat-leaf parsley
- 1 (8-inch) strip of kombu
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts cold, filtered water
- 1 teaspoon sea salt

Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste. Let cool to room temperature before refrigerating or freezing.

**COOK'S NOTE:** Like fine wine, this broth gets better with age. The longer the simmer time, the better tasting and more nutrient dense the broth will be. You can also cut the recipe in half and make it in a slow cooker or a pressure cooker. Kombu is dark brown seaweed (kelp) that is dried and folded into sheets. It's used in Japanese cooking to add depth and flavor to soups and stocks.

It also adds a tremendous amount of valuable trace minerals to this broth. Look for kombu in the Asian section of many grocery stores, or online.

## Cozy Roasted Vegetable Soup

*Makes 8 servings*

3 tablespoons extra-virgin olive oil

Sea salt

1 teaspoon ground ginger

1/4 teaspoon ground cinnamon

1/4 teaspoon black pepper

2 cups peeled and cubed carrots  
(approx 3 large)

1 cup peeled and cubed parsnips

1 onion, quartered

3 cloves garlic, smashed

3 pounds kabocha squash, cut into  
quarters and seeded

6 – 8 cups Magic Mineral Broth or  
store-bought vegetable broth

1 tablespoon freshly squeezed lemon juice



Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.

Combine the olive oil, 1/4 teaspoon of salt, and the spices and herbs in a small bowl and stir. Put the carrots, parsnips, onions and garlic in a bowl. Drizzle with half of the olive oil mixture and toss until evenly coated.

Rub the remaining olive oil mixture into the cut sides of the squash using your hands or a pastry brush. Put the squash in the corners of the lined baking sheet and spread the carrots and parsnips in an even layer in the center of the baking sheet. Bake for 40 minutes, until tender. Let cool.

When the squash is cool enough to handle, scoop one-third of the flesh into a blender. Then add one-third of the broth and one-third of the carrots and parsnips and process until smooth, adding more liquid as needed.

Transfer to a soup pot over low heat and repeat the process two more times. Cook just until heated through. Stir in the lemon juice and 1/4 teaspoon of salt. Taste; you may want to add a spritz of lemon juice or a pinch of salt.

## Hibiscus Pomegranate Cooler

*Makes 9 cups*

1/4 cup loose hibiscus tea, or 8 – 10 hibiscus tea bags

4 cups boiling water

4 cups cold water

1 cup unsweetened pomegranate juice

Spritz of fresh lemon juice

1 orange, sliced into rounds

3 sprigs fresh mint

16 frozen strawberries

24 frozen blueberries

Put the hibiscus tea in a heatproof container. Pour in the boiling water and let steep for 5 minutes. Strain the tea into a pitcher. Stir in the cold water, pomegranate juice, lemon juice. Add the orange slices and mint and refrigerate for at least 1 hour, until well chilled. Add the frozen strawberries and blueberries to individual glasses when serving.





## Pomegranate Mock Mojito

*Makes 2 servings*

1/2 cup freshly squeezed lime juice

1/2 cup pomegranate juice

2 teaspoons honey, optional

24 sprigs spearmint or peppermint

1 cup seltzer water

Ice

Put the lime juice, pomegranate juice, and honey into a large measuring cup and stir to combine. Add the mint leaves and crush with a wooden spoon against the side of the cup. Add the mineral water and stir. Pour into two glasses filled with ice and serve immediately.

**VARIATIONS:** Use cranberry juice or blueberry juice in place of the pomegranate juice.

## Ginger Mint Tea

*Makes 1 quart*

8 cups filtered water

1 cup sliced unpeeled fresh ginger

1 cup loosely packed fresh peppermint or spearmint leaves

Put all the ingredients in a pot over high heat. Cover and bring to a boil; uncover, and lower the heat to simmer for 15 minutes. Strain when you're satisfied with the flavor, or let it keep infusing until you've drunk it all. Drink warm or iced.

**COOK'S NOTE:** Peppermint is a stronger and more assertive mint, which is great for tea. Spearmint is milder and sweeter and is often used in cooking. Either mint will work in this brew.

## Chocolate Laced Blueberry Cherry Smoothie

*Makes 3 cups*

1 cup organic plain full-fat yogurt

1 cup water

1 cup frozen banana pieces

1 cup frozen cherries

1 cup frozen blueberries

2 tablespoons unsweetened cocoa powder

1 tablespoon almond butter

1/8 teaspoon sea salt

Put the yogurt, water, banana, cherries, blueberries, cocoa powder, almond butter, and salt in the blender and process until smooth. Serve immediately.

