EYE-FRIENDLY FOODS

Book 1
10 Power Foods to Help Control Dry Eye Disease

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What is Dry Eye Disease?

Are My Eyes Just Tired?

Dry Eye Disease (DED) can sometimes sneak up on you! You start noticing, for example, that your eyes have started to sting, or feel scratchy at times. It’s getting more difficult to put in your contacts, and your eyes water frequently. Maybe you have trouble reading at night, and wonder if you’re just plain tired. DED is one of the most common eye conditions that affects both men and women of all ages. However, it has been noted that DED is particularly common among peri and postmenopausal women; so there can be a gender/hormonal aspect to this syndrome as well.

Symptoms vary widely among people who have a problem with Dry Eye, and it affects each individual a little bit differently in terms of severity. Unlike other eye diseases, permanent loss of vision seldom occurs, but DED can be chronic and debilitating enough to spoil your enjoyment of life.

Why has this happened to me?

There are several causes for DED, and your problem could be one or more of them. Environment is often the culprit. Exposure to dry air and/or windy conditions is included in this category, as are ceiling fans—which can rob your eyes of moisture, even at night when you’re sleeping. Smoke, and prolonged computer use are other environmental issues. Aging, allergies, reactions to medications, long-term use of contact lenses, and eyelid disease could be guilty of encouraging the appearance of symptoms. If you have Rheumatoid Arthritis or Sjogren’s Disease, the inflammatory characteristics of these systemic diseases can also produce DED. Those conditions that produce inflammation in patients put them particularly at risk since DED itself is an inflammatory condition. Your body will naturally produce inflammation in response to threats such as an infection or injury, and in this context it is normal and healthy. Chronic inflammation, however, is a different story because rather than helping the healing process, it interferes with our body’s ability to repair itself.

How can I have Dry Eyes when my eyes water all the time?

Eventually you visit the eye doctor, and there you are, dabbing at your brimming eyes with a tissue while the doctor is saying “Looks like you have Dry Eyes”. How is that possible? Strangely enough DED doesn’t mean you have trouble producing enough tears, but rather that the tear film you do produce is suffering from an imbalance of the three components that make up healthy tears. First, there is the aqueous, or water element. Next comes the oily, or lipid layer. Finally, mucous completes the trio. If these elements are not in perfect balance, the eye naturally tries to compensate by producing more tears. Unfortunately these tears are mostly water, and are not effective in lubricating the cornea.
How can I help my eyes feel better?

Typically, a dry eye problem is first addressed with treatments such as OTC artificial tears, modification of lifestyle, use of eyelid scrubs and application of warm compresses. If relief isn’t achieved, prescription eye drops containing steroids are suggested. There are also eye drops called autologous serum tears, which are made by separating components of a patient’s own blood. The benefit is that these man-made tears possess the biological nutrients naturally found in our own tears and can bring symptomatic relief.

Dietary supplements and anti-inflammatory medications can be prescribed as well. Other procedures, such as the insertion of punctal plugs to prevent tear drainage may help some patients. It’s important to keep in mind, though, that none of these is in itself a permanent remedy—for medical solutions often don’t reach the core of the problem. Only restoration of proper structure and function to the tear film will provide a lasting resolution to DED.

We have found that controlling chronic inflammation with a nutritional approach is especially promising. The foods we eat contribute to our eye health in addition to our overall wellbeing. An anti-inflammatory diet can help to lower levels of inflammation in the body, and consequently is beneficial for dry eye problems, too. The body’s inflammatory response can be triggered by certain foods, while other foods seem to dampen it. Two essential fatty acids, omega 3 and omega 6, are significant. Foods high in omega 3, like cold water fish, lower the production of inflammatory proteins, so fish oil is often prescribed to treat DED. Omega 6 is found in corn, safflower and peanut oils, as well as processed and refined foods, and is considered to be pro-inflammatory.

