

# Mountaineer Cookbook

A guide to healthful eating filled with nutritious food recipes that can positively impact your mood, energy levels and overall brain health.

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# Food, Mood and Your Brain

Meeting your own unique, nutritional needs with various types of foods and nutrients can improve your physical, emotional and mental well-being.

Factors that impact physical, emotional and mental health are complex due to the interactions between countless variables (like nutrition, sleep, movement, stress level, socioeconomic status, trauma, education, social support, etc.).

The study of nutritional psychiatry is a newer area of research that looks at specific nutriments and their impact on mental health, and overall dietary patterns.

For your body and brain to function at its best, providing it with nourishing foods consistently throughout the day is key.





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# Food, Mood and Your Brain

The **Foods For Wellbeing** acronym can help you remember key nutrients and concepts that support your mood and mental health.

- F** Fruits
- O** Other antioxidant containing foods (e.g., spices)
- O** Omega 3 Fatty Acid containing foods
- D** Dairy (pro-biotic rich foods)
- S** Steer Clear of the Diet Mentality
- F** Fiber Rich Foods
- O** Oils
- R** Respect Your Body

- W**  
Whole Grains
- E**  
Eat for Physical not Emotional Hunger
- L**  
Legumes
- L**  
Lean Proteins and Plant-based Proteins
- B**  
Beans
- E**  
Extra Fun Foods (e.g., Dark Chocolate)
- I**  
Include Joyful Movement
- N**  
Nuts and Seeds
- G**  
Greens and Colorful Vegetables



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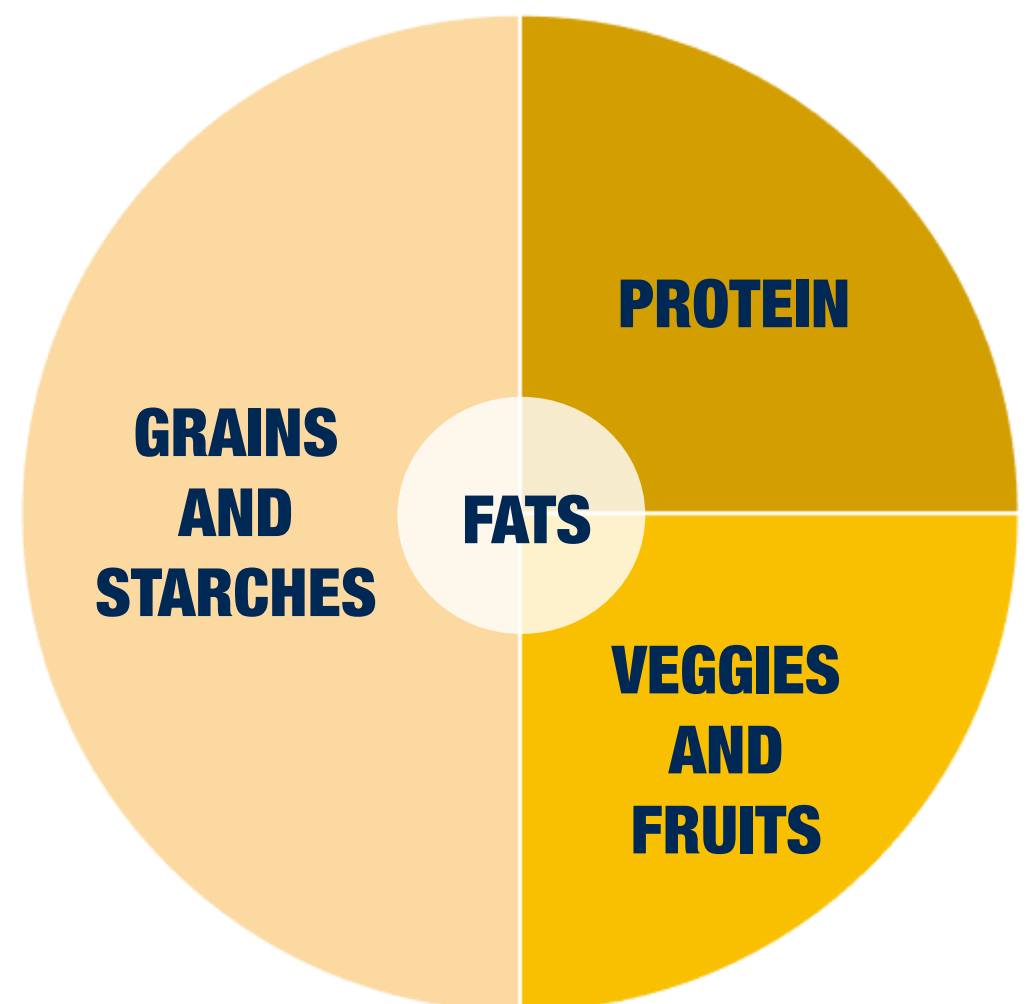
# What Makes a Meal?

Research shows us that our bodies need all three macronutrients (carbohydrates, proteins and fats) to keep our body working optimally and feeling its best (brain included!). Each macronutrient provides important functions for our bodies and are essential to include in a balanced diet. Eliminating or restricting a macronutrient significantly, will have significant negative impacts.

**Carbohydrates:** the body's primary energy source and the brains preferred source.

**Proteins:** the building blocks to all bodily processes.

**Fats:** essential to give the body energy and to support cell growth.



A grayscale background image of a bowl of oatmeal. The bowl is white and filled with a thick, textured substance, likely oatmeal, topped with a dusting of brown powder. A spoon is visible on the right side of the bowl, partially submerged in the oatmeal. The text "Breakfast Recipes" is overlaid in the center of the image.

# **Breakfast Recipes**

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# Pancake in a Mug

These power packed pancakes can be loaded with Omega-3 fatty acid toppings (largely alpha-linolenic acid) such as chia seeds, walnuts or flaxseeds. Omega-3's are connected to brain health. Cinnamon has been associated with boosting memory!