**VARIATIONS:** For more fiber, add 1 tablespoon ground flaxseeds. For more protein, add a scoop of rice protein powder or whey protein powder.



## HYDRATION MENU SHOPPING LIST

10 large carrots  
1 – 2 parsnips (1 cup)  
1 head garlic  
3 yellow onions  
1 leek  
1 bunch celery  
4 red potatoes  
2 Japanese or regular sweet potatoes  
1 Garnet sweet potato  
1 kabocha squash (~3 lbs)  
1 lemon  
1 orange  
2 limes  
2 ripe bananas, frozen  
1 bunch fresh flat-leaf parsley  
1 hand fresh ginger (1 cup)  
1 bunch mint

### Spices

Black peppercorns  
Whole allspice or juniper berries  
Bay leaves  
Ground ginger  
Ground cinnamon  
Sea salt  
1 (8-Inch) strip of kombu

### Other

Extra-virgin olive oil  
1/4 cup loose hibiscus tea, or 12 hibiscus tea bags  
Unsweetened pomegranate juice  
2 teaspoons honey, optional  
Seltzer water  
Organic plain full-fat yogurt  
2 tablespoons unsweetened cocoa powder  
1 tablespoon almond butter  
Frozen cherries (10-ounce)  
Frozen blueberries (10-ounce)  
Frozen strawberries (10-ounce)

## KITCHEN CHOREOGRAPHY FOR THE HYDRATION MENU

To make the most efficient use of your time in the kitchen, you want to immediately start the tasks that take the longest. We call this Kitchen Choreography. In the time that it takes to simmer Magic Mineral Broth, you'll pretty much make or prep all the other recipes.

- Wash and roughly chop all the Magic Mineral Broth ingredients. Simmer on the stove for about 2 hours.
- Pre-heat the oven to 400°F. Prep the spice blend and vegetables for the Cozy Roasted Vegetable Soup and roast them. Set a timer and tidy up.
- Boil water and steep the hibiscus tea for 5 minutes.
- Start the Ginger Mint Tea by bringing the water, ginger and mint to a simmer.
- Finish making the Hibiscus Pomegranate Cooler.
- Make the smoothie and store.
- Strain and/or store the Ginger Mint Tea.
- Strain broth and finish making the soup and store the leftover broth.
- Allow everything to cool before storing. Don't forget to label all the containers with the contents and date!
- Now, make a Pomegranate Mock Mojito and enjoy it!



## LONGEVITY MENU

Knowing the health benefits of various foods is great, but to put that into action (and balanced nutrition), you'll need to combine those foods into tasty dishes. No matter how healthful certain foods are, if they aren't scrumptious, you might not eat them. The recipes in this menu plan include numerous foods that empower you to be in control of your well-being.

**COSTA RICAN BLACK BEAN SOUP WITH SWEET POTATO**

**BRANDON'S BROCCOLI WITH PARMESAN AND BASIL**

**ROASTED FINGERLING POTATOES WITH PARSLEY MINT DRIZZLE**

**FLAT OUT GOOD CHICKEN**

**BLUEBERRY MINI MUFFINS**

**DRIED FRUIT COMPOTE**



## Costa Rican Black Bean Soup with Sweet Potato

*Makes 6 servings*

2 tablespoons extra-virgin olive oil	2 (14.5-ounce) cans of cooked black beans
2 cups diced yellow onions	6 cups Magic Mineral Broth or other vegetable broth
Sea salt	2 cups finely diced orange fleshed sweet potato, such as garnet yams
1 tablespoon minced garlic	2 teaspoons freshly squeezed lime juice
1 1/2 teaspoons dried oregano	1/4 cup chopped fresh cilantro, for garnish
1/2 teaspoon ground cumin	Avocado, sour cream and/or yogurt, optional for garnish
1/4 teaspoon ground cinnamon	
Pinch of cayenne, optional	

Heat the olive oil in a soup pot over medium heat. Add the onions and a pinch of salt and sauté until translucent, about 4 minutes. Add the garlic, oregano, spices, and 1/4 teaspoon of salt and sauté for 1 minute. Add 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot. Simmer until the liquid is reduced by half. Add the black beans and the remaining 5 1/2 cups broth, increase the heat to high and bring to a boil. Decrease the heat to medium-low, partially cover, and simmer briskly (bubbles should break the surface regularly), about 15 minutes.