Going Beyond Omega 3

Omega 3 (fish oil) supplements have been considered leaders in the first line of defense to combat inflammation, whether it is in your joints, or your tear glands. But adding supplements are not the only way to go. Choosing certain foods which lower inflammation can take the nutritional approach a step further.

Many herbs and spices contain anti-inflammatory properties. Turmeric, which is most notably found in Indian cuisine and curry powders is an important one, as is cinnamon. Ginger root, a common Asian ingredient, boasts both anti-nausea and anti-inflammatory properties. Oregano, basil and rosemary, that you may grow in your own garden, are delicious—and anti-inflammatory—herbs. Also at the top of the list are high fiber foods, which include raspberries, beans, legumes, vegetables. The 9th century Emperor, Charlemagne, is credited with a truth that is still valid today: “An herb,” he said, “is the friend of physicians and praise of cooks.”

We stand a better chance of success by starting with a positive attitude. Understanding how certain foods can help us is a big incentive to make them part of an overall treatment program. It’s probably better, safer, and easier to try modifying our diets first, instead of reaching for strong anti-inflammatory medications whose side effects can often be worse than the condition they’re meant to treat. Learning to choose and prepare beneficial foods can also be a fun, not to mention tasty, option to feel better.
Adapting your diet to fight inflammation begins at the grocery store. The 10 Power Foods that will help you achieve your goal are:

- Apples
- Berries
- Broccoli & Friends (cabbage, cauliflower)
- Cold-Water Fish
- Dark Chocolate
- Grains
- Nuts
- Shiitake Mushrooms
- Spices
- Orange Vegetables

Keeping in mind that moderation is a key element in successfully implementing changes. Maintain a balance in your menus and remember you don’t have to totally eliminate everything and feel “deprived”. Make thoughtful choices, and be aware of changes in the way your eyes feel. Lastly, don’t be too impatient. Meaningful results may take some time to become evident.

Try some of the following recipes that feature our powerful friends, and enjoy the process of experimenting with your own creations along the way.

“Nightshade” Vegetables: Tomatoes, Potatoes, Eggplant, Bell Peppers—while not proven, some studies link these to inflammatory responses.
Why are we always told “An apple a day keeps the doctor away”? Maybe because apples are loaded with vitamins A and C. Vitamin A helps protect your vision and develop healthy linings in your eyes, as well as other organs in your body. The vitamin C contributes to a strong immune system, and is said to help in healing wounds. But did you know that much of the nutritional value of apples resides within the peel? Peeling your apple before eating or using in a recipe robs you of some of the benefits, including fiber. The good news is that apples are free of the less healthy items we want downplay in our diets, like cholesterol, sodium and fat!

### Apple-Walnut “Waldorf” Salad  
**Serves 4**

**Ingredients**
- 3 tart apples (such as Granny Smith) diced
- 1 cup celery, sliced thinly
- 1 cup walnuts, toasted & chopped
- ½ cup dried cranberries
- ¼ cup red seedless grapes (optional)
- Salad greens (about 4 cups Spring Mix, or butter lettuce)

**Dressing**
- ½ cup low fat plain yogurt
- 2 Tbsp fresh lemon juice, plus zest of one lemon
- 1 tsp honey
- Kosher salt & coarsely ground fresh pepper to taste

**Directions**

In a large bowl, combine apples, celery, walnuts, cranberries and grapes (if using). Mix dressing ingredients, and add to the mixture until it is lightly coated. Divide greens among 4 plates, top with salad and serve chilled. Bonus: Add strips of grilled chicken breast for a heartier meal.