## *Ingredients*

- 1 egg
- 1/4 cup quick oats
- 1 ripe banana
- 1 teaspoon of cinnamon
- 1/4 teaspoon baking powder

**Optional:** berries, peanut butter, nuts, chia seeds, honey

## *Directions*

- 1** Mash banana and egg together in a bowl.
- 2** Add quick oats, baking powder and cinnamon in with the banana and egg.
- 3** Grease mug with oil or cook on a stovetop.
- 4** Pour mixture in mug or skillet.
- 5** Cook in the microwave for 1-2 minutes or until cooked through in skillet.
- 6** Top with any desired toppings such as chia seeds, berries, nuts, etc.





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# Overnight Oats

This recipe is packed with fiber from the oats and fruit. Fiber is important as a prebiotic and can help decrease inflammation in the entire body.

## Ingredients

- 1/2 cup oats
- 1/2 cup milk of choice (almond, soy, cow's milk)
- 1/4 cup plain, greek yogurt
- 1/2 cup fruit, chopped
- 1/8 teaspoon ground cinnamon
- 1 teaspoon chia seeds
- 1 teaspoon honey

**Optional:** nuts, flaxseed, protein powder, etc.

## Directions

- 1** Add oats to your container of choice and pour in liquid and yogurt.
- 2** Add in a layer of fruit of your choosing (chopped apples, blueberries, cherries, strawberries, etc.).
- 3** Top off with cinnamon, honey and chia seeds.
- 4** Refrigerate overnight and enjoy in the morning. *This allows for a creamier consistency.*
- 5** This recipe is best eaten up to five days after being made.



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# Protein Breakfast Sandwich

This breakfast sandwich provides complex carbohydrates, fats and essential amino acids to fuel your brain. Consuming seeds is a great way to increase fiber. Did you know sesame seeds are high in antioxidants?

## *Ingredients*

- 1-2 large eggs
- 1 slice of desired cheese
- 1 whole wheat english muffin
- 1 piece turkey bacon
- Top with everything bagel seasoning

**Optional:** avocado slices

## *Directions*

- 1** Toast English muffin to the desired temperature.
- 2** Cook or heat up breakfast meat.
- 3** Cook or scramble the egg(s) in microwave or stovetop.
- 4** Mix seasoning ingredients and add to eggs or top sandwich with seasoning.
- 5** Assemble sandwich.

### *Make Everything Bagel Seasoning*

Combine these ingredients:

- 2 tablespoons white poppy seeds
- 1 tablespoon black sesame seeds
- 1 tablespoon dried minced garlic
- 1 tablespoon dried minced onion
- 2 teaspoons flaked sea salt or course salt



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# Mug Omelet

It's important to have a nutritious and energy-filled start to your day! This mug breakfast option is a great way to enjoy an omega-3-rich meal without having to take the time to prepare a time-consuming meal. Don't forget to add a complex carbohydrate to your omelet.

## *Ingredients*

- Olive oil spray or oil to avoid sticking
- 2-3 large eggs
- 1 tablespoon milk or a non-dairy substitute
- Pinch of black pepper and salt

**Optional:** creole seasoning, 1/4 cup chopped spinach, kale, onion, pepper

## *Directions*

- 1** Spray/rub coffee mug with olive oil. Crack the eggs into the mug and use a fork to beat them together with the milk, salt, and pepper.
- 2** Heat in the microwave for 30 seconds to 1 minute. Stir the egg mixture with a fork.
- 3** Return to the microwave and cook until the eggs appear scrambled, about another minute. Use the fork to fluff up the eggs.
- 4** For an extra dose of vitamins, you can add spinach or kale to the eggs, which will wilt easily into the mix.





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# Nut Butter Matcha Smoothie

Matcha powder is powdered green tea that is easy to add to smoothies or other foods and drinks - and there's no need to steep it. Green tea has been connected to memory and focus in various studies!

## *Ingredients*

- 1 cup milk or other non-dairy milk substitute
- 1 scoop protein powder
- 1/4 cup dried cranberries or cherries
- 1 teaspoon matcha powder
- 1 tablespoon peanut or nut butter
- 1 banana (thicker smoothie texture if frozen)

## *Directions*

- 1** Combine all ingredients in a blender and blend until smooth. Add ice cubes as desired.
- 2** Serve immediately.



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# Power Oatmeal

Blueberries are high in a class of antioxidants called flavonoids, which protect the brain against oxidative stress, which may help to slow the effects of aging in memory and brain function.

## *Ingredients*

- 1/2 cup old-fashioned oats
- 1/2 cup almond milk (or other milk substitute)
- 1/2 banana, mashed
- 1/4 cup mixed berries or blueberries
- 1 egg
- 1 teaspoon ground flaxseed
- 1/4 teaspoon cinnamon
- 1 teaspoon maple syrup or honey

**Optional:** 1 teaspoon chia seeds, 1 teaspoon nut butter

## *Directions*

- 1** Mix all ingredients together in a microwave-safe mug except for the mixed fruit or blueberries.
- 2** Microwave mixture for 2-3 minutes or until set.
- 3** Top mixture with blueberries after oatmeal has been cooked.
- 4** Enjoy!



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# Homemade Cereal

It's easy to make a delicious cereal out of whole grains and other healthful ingredients. Making your own cereal versus consuming pre-made, boxed cereal can help keep you fuller, longer with added vitamins, minerals, fiber and protein!