Stir in the sweet potato and 1/4 teaspoon salt. Cover and simmer until the sweet potato is just tender, about 7 minutes. Ladle 2 cups of the beans and sweet potatoes into a blender and process until velvety smooth. Stir the blended mixture back into the soup and cook just until heated through. Add more water or broth to achieve desired consistency. Stir in the lime juice, then taste; you may want to add 1/4 teaspoon of salt and a spritz of lime juice. Serve garnished with the cilantro.

## Brandon's Broccoli

*Makes 4 servings*

2 1/2 pounds broccoli, cut into florets  
with 2 inches of trimmed stem

2 tablespoons extra-virgin olive oil

1 tablespoon minced garlic

1/2 teaspoon sea salt

1/4 teaspoon freshly ground  
black pepper

1 teaspoon lemon zest

1/4 cup Parmesan cheese

1 tablespoon chopped fresh basil

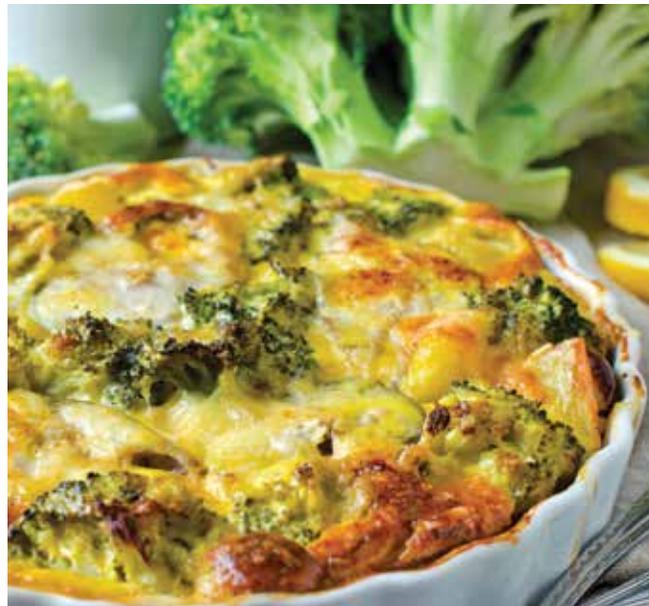
Freshly squeezed lemon juice

Position a rack in the middle of the oven and preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.

Put the broccoli, olive oil, garlic, salt, pepper, and lemon zest in a large bowl and toss until the broccoli is evenly coated. Transfer to the lined baking sheet and spread it in an even layer. Bake for 15 to 20 minutes, until the broccoli begins to brown and is tender.

Transfer to a bowl, add the lemon zest, parmesan, and basil, and toss to combine. Add a spritz of lemon juice just before serving.

**COOK'S NOTE:** Be sure to add the lemon juice and zest just before serving, as the lemon will dull the color of the broccoli if it sits for more than a few minutes.





## Roasted Potatoes with Parsley Mint Drizzle

*Makes 6 servings*

2 pounds fingerling potatoes,  
scrubbed and cut into quarters  
1 tablespoon extra-virgin olive oil  
1/4 teaspoon sea salt  
Freshly ground black pepper  
2 – 3 tablespoons Parsley Mint Drizzle

Preheat the oven to 450°F.

Put the potatoes, olive oil, salt, and a few grinds of pepper in a large bowl and toss until the potatoes are evenly coated. Transfer to a rimmed baking sheet, spreading the potatoes in a single layer. Bake, turning occasionally, for 30 to 35 minutes, until the potatoes begin to turn golden brown.

Transfer to a serving bowl, add the drizzle, and toss until the potatoes are evenly coated.

## Parsley Mint Drizzle

*Makes 1/2 cup*

1 cup tightly packed fresh parsley leaves  
1/2 cup tightly packed fresh mint leaves  
2 tablespoons freshly squeezed  
lemon juice  
1/4 teaspoon sea salt  
1 teaspoon maple syrup  
1/4 cup extra-virgin olive oil  
1 tablespoon water

Combine all the ingredients in a food processor and process until well blended. For a thinner drizzle, add another tablespoon of water and briefly process again. Taste; you may want to add a pinch of salt.

**VARIATION:** For a Latin flavor, substitute cilantro for parsley.

## Flat-Out Good Chicken

*Makes 4 servings*

4 organic skinless, boneless chicken breast halves  
1 tablespoon extra-virgin olive oil  
4 cloves garlic, minced  
1 tablespoon grated lemon zest  
1 tablespoon chopped fresh thyme  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
Parsley Mint Drizzle, for garnish

Working with one chicken breast at a time, put it between several layers of parchment paper and pound with a meat pounder until about 1/4 inch thick. Put the pieces in a pan in which they fit without overlapping.