### Apple-Kale Salad  
**Serves 4**

**Ingredients**
- 2 apples, cored and julienned
- 1 cup shredded carrots
- 4 cups kale, stemmed and cut into ribbons
- ½ cup raisins
- ½ cup slivered almonds

**Dressing**
- 2 Tbsp apple cider vinegar
- 1 tsp agave nectar (or honey)
- 2 tsp Dijon mustard
- Kosher salt & coarsely ground fresh pepper to taste

**Directions**

Combine all ingredients except almonds in a salad bowl. Toast the almonds in a 350° oven (the toaster oven is fine!) until lightly browned. Watch carefully, they can burn quickly. For the dressing, mix vinegar with mustard and agave nectar. Slowly whisk in the oil until well combined. Drizzle dressing over salad ingredients, toss and allow to sit for about a half hour. Just before serving, top with toasted almonds for a nice crunch.
Nutty Apple-Pecan Coffeecake  Serves 4-6

**Ingredients**

- 2 cups pecans coarsely chopped
- 4 cups tart apples, peeled and chopped
- 2 cups whole-wheat pastry flour
- 1 tsp baking powder
- ½ teaspoon salt
- 1 tsp ground apple pie spice
- 1 tsp vanilla extract
- ¼ cup vegan shortening, melted*
- ½ cup maple syrup
- ⅓ cup unsweetened applesauce

*vegan shortening is a plant-based vegan butter alternative available in stick form, and found in natural or health food stores.

**Directions**

Preheat oven to 350°F. Spray an 8” square dish with non-stick cooking spray, line bottom of pan with parchment paper, spray again, lightly. Peel apples and chop into chunks. Spread a tablespoon of maple syrup over the bottom of the paper. Reserve ½ cup of each (for topping), then layer half the remaining chopped apples, followed by a layer of half the remaining pecans. Whisk together the dry ingredients in a large bowl. In a smaller separate bowl, combine the maple syrup, applesauce, melted vegan shortening, and vanilla. Add to the dry ingredients and mix well. Using about half of it, spread the batter over the apples and pecans in the dish. Repeat layering the apples and pecans again, then use the remaining batter to top the fruit and nuts. Sprinkle the reserved pecans and apple pieces on top for garnish, adding a dusting of apple pie spice on top. Bake in the oven for 55 minutes. Allow cake to cool for a half hour before serving.

**A HANDY TIP**

Don’t give up treats like cookies or quick breads in order to avoid the fats from oil and butter that may be in the recipe. Substituting applesauce in your favorite goodies is a no-brainer! Basically, the ratio of applesauce to butter or oil is one to one. Add in ½ cup of applesauce where the recipe calls for ½ cup of butter or oil. Keep in mind, though, that your substitution will affect the texture of your original recipe, making it fluffier, and more moist. Be sure to use an unsweetened variety, which won’t affect the taste.

**WANT IT FAST? USE YOUR MICROWAVE!**

Your microwave is your best friend if you want cooked apples for making applesauce or apple crisp! Apples can be microwaved with or without their skins, depending on how you plan to use them.

**Step 1:** Carefully wash your apples in cold running water. If you are concerned about pesticide residue on the skins, mix 3 parts water to 1 part vinegar to help clean them more thoroughly.

**Step 2:** Core the apples, popping the core out of the center. Peel if desired, and cut into chunks or slices. Toss them with a bit of lemon juice to prevent browning.

**Step 3:** Spread apples evenly in a baking dish sprayed with non-stick cooking spray. Cover with plastic wrap and cook on high for 3-5 minutes, or until tender. (Depending on the thickness of your slices and the power of your microwave, you may need to adjust the time.)
How comforting to know that the juicy, luscious berries we enjoy also pack a mighty nutritional wallop! We have nothing but praise for strawberries, blackberries, blueberries, raspberries, gooseberries, cranberries, and so many more. Berries provide antioxidant benefits through their phytochemicals—those are the pigments that give berries their vibrant color. They have one of the highest rankings among fruits and vegetables when it comes to fighting the damaging free radicals that trigger inflammation signals—a valuable asset for fighting Dry Eye Disease. Plus, they’re delicious. Add 2 or 3 different types of berries to your daily diet. It’s easy to do, since there are so many ways to incorporate berries into snacks and meals.