## Ingredients

- 1 1/4 cup quick oats
- 1 1/4 cup bran flakes
- 1/4 cup dried fruit of your choice
- 1 1/4 cup coconut flakes
- 1 tablespoon chopped walnuts
- 1 1/4 teaspoon flaxseeds
- Pinch of cinnamon
- Pinch of sea salt

## Directions

- 1** Combine all the ingredients in a medium bowl. Store in an airtight container for 1-2 weeks.
- 2** Consuming your cereal with milk or a milk substitute, as a granola alternative or as a stand-alone snack are all great ways to use this recipe.

*You can also add some fun ingredients like dark chocolate, fruit or honey to make this recipe your own!*





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# Berry Quinoa Breakfast Bowls

This breakfast bowl offers pre- and probiotics, fiber, lean proteins, Omega-3 fatty acids and more! All these nutriments provide brain benefits like optimal focus and cognition.

## *Ingredients*

- 1/4 cup uncooked quinoa
- 1/2 cup milk (or nondairy alternative)
- 2 teaspoons maple syrup, divided
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/4 cup plain Greek yogurt
- 1/4 fresh fruit
- 1 tablespoon chopped nuts
- 1 teaspoon nut butter

## *Directions*

- 1** In a medium-sized saucepan, heat the milk over medium heat (slowly, to prevent scorching). When the milk is simmering, add in the quinoa, bring to a gentle boil then cover with a lid and reduce the heat to low.
- 2** Simmer for 8 minutes then stir in maple syrup and the cinnamon. Cook for another 5 minutes.
- 3** Stir together the Greek yogurt, a teaspoon of maple syrup and vanilla extract.
- 4** Remove simmered mixture from heat and pour into bowl.
- 5** Top with Greek yogurt, berries, nuts and nut butter.



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# Nut Butter, Yogurt Fruit Pizzas

Having fun with your breakfast creations doesn't have to take long! With these fruit pizzas, you offer your brain and your stomach a packed nutritional profile of proteins, carbohydrates, antioxidants and healthy fats.

## *Ingredients*

- 1/2 cup plain or vanilla Greek yogurt
- 2 tablespoons nut butter
- 1 tablespoon honey
- Rice cakes
- 1 teaspoon chia seeds

**Topping ideas:** Sliced fresh fruit (such as bananas), strawberries or blueberries, granola, chocolate chips

## *Directions*

- 1** In a medium bowl, briskly stir together the Greek yogurt, nut butter and honey until well combined.
- 2** Spread generously over each rice cake.
- 3** Top the rice cakes with fruit, granola and any other desired toppings. Enjoy!



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# Black Bean and Egg Breakfast Burrito

Beans are a great addition to your diet and when consumed consistently, enhance gut health by improving intestinal barrier function and increasing the number of beneficial gut bacteria.

## *Ingredients*

- Oil for coating skillet
- 1 whole grain tortilla
- 2 eggs
- 1/3 cup black beans
- 2 tablespoons pico de gallo
- 1 tablespoon queso fresco or feta cheese
- 1/2 avocado
- 2 tablespoons chopped onion
- 2 tablespoons chopped bell pepper

**Optional:** creole seasoning

## *Directions*

- 1** Chop onions and bell pepper.
- 2** Saute onion and pepper on medium heat for 3-4 minutes.
- 3** Mix onion, pepper and eggs together in skillet until cooked, stirring occasionally for scrambled egg consistency. Remove from skillet. (optional to add seasoning)
- 4** Add cooked egg mixture to tortilla and top with cheese, avocado and pico de gallo.
- 5** Wrap tortilla and mixture into a burrito and enjoy!







# Snacks

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# Antioxidant Trail Mix

All of the ingredients in this recipe have one thing in common: they are high in antioxidants. Antioxidants protect our bodies against free radical formation and oxidative damage, which protects our long-term brain function.

## *Ingredients*

- 1 10 oz. package dark chocolate chips or chunks
- 1.5 cup dried tart cherries
- 1.5 cup almonds (sliced or whole)
- 1 cup cashews
- 1 cup walnuts
- 1/2 cup pistachios

## *Directions*

- 1** Toss all ingredients in a bowl, mix, and enjoy in servings of approximately 1/4-1/2 cup.
- 2** Optionally, mix in some more carbohydrate-rich ingredients, like cereals or dried fruit.



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# No Bake Energy Bites

The ground flaxseed in this recipe is a rich source of omega-3 fatty acids, which aid in the brain's neurotransmitter function. Omega-3 fatty acids may also protect against age related factors such as memory loss and dementia.

## *Ingredients*

- 1 cup old-fashioned oats
- 2/3 cup shredded coconut
- 1/2 cup nut butter of choice
- 1/2 cup dark chocolate chips
- 1/3 cup honey
- 1/3 cup walnuts
- 1/4 cup ground flaxseed
- 1 tablespoon chia seeds

## *Directions*

- 1** Combine all ingredients in a large bowl and mix together by hand or with a spatula.
- 2** Roll the mixture into 1-inch balls and put into the refrigerator to set or enjoy immediately.



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# Cinnamon Apple Almond Butter Slices

Cinnamon contains antioxidants called polyphenols. These improve brain health by destroying free radicals which can damage brain cells.

## *Ingredients*

- 1 granny smith apple
- 2 teaspoon almond butter
- 2 teaspoon dark chocolate chips
- 1 tablespoon granola
- 1/2 teaspoon chia seeds
- 1/2 teaspoon cinnamon

## *Directions*

- 1** Core one granny smith apple and cut width-wise (on its side) into round slices.
- 2** Mix together nut butter, chocolate chips, granola, chia seeds and cinnamon.
- 3** Top each slice with mixture and feel free to add honey.
- 4** Serve and enjoy!



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# Peaches and Cottage Cheese

Cottage cheese is packed with protein. Protein contains amino acids, some of which (like tyrosine) are extremely important in regulating production of hormones, like dopamine, in the brain.