Put the olive oil, garlic, lemon zest, thyme, salt, and pepper in small bowl and whisk until well blended. Spread the mixture evenly over the chicken.

Cover and refrigerate for 30 to 60 minutes.

Heat a grill or grill pan to medium-high heat. Remove the chicken from the marinade and pat dry with paper towels. Grill until firm to the touch and the juices run clear, 1 to 2 minutes on each side. Serve garnished with parsley and Parsley Mint Drizzle.

**COOK'S NOTES:** No two pieces of chicken are alike. Some will be thicker and require a little extra pounding. Don't get carried away with your mallet though, as the thinner parts of the chicken will tear if they're pounded too much. Alternatively, you can bake the chicken at 400°F for 8 – 10 minutes.

This recipe is a great candidate for doubling. Leftovers can be used to add protein to salads.



## Blueberry Mini Muffins

*Makes 24*

2 cups almond flour  
1/4 cup maple sugar  
1/2 teaspoon baking soda  
1/4 teaspoon sea salt  
2 organic eggs, beaten  
2 tablespoons extra-virgin olive oil  
2 tablespoons maple syrup  
1/2 teaspoon vanilla extract  
1/2 cup frozen blueberries

Preheat the oven to 375°F. Prepare a 24-cup mini muffin tin by generously oiling each muffin cup, or line each cup with two paper liners to make it easier to remove.

Put the almond flour, maple sugar, baking soda, and salt in a large bowl. Stir to combine and remove lumps.

In a separate bowl whisk together the eggs, oil, maple syrup and vanilla. Stir in the almond flour mixture. Fold in the blueberries. Spoon the batter into the prepared muffin cups, dividing it evenly among them; the batter should come almost to the top of each cup.

Put the muffin tin on a baking sheet and bake for about 15 minutes, until the tops are golden brown and a toothpick comes out clean when inserted in the center of a muffin.

Let cool in the pan on a wire rack. If you didn't use paper liners, gently run a knife or small offset spatula around the edges of the muffins to help release them from the pan.

**VARIATION:** For a blast of antioxidant-rich chocolate – omit the blueberries and, before spooning the batter into the muffin tin, transfer 1/4 cup of the batter to a small bowl. Stir in 2 teaspoons unsweetened cocoa powder, then add 2 tablespoons chopped dark chocolate. Put a heaping teaspoon of the chocolate mixture in the bottom of each muffin cup, then fill the cups with the remaining batter. Bake and cool as directed.



## Dried Fruit Compote

*Makes 4 cups*

1 cup pitted prunes  
1 cup unsulfured dried apricots  
1 cup dried cherries or raisins  
3 cinnamon sticks  
6 cardamom pods, or 1/4  
teaspoon ground cardamom  
1/2 teaspoon chopped fresh  
ginger, or 1/4 teaspoon  
ground ginger  
Pinch of sea salt  
1/4 teaspoon freshly squeezed  
lemon juice

Combine the prunes, apricots, cherries, cinnamon, cardamom, ginger, and salt in a saucepan and add water to cover. Soak overnight, if possible, or for a few hours before cooking.

Bring the mixture to a boil over high heat, then lower the heat and gently simmer for about 1 hour, until the fruit is very, very soft and the liquid is syrupy. Stir in the lemon juice and remove from the heat. Remove and discard the cinnamon sticks.

**COOK'S NOTE:** You can use dried apples, pears, figs, or any combination of dried fruit to equal 3 cups. The compote is a versatile condiment that crosses culinary boundaries and can be used on both sweet and savory dishes. Stir it into yogurt, spoon it alongside a sweet potato, or serve it atop oatmeal. You can even use it like jam: spread a dollop on a piece of toast with almond butter.