**Berry Good (No-bake) Breakfast Squares**  
Makes 16 squares, 2” in width

**Ingredients**
- 1 ½ cups rolled oats
- 1 cup whole almonds
- ¾ cup dried cranberries
- ½ cup pistachios
- ¼ cup ground flaxseed
- ⅓ cup walnut pieces
- ¼ cup sunflower seeds
- 3 Tbsp sesame seeds
- ⅛ cup honey
- ⅛ cup unsweetened apple sauce
- 1 cup almond butter

Cook’s note: Any kind of dried berry or dried fruit will work just fine. Don’t like walnuts? Use any nuts or seeds of your choice.

**Directions**

Line an 8” square baking pan with parchment paper, making a “sling” that hangs over the sides of the pan. This will ease removal of the finished bars from the pan. In a large bowl, combine the first 8 ingredients. Add the honey (or agave syrup) and the applesauce and combine with the fruit and nuts. Add the almond butter to this mixture, and mix well until thoroughly combined and ingredients are well distributed. Place mixture in the paper-lined pan, press down firmly and make as even a layer as possible. If you have trouble with sticking, moisten a piece of plastic wrap, place over the surface while you press down. Put the pan in the freezer for about an hour, then remove pan and release the “slab” from the pan. Slice into 16 squares. Store in an airtight freezer bag or container to retain freshness.

**Bright Idea!**

- Add a cup of fresh or frozen cranberries to muffin or quick bread recipes
- Toss a handful of strawberries into a spinach salad, sprinkle with balsamic vinegar and a few toasted almonds
- Blend some blackberries with 100% fruit juice and heat to make a sauce for pork or chicken
- Make fruit art—search the internet for ideas like this one, from www.driscolls.com
TRY THIS HANDY TIP
Don’t buy an expensive tool for hulling your strawberries! You can easily accomplish this by using a plastic drinking straw. After washing the berries, take a straw and push it up through the bottom point of the strawberry. The hull and stem will come out on the end of the straw, leaving a perfectly hollowed out strawberry.

Lunchtime Special: Strawberry Grilled Cheese Sandwich  Serves 2

**Ingredients**
- Soft goat cheese, 1 (3-4 oz.) log
- 4 slices whole grain bread
- 4 tsp spicy red pepper jelly
- 8 leaves fresh basil
- 1 cup arugula leaves
- ½ cup sliced strawberries
- Salt & pepper

**Directions**
Line up 4 slices of bread and spread goat cheese on each of 2 slices. Spread pepper jelly on the second 2 slices, then top with strawberries, basil leaves and arugula. Season with salt and pepper if desired. Place remaining bread slices (goat cheese side down!) on top. Heat a non-stick skillet, which has been lightly sprayed with olive oil or cooking spray, over medium heat for a couple of minutes. Grill sandwiches for 2-3 minutes per side, or until golden brown.

Blueberry BBQ Sauce  Makes 2 cups

Delicious on chicken or pork!

**Ingredients**
- 1 Tbsp vegetable or olive oil
- ½ cup chopped red onion
- 1 minced shallot
- 4 cloves chopped garlic
- 1 or 2 jalapeno peppers, chopped (remove seeds and ribs for less heat)
- ½ cup bourbon (or apple juice)
- ½ cup ketchup
- ½ cup cider vinegar
- 2 Tbsp brown sugar
- 1 Tbsp molasses
- ¾ tsp ground allspice
- 1 cinnamon stick (or ¼ tsp ground cinnamon)
- 1 Tbsp smoked paprika
- 2 cups fresh blueberries (can use frozen, but do not thaw first)

**Directions**
In a large saucepan, heat oil over medium heat. Add onions, and sauté until just translucent, then add the shallot, garlic and peppers. Stir until fragrant. Add the bourbon and bring to a boil. Reduce liquid until most of it has evaporated. This will take about 5 minutes. Add remaining ingredients and return to a boil. Reduce heat and simmer for approximately 20 minutes, stirring every once in a while, until the mixture has thickened. Remove cinnamon stick, and store in an airtight container in your fridge. It can also be frozen, or preserved by canning into mason jars.* Brush on grilled chops, ribs, or chicken as a last step before you take them off the grill, reserving some to use as a sauce over the cooked meat. It’s really good on ribs!