## *Ingredients*

- 1 peach
- 1/2 cup cottage cheese
- 1 teaspoon honey

## *Directions*

- 1** Top 1/2 cup of cottage cheese with sliced peaches and drizzle with honey.
- 2** Serve and enjoy!

*If you prefer a more savory snack, add vegetables like tomatoes with your cottage cheese instead!*





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# Turkey and Cheese Roll Ups

Turkey contains the amino acid tryptophan, which is converted to the neurotransmitter serotonin in the brain. Serotonin is a hormone known to help with mood stabilization and feelings of happiness.

## *Ingredients*

- 4 slices of deli turkey
- 4 slices of thinly sliced cheese of choice

**Optional:** toothpicks

## *Directions*

- 1** Place one slice of cheese on top of each slice of deli turkey.
- 2** Roll turkey and cheese together and secure with a toothpick if desired.
- 3** Serve and enjoy!



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# Frozen Yogurt Bark

Greek yogurt contains probiotics (good bacteria) which help to maintain the microflora in our digestive system. Our gut produces many of the same neurotransmitters as the brain, such as serotonin and dopamine. Consuming probiotics may help to regulate our digestive system and in turn keep production of these neurotransmitters optimal.

## *Ingredients*

- 1 cup greek yogurt
- 1/2 cup strawberries, thinly diced
- 1/2 cup granola of choice
- 1/4 cup dark chocolate chips
- 1 teaspoon maple syrup or honey

**Optional:** chia seeds

## *Directions*

- 1** Combine Greek yogurt and maple syrup in a bowl.
- 2** Spread the Greek yogurt mixture in a thin, even layer on a plate or baking sheet lined with parchment paper.
- 3** Sprinkle yogurt mixture with strawberries, granola and chocolate chips.
- 4** Place in freezer for at least 2 hours. Once solid, remove from freezer and cut into squares.
- 5** Keep in freezer for storage and enjoy!



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# Toasted Hummus Creation

Did you know that hummus (which is made up on chickpeas) is a great source of folate, fiber, iron, protein and polyunsaturated fatty acids? These combined components provide your body with several health benefits to keep you fueled and focused.

## *Ingredients*

- 1 slice, whole wheat bread, toasted
- 2 tablespoons hummus (flavor of your choosing)
- Toppings of your choice

## *Directions*

- 1** Toast bread.
- 2** Spread hummus onto toast.
- 3** Add desired toppings and enjoy!

### *Veggie Topping*

- 1/4 cup diced tomato, cucumber, red onion mixture
- Salt and pepper to taste
- 1 teaspoon feta cheese

### *Breakfast Topping*

- 1 over-easy egg
- 1 teaspoon hot sauce
- Salt and pepper to taste

### *Fruit Topping*

- 1 small banana sliced, honey, ground cinnamon



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# Chocolate Protein Smoothie

This smoothie offers a way to consume coffee in moderation, which is associated with health benefits such as decreased incidence of some cancers, improved blood lipid profile, etc. The reason that coffee consumption might be beneficial is still unknown.

## Ingredients

- 1 cup almond milk (or nondairy alternative)
- 1 tablespoon nut butter
- 1 scoop chocolate whey protein powder
- 1 tablespoon ground flaxseed
- 1 teaspoon ground instant coffee powder
- 1 teaspoon cocoa powder
- 1 tablespoon shredded coconut flakes
- 1 teaspoon honey
- 1/4 ripe avocado

## Directions

- 1** Place the ingredients in a blender with 1 /4 cup of ice cubes, and blend.
- 2** Add more water or ice if the smoothie is too thick for your liking. Sip and enjoy!

*Keep in mind that coffee may present negative side effects and is not recommended for everyone!*



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# Oatmeal Chocolate Cherry Cookies

These cookies contain oats, which are a great source of complex carbohydrates. Carbohydrates are the preferred fuel source of the brain and provide it with energy to perform its basic functions. Cherries are a great source of antioxidants!

## *Ingredients*

- 1 cup instant oats
- 1/2 cup whole wheat flour
- 1 egg
- 1/3 cup honey
- 1/4 cup dark chocolate chips
- 1/4 cup dried tart cherries
- 1/4 cup canola oil
- 1 teaspoon Cinnamon
- 1 teaspoon vanilla extract
- Sprinkle of salt

## *Directions*

- 1** Preheat toaster oven or conventional oven to 350 degrees Fahrenheit.
- 2** Mix together all ingredients in large bowl. Set in refrigerator for 30 minutes.
- 3** Roll mixture into small balls and place on baking sheet.
- 4** Bake cookies for 10 minutes and enjoy!





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# Chia Seed Pudding

Chia seeds are high in both omega-3 fatty acids and antioxidants, both of which help to support brain health by decreasing bodily inflammation and preventing the formation of free radicals, which can injure brain cells.

## *Ingredients*

- 2 teaspoons chia seeds
- 1/2 cup almond milk
- 1 teaspoon maple syrup or honey
- Fruit for topping

## *Directions*

- 1** Thoroughly mix chia seeds, almond milk and maple syrup together in a jar or Tupperware container.
- 2** Cover container with lid and store in the fridge overnight. When done, the mixture should have a pudding consistency.
- 3** Top with fruit, nut butters and/or honey and enjoy!





**Lunch**

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# Hummus Wrap

You can put together this balanced recipe in under a minute for a great grab-and-go meal! Did you know that chickpeas are a part of the legume family? Beans and legumes contain antioxidants that help prevent cellular damage.

## Ingredients

- 100% whole wheat tortilla
- 2-3 tablespoons Hummus
- Cucumber (to desired amount)
- Baby spinach (to desired amount)
- Tomatoes (to desired amount)
- 1/4 avocado

**Optional:** Olive oil/vinegar dressing

## Directions

- 1** Spread hummus on whole wheat tortilla.
- 2** Chop cucumber, spinach and tomato and add to wrap.
- 3** Apply dressing of choice and enjoy!