## LONGEVITY MENU SHOPPING LIST

2 yellow onions  
1 large orange-fleshed sweet potato (2 cups)  
1 head garlic  
2 1/2 pounds broccoli  
2 pounds fingerling potatoes  
3 – 4 lemons  
1 – 2 limes  
1 avocado  
1 bunch parsley  
1 bunch mint  
1 bunch cilantro  
1 bunch basil  
1 bunch thyme

### Spices

Cardamom pods or ground cardamom  
Cayenne, optional  
3 cinnamon sticks  
Ground cinnamon  
Ground cumin  
Ground or fresh ginger  
Dried oregano  
Sea salt  
Black pepper

### Other

Extra-virgin olive oil  
2 (14.5-ounce) cans black beans  
6 cups Magic Mineral Broth or other vegetable broth  
Parmesan cheese (optional)  
2 organic eggs  
4 organic skinless, boneless chicken breast halves  
2 cups almond flour  
1/4 cup maple sugar  
Grade A dark maple syrup  
Baking soda  
Vanilla extract  
1/2 cup frozen blueberries  
1 cup pitted prunes  
1 cup unsulfured dried apricots  
1 cup dried cherries or raisins  
Sour cream or yogurt (optional)

## KITCHEN CHOREOGRAPHY FOR THE LONGEVITY MENU

To make the most efficient use of your time in the kitchen, you want to immediately start the tasks that take the longest. We call this Kitchen Choreography.

- Soak the dried fruit overnight or for as long as you can before cooking the Compote.
- Wash and prep the vegetables. Organize all the ingredients by recipe.
- Onions, diced
- Garlic, minced
- Sweet Potato, finely diced
- Fingerling Potatoes, quartered
- Broccoli, cut into florets
- Thyme, chopped
- Zest Lemon, then juice it
- Make the Drizzle
- Make the spice blend for the Soup
- Pre-heat the oven to 375°F.
- Mix the muffins. Bake and set a timer.
- Start the Compote
- Put the muffins on a cooling rack. Turn the oven up to 400°F.
- Start the soup. While the onions are sautéing, season and roast Potatoes. Set a timer!
- Continue with the soup. Keep an eye on the compote. Add water if necessary.
- While the black beans are simmering, pound and marinate chicken in the fridge.
- Finish the soup and set aside to cool. Potatoes should be done. Tidy up!
- Toss the Broccoli and get it in the oven.
- Then put the Chicken on another tray and roast it at the same time.
- Allow all to cool before storing.

## CULINARY RX BASIC PANTRY FOR QUICK MEALS & SNACKS

Leftovers or having prepared ingredients can make quick work of assembling a meal or quick snacks. It also makes it easier for someone you're caring for to eat more healthfully. Here are some basics to have on hand, as well as ideas, tips and recipes.

- Vegetables – ready to eat raw and sliced, steamed or roasted
- Pre-washed salad greens – arugula, spinach, romaine
- Pre-cooked protein – rotisserie chicken, hard boiled eggs
- Canned beans
- Canned Fish
- Pre-cooked rice, quinoa, farro or oatmeal
- Spices - cinnamon, cumin, curry powder, garlic powder, sea salt, black pepper
- Dressings or dips (see recipes)
- Eggs
- Avocados
- Lemons
- Whole grain bread
- Tea
- Pre-made smoothies
- Fresh fruit
- Dried fruit
- Nuts and seeds
- Yogurt
- Cheese
- Almond butter or peanut butter

## QUICK MEAL ASSEMBLY IDEAS & TIPS

- Leftover chicken can be made into Curried Chicken Salad
- A can of salmon or tuna can become Lemon Mustard Salmon Salad or top the Avocado Citrus Salad.
- Use hard-boiled eggs instead of chicken in the salads above or in Nana's Egg Salad
- Layer fresh fruit or the Dried Fruit Compote into a Yogurt-Berry Brulée or the Best Oatmeal Ever
- Get creative and make a meal with a Baked Sweet Potato with Toppings
- Turn Roasted Vegetables into soup. Use the Cozy Roasted Vegetable Soup as a template or try Roasted Heirloom Tomato Soup.
- Stray greens, vegetables and herbs can become a frittata or an egg scramble. Make the Triple Greens Frittata.
- Leftover herbs easily become a drizzle or a pesto. Try the My Everything Drizzle or Basil Pistachio Pesto. These recipes are very adaptable to whatever herbs and nuts you have on hand and these dollops are delicious with fish, chicken or eggs.
- Canned beans can become flavor dips for veggies or toast or salads. Try Curry Spiced Sweet Potato Hummus.
- Clean out the fridge and make a grain bowl with one of the dollops above with a grain, vegetables, herbs, nuts, seeds, protein, cheese or whatever you can dream up.
- Avocado, a spritz of lemon and a pinch of sea salt on toast is a hip snack, but take it above and beyond by adding a drizzle or pesto, toasted seeds, spices, arugula or a fried egg on top or try Minted Guacamole with Pomegranate Seeds.



For more scrumptious and nourishing recipes and resources,  
visit [www.rebeccakatz.com](http://www.rebeccakatz.com).

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