*Note: Be sure to follow a proper step-by-step guide to home canning if you go that route, to insure food safety.
Broccoli & Friends

Broccoli should win an Oscar for its performance on the nutrition stage! This hearty and tasty vegetable has even been called a “miracle food”, because it has cancer-fighting, immune-boosting properties as well as soluble fiber that is known to reduce cholesterol and promote heart health. It also contains a compound known as kaempferol, which quiets allergic reactions. Significant amounts of omega 3 are present, making broccoli an effective inflammation fighter. (Eye health is even further promoted by significant levels of lutein, zeaxanthin and beta carotene, while the components calcium and vitamin K contribute to bone health.) While broccoli is perhaps the most talked about, other cruciferous vegetables like cabbage, cauliflower and Brussels sprouts share many of these sterling qualities and provide widespread benefits.

Fresh Broccoli Soup

Makes 8 servings (1 cup each)

**Ingredients**

- 8 cups chopped broccoli, stems and florets
- 1 cup chopped onion, divided
- ½ cup each chopped celery and carrots
- 1 Tbsp butter
- 1 Tbsp olive oil
- 2 cloves garlic, chopped
- 1 tsp chopped fresh thyme
- 1 tsp. flour
- 4 cups low sodium chicken broth or vegetable broth
- 2 cups 2% low-fat milk
- ½ cup half-and-half (optional)
- ½ tsp salt
- freshly ground black pepper.

**Directions**

In a large soup kettle or dutch oven, bring water to a boil. Add broccoli, ½ cup onion, the carrots and celery. Boil for 2 minutes, drain. Select 1 cup of small broccoli florets, reserve, and set remaining vegetables aside. Heat butter and oil over medium heat in the now-empty dutch oven, and sauté the remaining onion until softened. Do not brown. Add the garlic and thyme, cook about 30 seconds until fragrant. Add drained vegetables (continue to reserve the florets separated earlier) and the flour. Then add broth and milk, stirring. Bring to a boil, then immediately reduce heat to maintain a lively simmer to finish cooking vegetables until they are very tender. This should take 8-10 minutes. Puree the soup in a blender until smooth. Work in batches to prevent hot liquid from being splattered out. Return to dutch oven, and add half-and-half, if using. Taste for seasoning, add salt and a few grinds of pepper, then stir in the reserved broccoli florets. Serve immediately, or cover and refrigerate. Soup may also be frozen for up to 3 months.
**Cruciferous Quinoa Casserole**

**Serves 8**

**Ingredients**
- 1 cup quinoa
- 4 cups broccoli and/or cauliflower florets, chopped
- ¼ cup red bell pepper diced
- 2 Tbsp olive oil, divided
- ½ cup 100% whole wheat Panko bread crumbs, toasted
- 3 boneless, skinless thin sliced chicken breasts
- Salt & freshly ground black pepper
- 2 Tbsp unsalted butter
- 2 Tbsp flour
- 2 cups 2% low-fat milk
- 1 ½ cups shredded cheddar cheese (made from 2% milk), divided
- ½ cup plain Greek yogurt

**Directions**

Coat a 9” x 13” casserole dish with non-stick cooking spray, and pre-heat the oven to 350°. Cook quinoa in a large saucepan in 2 cups water, or according to the instructions on the package. Add vegetables to the pot 5 minutes before the cooking time is up, cover and steam until done. Set aside.

Toast the Panko crumbs in 1 Tbsp of oil in a skillet, remove from skillet and set aside. Season the chicken breasts with salt and pepper, heat remaining oil in the now-empty skillet and cook the chicken 2-3 minutes per side, flipping it once, until cooked. Cut chicken into bite-size pieces, add to quinoa mixture.