*Adding fruit, yogurt and other sides is recommended!*



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# Mediterranean Tuna Salad

The most important source of omega-3s (especially docosahexaenoic acid and eicosapentaenoic acid) is oily fish, like salmon and tuna. Adding prebiotics like onions and probiotics from yogurt with anti-inflammatory acting vegetables offer a balanced and powerful meal.

## *Tuna Salad Ingredients*

- Bread or salad greens (desired quantity)
- 3 (5 oz.) cans of tuna, drained
- 1/4 cup red onion, chopped
- 1 English cucumber, diced
- 1 cup red bell pepper, chopped
- 1 celery stalk, finely chopped
- 1/2 cup Kalamata olives, halved
- 1/2 cup red onion, chopped
- 1/2 cup chickpeas (garbanzo beans)
- 1 teaspoon parsley

## *Directions*

- 1** Combine the salad ingredients in large mixing bowl.
- 2** In a medium mixing bowl, combine the Greek yogurt, olive oil, lemon juice, dill, salt and pepper and whisk to combine.
- 3** Serve the tuna salad as-is, on a bed of greens or on sandwich or pita bread. *(Makes several servings)*

## *Dressing Ingredients*

- 1/3 cup Greek yogurt
- 2 tablespoons olive oil
- 1 lemon, juiced (or 2 tbsp. lemon juice)
- 3 tablespoons dill, chopped
- Pinch salt and pepper



Lunch

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# Smoked Swiss and Mushroom Grilled Cheese

Mushrooms provide a great vitamin D boost which is crucial not only for bone health but for proper brain development and functioning.

## Ingredients

- 2 teaspoons butter (split)
- 1 tablespoon olive oil
- 1/4 cup sliced mushrooms
- 1/4 cup thinly sliced onions
- Pinch garlic
- Salt and pepper to taste
- 2 slices whole wheat bread
- 2 slices smoked Swiss cheese

## Directions

- 1** Heat the oil and 1 teaspoon of butter in a sauté pan over medium heat and add the mushrooms.
- 2** Sauté mushrooms for 2-3 minutes on each side.
- 3** Add the onions and garlic and sauté for 3 minutes.
- 4** Season with salt and pepper and remove from heat.
- 5** Butter both slices of bread and place one side of bread in sauté pan, butter side down. Add the cheese then mushroom mixture, followed by second piece of bread, butter side up.
- 6** Grill for 3-5 minutes or until golden. Remove from skillet and enjoy!



Lunch



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# Vegetarian Broccoli Pasta Salad

Whole Wheat pasta is a complex carbohydrate that adds fiber, vitamins/minerals and added protein to a meal. Broccoli and feta cheese are great additions to support a balanced meal.

## Ingredients

- 1/2 cup of whole wheat pasta
- 1 bunch of broccoli
- 2 tablespoons of extra virgin olive oil
- 1/2 teaspoon garlic
- 1/4 cup of feta cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons lemon juice

## Directions

- 1** Cut up broccoli and garlic into small pieces.
- 2** Bring water to a boil and add pasta.
- 3** Cook pasta for the time the box directs, then add broccoli to the water and cook for 3-6 minutes.
- 4** Add olive oil and garlic to a pan; simmer and stir until garlic is fragrant or browned.
- 5** After broccoli and pasta are done, drain and add to garlic and olive oil.
- 6** Remove contents from heat and pour into a bowl.
- 7** Add lemon juice and feta cheese to the bowl, stir contents together.



Lunch

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# Power Burrito

This recipe provides a powerful blend of whole grains, fiber, protein, vitamins/minerals, antioxidants, and lean proteins to keep you fueled, focused and nourished. Fun fact: Onions contain prebiotics which supports the gut and aids digestion.

## *Ingredients*

- 1 cup brown Rice
- 1/2 onion, sliced
- 1/2 bell pepper sliced (any color)
- 1 teaspoon olive oil
- 2 large flour tortillas
- 1/2 ripe avocado, sliced
- 1/2 cup pinto or black beans
- 2-3 tablespoons salsa
- Salt and pepper to taste

## *Directions*

- 1** Begin by cooking down the rice per box instructions.
- 2** While the rice is cooking, heat a small pan to high heat. Add the olive oil, onions and bell peppers. Cook on high for 3-4 minutes or until the veggies begin to brown on the edges.
- 3** Lay a flour tortilla on a flat surface. Top with half of the fajita veggies, rice, beans and toppings.
- 4** Fold in the sides of the tortilla over the filling and roll up to completely enclose.

### *Optional Ingredients*

- 2 tablespoons low-fat sour cream
- Beef or chicken



Lunch

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# Black Bean Quinoa Salad

Beans, legumes and lentils are important staples for brain health and are a great source of nutrients, vitamins and fiber. Beans are easy to prepare and can be a main course, appetizer or even be made into a dessert.

## Quinoa Salad Ingredients

- 1 cup uncooked quinoa
- 1 cup cherry tomatoes, chopped
- 1 ripe avocado, diced
- 15 oz. black beans (1 can)
- 12 oz. corn (1 can)
- 1 bell pepper, diced
- 1/4 cup onion, diced
- 1 jalapeno pepper, diced
- 1/2 cup cilantro, chopped

**Optional:** Feta cheese

## Directions

- 1** Cook quinoa according to package directions and allow to cool.
- 2** Combine quinoa, tomatoes, avocado, black beans, corn, bell pepper, onion, jalapeno and cilantro in a large bowl.
- 3** In a small bowl, combine all dressing ingredients and mix well.
- 4** Pour over vegetables and toss to coat. Add quinoa and combine. Refrigerate and enjoy! *(Makes several servings)*

### Dressing Ingredients

- 1/4 cup canola or olive oil
- 2 tablespoons lime juice
- 1 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 tablespoon red wine vinegar
- Dash of salt and pepper



Lunch

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# White Chicken and Bean Chili

Cumin has anti-inflammatory effects and when combined with onions and garlic (prebiotics), beans, lean proteins, and olive oil (omega-3's), the synergistic effect is powerful.

## Ingredients

- 1 rotisserie chicken *or* 2 lbs. chicken breasts, chopped
- 1 medium onion, chopped
- 2 tablespoons olive oil
- 1/2 teaspoon garlic
- 2 cans (24 oz.) cannellini (navy) beans
- 5 cups, low sodium chicken broth

- 2 tablespoons dried oregano
- 1/2-1 teaspoon cayenne pepper
- 1 tablespoon creole seasoning
- 1/2-1 cup frozen corn
- 1 can green chilies
- 1 cup shredded cheese, for topping

**Optional:** Sliced jalapeno, for topping

## Directions

- 1** In a large pot, cook chopped onion in olive oil until light brown.
- 2** Add garlic, cook 1 minute longer, then add broth and spices; bring to a boil.
- 3** Reduce heat to low. Add Cannellini beans (1/2 mashed, 1/2 whole), add cooked chicken and simmer 20-30 minutes.
- 4** Add cheese and jalapenos as desired. *(Makes several servings)*



Lunch

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# Greek Yogurt Bowl

Yogurts with probiotic cultures are great for your gut, providing you with helpful bacteria and protein. Dark chocolate is a great source of antioxidants, and chia seeds and walnuts add a great source of omega-3 fatty acids to support brain health.

## Ingredients

- 2/3 cup plain Greek yogurt
- 1 tablespoon chopped walnuts
- 1/4 cup granola
- 1/2 cup frozen *or* fresh fruit, chopped
- 1 tablespoon dark chocolate pieces
- 1/2 teaspoon chia seeds

**Optional:** 1 teaspoon shredded coconut and honey for drizzling

## Directions

- 1** Add Greek yogurt to a bowl and add all ingredients.
- 2** Enjoy!
- 3** *Consider adding fun additions to this meal, like oatmeal, bagels, toast, pretzels with peanut butter and more.*



Lunch

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# Spicy Shrimp and Pesto Pasta

Consuming shrimp is a great way to get a dose of seafood and capsaicin in your diet. Capsaicin is an active component of chili peppers and is considered a phytochemical that supports the immune system.

## Ingredients

- Whole wheat pasta
- 8 medium shrimp, peeled and de-veined
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 2 tablespoons olive oil

## Directions

- 1** Boil water and cook pasta per package instructions.
- 2** In a medium bowl, toss the shrimp with the spices.
- 3** Heat the oil in skillet over medium heat and add the shrimp until they are cooked through (about 3 minutes).
- 4** Blend the pesto ingredients in a blender or food processor on medium speed. Add the pesto to pasta and topic with shrimp. (*Makes several servings*)

### Pesto Ingredients

- 1/3 cup olive oil
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon garlic
- 2 cups baby kale, chopped
- 1/4 cup walnuts
- 1 teaspoon lemon juice
- 1/2 teaspoon salt





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# Honey Garlic Chicken Stir Fry

This recipe contains many ingredients that positively impact gut and indirectly, your brain! Garlic acts as a prebiotic by promoting the growth of beneficial bacteria in the gut. Honey is an antioxidant and phytonutrient powerhouse.

## Ingredients

- 1 tablespoon + 1 teaspoon canola oil, divided
- 1 cup sliced and peeled carrots
- 1/2 onion, diced
- 2 cups broccoli florets
- 1 lb. boneless/skinless chicken breasts
- 1/4 cup low-sodium chicken broth *or* water
- 1/4 cup soy sauce
- 3 tablespoons honey
- 2 tablespoons cornstarch
- Salt and pepper to taste

## Directions

- 1** Heat 1 teaspoon of oil and garlic in a large pan over medium heat and add the veggies, cooking 4 minutes or until vegetables are tender.
- 2** Remove the vegetables from the pan; place them on a plate.
- 3** Add the remaining tablespoon of oil to the pan.
- 4** Cut chicken and season the pieces with salt and pepper.
- 5** Add them to the pan in a single layer – you may need to do this step-in batches.
- 6** Cook for 3-4 minutes on each side until golden brown and cooked through.
- 7** Combine veggies, chicken, chicken broth, cornstarch and honey and simmer, stirring occasionally until sauce thickens.



Lunch



**Dinner**

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# Baked Almond Chicken Strips

Almonds are packed with phytonutrients, flavonoids, vitamin E, biotin and more. Interestingly, Vitamin E has been connected to memory, sleep and anxiety.

## *Ingredients*

- 1 cup almonds
- 1/2 cup whole wheat flour
- 2 boneless chicken breasts, sliced into strips
- 2 large eggs
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground mustard
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1 teaspoon olive oil

**Optional:** Creole Seasoning

## *Directions*

- 1** Preheat the oven to 400 degrees. Line a baking sheet with parchment paper or aluminum foil. Set aside.
- 2** In a food processor or blender, combine the almonds, flour and spices. Blend into coarse breadcrumbs.
- 3** Transfer the almond coating to a dish and set aside.
- 4** Whisk together 2 eggs and 1 teaspoon olive oil. Dip chicken strips into the egg mixture, then dip the chicken slices into almond mixture until fully coated.
- 5** Place the coated chicken tenders in the oven and bake for about 18-22 minutes, turning once halfway through, until the chicken is fully cooked and no longer pink in the middle.



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# Chickpea Curry

Ginger has been found to control inflammation, counter the activities of cell-damaging free radicals, and has been found to help protect brain cells from deterioration associated with Alzheimer's.