Melt butter in the skillet, add the flour to make a roux, stirring until combined and lightly browned. Gradually whisk in the milk, cook, stirring until completely incorporated and beginning to thicken slightly. Stir in the quinoa, broccoli and chicken, then 1 cup cheese and the yogurt. Taste for seasoning, add salt and pepper if needed. Turn mixture into prepared casserole dish, sprinkle with remaining cheese and toasted crumbs. Bake for 10-15 minutes, or until heated through and cheese has melted.

**Crunchy Peanut Slaw**

**Makes 6 servings**

**Ingredients**
- ⅓ cup rice vinegar
- ¼ cup peanut butter
- 3 Tbsp brown sugar
- 1 Tbsp Mirin (soy sauce)
- 1 tsp toasted sesame oil
- ½ tsp salt (or to taste, optional)
- 8 cups shredded green cabbage
- Red pepper flakes (optional)
- ½ cup dry roasted chopped peanuts

**Directions**

Make dressing. Place first 6 ingredients in a blender, process on low until well combined. About an hour before serving, put the dressing in a large bowl and add the cabbage gradually, about 2 cups at a time, tossing well after each addition. Stir in the pepper flakes (if using), cover with plastic wrap and chill for an hour. Add the peanuts just before serving and toss the slaw once again before plating.

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**What Is QUINOA?**

**UNCOOKED**

Pronounced “keen-wah”, this tiny health food star is a grain full of flavorful nutrition. It tastes great in just about anything: salads, casseroles and even cakes. Use like rice, too, in pilaf or risotto.
Salmon & Sweets Patties  Serves 4 (Two power foods in one bite!)

**Ingredients**

- 1 lb. salmon fillet (4 portions, 4 oz. each)
- 1 large sweet potato
- Bay leaf
- 1 cup white wine (vegetable or chicken broth may be substituted)
- 1½ cups crushed saltine crackers
- ¼ cup egg substitute (or 1 beaten egg)
- 1 Tbsp chopped fresh thyme
- 1 Tbsp Old Bay seasoning, Black pepper, freshly ground
- 1 Tbsp. hot sauce (or to taste)
- 2 green onions
- 3 Tbsp chopped fresh dill
- 3 Tbsp olive oil

**Directions**

Peel and cube sweet potato, place in saucepan with water to cover plus a pinch of salt. Bring to a boil and cook for 10-12 minutes until tender. Drain, mash, and set aside. Place salmon portions in a skillet with wine and the bay leaf. Add water to come up to the top of the salmon, but do not cover. Using medium low heat, bring to a simmer and poach salmon until opaque. This will take about 8 minutes. Remove salmon from skillet, take off the skin and flake fish, adding it to a bowl. Season with salt and pepper. Add the mashed sweet potatoes to the salmon, then the Old Bay seasoning, half the crushed saltines, egg, thyme, green onions and dill. Combine ingredients into a mixture that will hold together to form cakes; if it is too wet, add additional cracker crumbs. Mold into 4 patties, coat with remaining saltine crumbs. Place the formed patties on a plate, cover with plastic wrap and put in the freezer for 15-20 minutes to firm up. Heat olive oil in a large skillet, add salmon patties to the pan. Cook about 2-3 minutes on a side, or until crispy golden brown. Serve over fresh leafy salad greens, topped with a dollop of store bought pesto or Cilantro-lime sauce.

**Cilantro-Lime sauce:** Mince about ½ cup fresh cilantro leaves, mix with 1 cup of reduced-fat sour cream. Add the juice and zest of one lime, and a dash of hot sauce.

**A Word About Contaminants....**

Some fish—both fresh and canned—may contain undesirable substances like PCB (polychlorinated biphenyl) and mercury. For example, foreign farmed salmon may have higher levels of contaminants than wild-caught salmon, so be mindful of the source. American sources, while not perfect, have the best reputation. The majority of Pacific salmon is wild-caught, and Alaskan salmon can also be counted on to be wild catch. The good news is that salmon carries less danger of being contaminated with mercury than some other varieties, like swordfish, tilefish and shark. Tuna also has been cited for mercury problems, but the majority of healthy adults can safely eat up to 6 oz. of canned light tuna weekly. The benefits outweigh the risks, as long as people are aware of portion control. Other low-mercury options include shrimp, pollock and catfish.
**Mediterranean Sardines over Pasta**  
Makes 4 4-oz. servings

**Ingredients**
- ⅓ cup pitted black olives, chopped
- ½ cup chopped sun-dried tomatoes
- 2 cans sardines packed in oil  
  (Brisling preferred) drained
- ⅓ cup extra virgin olive oil
- 3 garlic cloves, minced
- 1 bulb fennel, sliced
- Salt & freshly ground black pepper
- Red Pepper flakes
- 4 cups baby arugula
- ⅛ cup toasted pine nuts
- Crumbled Feta cheese (optional)
- Juice of 1 lemon (about 2 Tbsp)
- 12 oz whole grain pasta

**Directions**
Combine the first 6 ingredients plus 2 Tbsp pine nuts in a big bowl. Add salt and freshly ground pepper to taste, plus a generous pinch of red pepper flakes. Toss gently with 1 Tbsp lemon juice. You want to break up the sardines so they are chunky, not broken down to flakes. In a large pot of boiling salted water, cook the pasta according to the package directions. Scoop out ⅓ cup pasta water, then place the arugula leaves in a large colander and drain the pasta over it, wilting the arugula. Add linguine to bowl with the sardine mixture. Again, toss gently to mix all together, adding pasta water in small amounts if necessary, to make it as “sauce-y” as you like it. Divide on to plates, sprinkle with toasted pine nuts, remaining lemon juice and crumbled Feta, if using.

**Tuna & White Bean Salad**  
Serves 4

**Ingredients**
- 1 (19 oz.) can Cannelini beans, drained
- 1 cup chopped fresh parsley
- ¼ cup chopped green onions
- 2 (5 oz.) cans light tuna, packed in water
- 2 Tbsp fresh lemon juice
- 2 Tbsp red wine vinegar
- 3 Tbsp olive oil
- Salt and freshly ground pepper
- Salad greens of your choice

**Directions**
Rinse the drained beans thoroughly to remove excess sodium. Combine the beans, parsley and chopped green onion. Drain the tuna, flake with a fork and fold into the bean mixture. Whisk the lemon juice, vinegar and oil in a glass cup or small bowl to combine, then pour over the beans and tuna. Stir gently to combine. Season with salt and pepper to taste, and refrigerate for 6-8 hours or overnight to combine flavors. Spoon over mixed salad greens. Arugula, baby kale, torn romaine lettuce, and radicchio makes a colorful nutritious combination.

Choose your fish responsibly. Buy what’s freshest, and opt for the varieties that are wild caught, farmed sustainably, or harvested in a way that doesn’t harm the species or environment. Check for sources and certification of purity.

Sustainable Seafood Guide courtesy of The Guy Harvey Ocean Foundation  
GuyHarvey.com
Instead of making us feel guilty when we reach for chocolate, the medical community has welcomed our favorite treat into the super food family. Hallelujah! Chocolate may lower cholesterol levels, prevent memory decline and assist in maintaining a healthy cardiovascular system. BUT, to benefit from the healthful anti-oxidants, the chocolate must contain at least 70% cocoa solids. Luckily, these days dark chocolate is readily available in the supermarket. Read the nutrition information panel carefully to verify the percentage of cocoa in the product.

Unfortunately, dark chocolate with the highest cocoa content tends to taste bitter, so chocolate treats often contain extra sugar and fats we don’t need to make them more palatable. A caramel covered marshmallow fudge bar is not likely to get your doctor’s stamp of approval, so try some offbeat ways to incorporate chocolate into your menus with our recipes.