## *Ingredients*

- 1 yellow onion
- 1 teaspoon garlic
- 1/4 teaspoon ground ginger
- 1 tablespoon olive oil
- 28 oz. crushed tomatoes
- 2 (15 oz.) cans chickpeas
- 1/2 cup almond or soy milk
- 6 cups baby spinach
- 1 tablespoon curry powder
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 3/4 teaspoon kosher salt

## *Directions*

- 1** Mince the onion and add to skillet with oil. Sauté for 5 minutes.
- 2** Drain and rinse the chickpeas.
- 3** Add the garlic, ginger, and spinach and sauté for 2 minutes until the spinach is fully wilted.
- 4** Carefully pour in the tomatoes, then add the curry powder, cumin, coriander, salt, and chickpeas. Cook for 5 minutes until bubbly.
- 5** Stir in the coconut milk, then remove from the heat.

*Serve with rice, potatoes, vegetables, etc.*



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# Tex-Mex Rice and Shrimp

Spices found in this recipe boost flavor and have beneficial brain effects. In particular, spices like turmeric, black pepper, red pepper flakes, cumin and oregano should all be part of your brain armor.

## Ingredients

- 1/4 teaspoon black pepper
- 2 tablespoons cilantro, finely chopped
- 1 ripe avocado, peeled and cut
- 2 bags uncooked whole grain brown rice
- 1 1/2 cup corn
- 10 oz. shrimp
- 1 1/2 cup cherry tomatoes
- 1/4 cup lime juice
- 3/4 teaspoon chili powder
- 1 teaspoon ground cumin
- Pinch of salt
- 1/2 teaspoon garlic powder

## Directions

- 1** Bring 8 cups water to a boil in a medium sauce pan then add the unopened rice bags. Boil the rice for 11-12 minutes then remove from the pan and drain. Place the rice in bowl and set aside.
- 2** In a medium skillet coated with cooking spray or olive oil, add the corn and shrimp to the pan and sauté for 5 minutes.
- 3** Add the sautéed corn and shrimp to the rice then add the tomatoes and stir. In a small bowl, combine the lime juice with the seasonings, add to rice mixture and combine well.
- 4** Add the cilantro and avocado and stir gently. Serve at room temp. (*Makes several servings*)





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# Easy Salmon Croquettes

Fatty fish (like salmon) is rich in omega-3 fatty acids. Omega-3 fatty acids play an important role in brain development and may lower depression.

## *Ingredients*

- 1/2 cup panko breadcrumbs
- 1/2 cup whole wheat flour
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1/2 cup onion, chopped
- 15 oz. of canned salmon
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 1 large egg (lightly beaten)
- 1/4 cup plain Greek yogurt
- 1 tablespoon Worcestershire sauce
- 1/3 cup cilantro, chopped

## *Directions*

- 1** Add breadcrumbs and flour to a bowl and mix. Add bell peppers, canned salmon, garlic, salt, pepper, egg, mayonnaise, Worcestershire sauce and cilantro. Mix until incorporated.
- 2** Shape into 6-8 patties and spray non-stick spray in a large skillet over medium high heat.
- 3** Add patties to the skillet and cook for 2-3 minutes on each side until golden brown.





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# Turkey Burgers

Turkey contains the amino acid tryptophan. This can increase the level of serotonin in the body. Serotonin is a neurotransmitter that helps to regulate mood.

## Ingredients

- 1 lb. ground turkey
- 1/2 onion, finely chopped
- 1 egg
- Burger buns
- Iceberg lettuce, tomato slices, sliced cheese
- Salt and pepper (to taste)
- Any other additional spices you'd like
- Non-stick cooking spray

## Directions

- 1** Grate or dice onion into small pieces.
- 2** Mix turkey and chopped onions into a large bowl with spices.
- 3** Crack egg into bowl and mix to bind onion and meat together.
- 4** Once well mixed, divide the mixture into four equal portions. Roll into individual balls and press down into burger-sized circles.
- 5** Add the burgers to skillet and cook on each side for about 5 minutes, or until cooked through. *Cut the biggest patty open in the middle to ensure the meat is no longer pink and that the juices run clear.*
- 6** Place patties on the buns and top with lettuce, tomato and cheese (if desired)



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# Tofu Stir Fry

Tofu is a good source of plant-based protein and contains all nine essential amino acids. Spinach is chock full of fiber. Fiber helps maintain gut and bowel health!

## Ingredients

- 2 (14 oz.) packages extra-firm tofu
- 1 tablespoon canola oil
- 3 tablespoons soy sauce
- 1 small bunch green onions, finely chopped,
- 2 tablespoons corn starch
- 1/2 teaspoon garlic
- 1/4 teaspoon ginger
- 1/2 teaspoon red pepper flakes
- 2 tablespoons toasted sesame seeds
- 2 teaspoons sesame oil
- 2 small carrots, sliced
- 1 head broccoli, cut into florets
- 10 oz. baby spinach

## Directions

- 1** Drain the tofu. Wrap each block in a double layer of paper towels and pat dry, pressing down on the tofu to squeeze out excess moisture. Cut the tofu into 3/4-inch cubes.
- 2** Heat oil in skillet and sauté vegetables until soft, about 10 minutes. Add tofu and sauté, stirring every minute or so until moisture has cooked off (8 to 10 minutes).
- 3** Add the garlic, green onion, ginger, red pepper, and the remaining 2 tablespoons of soy sauce. Stir and cook until fragrant, about 1 minute and then add the spinach.
- 4** Cook down spinach and stir in the sesame seeds. Stir in the sesame oil. Remove from the heat.

*Serve with brown rice or noodles. (Makes several servings)*



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# Soba Noodles

Did you know that Soba noodles are made from buckwheat? The variety Nagano soba includes wheat flour and is a great source of whole grains. Miso is full of probiotics, which contributes to improved gut health!

## Ingredients

- 8 ounces soba noodles
- 1/4 cup soy sauce
- 3 tablespoons sesame oil
- 2 tablespoons rice vinegar
- 1 tablespoon honey
- 1 tablespoon miso
- 1/2 teaspoon garlic
- 1 tablespoon siracha
- 4 green onions
- 1 teaspoon sesame seeds

**Optional:** Add fried eggs or rotisserie chicken for protein

## Directions

- 1** Cook the noodles according to instructions. Once done cooking, rinse noodles in cold water and drain.
- 2** In a medium bowl whisk together the soy sauce, sesame oil, rice vinegar, honey, miso, and garlic. Combine with sliced onions.
- 3** Fry eggs in saucepan to add protein to your whole grain, probiotic rich meal.
- 4** Combine all ingredients and serve. *(Makes several servings).*

### Shopping Tip

Look for miso in the refrigerated section at your local grocery store.



Dinner

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# Microwave Chicken and Black Bean Quesadillas

Beans are a great source of fiber and contain B vitamins, which can improve mood. They also contain iron, which can also increase those “feel-good” emotions.

## *Ingredients*

- 2 medium flour tortillas
- 1/2 cup chicken (pre-cooked or canned)
- 1-2 tablespoons of black beans
- 1 tablespoon taco seasoning
- 1/4 cup shredded cheddar cheese
- 2 tablespoons salsa

**Optional:** 1 tablespoon sour cream

## *Directions*

- 1** Microwave the tortillas on a plate until slightly crispy.
- 2** They will dry out a bit as they cool.
- 3** Mix the chicken and taco seasoning in a bowl until evenly combined.
- 4** Spread the mixture evenly on one tortilla, sprinkle beans on top of chicken mixture, cover evenly with the cheese, then top with the other tortilla.
- 5** Cook for another 30 seconds to 1 minute, slice, then serve with desired toppings.



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# Broccoli Cheddar Egg Cups

Eating breakfast for dinner is a tasty way to receive omega-3 fatty acids, folate, calcium and more. Did you know that low folate levels can be connected to depressive symptoms? Fortified breakfast cereals can be a great addition to these cups and provide more folate.

## *Ingredients*

- 3 cups broccoli florets
- 2 tablespoons olive oil
- 12 eggs
- 1/2 cup sweet onion, chopped
- 1/2 bell Pepper, chopped
- 1 + 1/2 cups cheddar cheese, separated
- 1/4 teaspoon nutmeg
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

## *Directions*

- 1** Preheat the oven to 375 degrees.
- 2** Cook broccoli florets until tender. Remove from heat and set aside.
- 3** In a large bowl, crack the eggs and whisk them together. Set aside.
- 4** Add the onion and bell pepper with oil and sauté for 6-7 minutes. Add the veggies and broccoli to the eggs, along with 1 cup of the cheddar cheese. Mix to combine. Add the spices.
- 5** Pour the egg mixture into greased muffin tins, sprinkle with cheese and bake 20-25 mins.
- 6** Refrigerate the egg muffins in an airtight container for consumption up to one week.



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# Stuffed Peppers

Certain spices offer distinct cognitive advantages due to their antioxidant potential. Using spices like cayenne pepper, and those found in Creole seasoning, when consumed regularly, impact your brain and mood.

## Ingredients

- 6 medium or large bell peppers
- 1 lb. lean ground beef
- 1 can (14.5 oz.) diced tomatoes
- 1 can (8 oz.) tomato sauce
- 1 cup cooked brown rice
- 1 diced onion
- 1 teaspoon cayenne pepper
- 1 tablespoon creole seasoning
- 2 tablespoons Italian seasoning
- 1 cup reduced fat shredded cheese (like mozzarella)

## Directions

- 1** Preheat oven to 350°F.
- 2** Remove the top of the peppers. Cut out the inside membrane and rinse the seeds out. Set aside.
- 3** Bring a large pot of water to a boil. Boil the peppers for 10 minutes (in two batches).
- 4** Brown hamburger and cook rice according to directions.
- 5** Add tomatoes, sauce and seasoning to hamburger, then reduce to a simmer.
- 6** Once rice is finished, add to the hamburger mixture. Mix about 1/2 cup or more of cheese into the mixture, leaving the rest to sprinkle on top of the peppers.
- 7** Fill the peppers with the mixture and sprinkle with cheese.
- 8** Bake for about 5 minutes, or until cheese is melted.





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# Mediterranean Pasta Salad

Consuming the rainbow, in terms of vegetable colors, provides a range of nutrients that are beneficial to your brain. This recipe offers a variety of polyphenols, phytonutrients and flavonoids.

## *Pasta Salad Ingredients*

- 12 oz. whole grain pasta
- 1 English cucumber, diced
- 1 pint cherry tomatoes, halved
- 2/3 cup sliced kalamata olives
- 4 oz. crumbled feta cheese
- 1/2 red onion, chopped

## ***Directions***

- 1** Cook the pasta according to package instructions. Drain pasta, then rinse under cold water and drain again. Transfer the pasta to a large mixing bowl.
- 2** Whisk all vinaigrette ingredients together until combined.
- 3** Add cucumber, tomatoes, kalamata olives, feta cheese, and red onion to the mixing bowl, then drizzle the vinaigrette on top. Toss until all of the ingredients are evenly coated with the dressing. (*Makes several Servings*)

## ***Salad Dressing Ingredients***

- 1/3 cup red wine vinegar
- 1 lemon, juiced
- 1 teaspoon Dijon mustard
- 2 garlic cloves, minced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt, 1/4 teaspoon pepper
- 1/2 cup olive oil



# Dietitian Services

Dining Services' dietitian is here to help you achieve your nutritional and wellness goals.

**Request a one-on-one appointment at [go.wvu.edu/DietitianServices](https://go.wvu.edu/DietitianServices).**