### I Can’t Believe It’s a Brownie

**Makes 32 bars**

**Ingredients**

- 1 cup black beans, rinsed and drained
- 2 Tbsp grapeseed oil
- ¼ cup applesauce
- ½ cup frozen spinach, thawed and squeezed dry
- ½ cup egg substitute
- 1 egg yolk
- ¾ cup sugar
- 3 Tbsp unsweetened cocoa
- 1 ½ Tbsp instant espresso powder
- 3 oz. chopped dark chocolate
- 2 Tbsp unsalted butter
- 2 tsp. vanilla extract
- ½ tsp salt
- ½ cup flour
- 6 Tbsp mini chocolate chips
- 6 Tbsp chopped walnuts (or other nuts of your choosing)

**Directions**

Lightly spray a 9 x 13 inch baking pan with non-stick cooking spray, then line with foil, allowing the ends to overhang to make a sling. This will help removing the baked brownies from the pan to cut into bars. Mist foil lightly with additional cooking spray. Heat the oven to 350°.

Place the black beans and the next 8 ingredients in a food processor and pulse for a minute or so, or until smoothly blended. Combine the chopped chocolate and butter in a microwave-safe bowl, and microwave on high, stirring every 30 seconds until melted and smooth. Allow the melted chocolate to cool for 5 minutes, then add to the food processor along with the vanilla extract and salt. Pulse again, several times, to fully combine. Combine the mixture to a bowl. Stir in the flour, chocolate chips, and nuts. Place batter into prepared pan and bake for 25-30 minutes. Cool in pan for 15 minutes or so, then remove and cut into 32 bars.
**South of The Border Chicken**  
**Serves 4**

**Ingredients**

- 1 Tbsp vegetable oil  
- 2 ½ lbs. bone-in chicken thighs  
- 1 onion, chopped  
- 1 bay leaf  
- 2 garlic cloves, minced  
- 1 ½ tsp cumin  
- ½ tsp ground paprika  
- ¼ tsp cayenne pepper  
- ¼ tsp black pepper  
- ½ tsp salt  
- 1 (28 oz) can diced tomatoes  
- 1 (4 oz) can green chiles  
- 3 oz. dark chocolate, chopped  
- 1 tsp tahini  
- few sprigs cilantro for garnish.

**Directions**

Heat the vegetable oil in a large heavy pot over medium high heat. Cook the chicken thighs in the hot oil until browned on all sides, about 10 minutes. Remove from the pan and set aside. Reduce the heat to medium and add the chopped onion, cook for 2 minutes or until softened. Stir in the bay leaf plus the next 6 ingredients, cook until vegetables are softened and translucent, about 5 minutes. Add the tomatoes and green chiles, simmer for 10 minutes. Then put in the chopped chocolate and tahini paste, stirring until melted. Return the chicken to the pot, reduce heat to medium low, cover and simmer until the chicken is cooked through and no longer pink at the bone. This should take 15-20 minutes. Serve with chopped cilantro sprinkled on top.

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**Cocoa-crusted Pork Tenderloin**  
**Serves 4**

**Ingredients**

- 2 Tbsp Cocoa Nibs, preferably organic*  
- 2 Tbsp brown sugar  
- 1 tsp unsweetened cocoa powder  
- ½ tsp freshly ground black pepper  
- 1 tsp cumin  
- 1 tsp paprika  
- ½ tsp ground allspice  
- ½ tsp salt  
- 1 tsp dried thyme  
- 1 pork tenderloin, about 1 ½ lbs  
- Vegetable oil  
- Ovenproof skillet

*Cocoa nibs are dried and fermented bits of cocoa beans. They are simply chocolate in its purest form, before anything else is added. The texture of raw organic cocoa nibs is similar to that of roasted coffee beans. They have a deep chocolate flavor, often described as slightly bitter and nutty, and can be found in health food stores.

**Directions:**

Using a spice or coffee grinder (or mortar and pestle), grind nibs until broken into small bits about the consistency of coarse sand. Mix with sugar, spices and remaining ingredients except for the pork and oil. Preheat the oven to 450°. Trim away any silvery skin on the pork tenderloin, then rinse and pat it dry with a paper towel. Lightly coat with vegetable oil, and dredge it in the cocoa spice rub, coating it generously.

Heat 1 Tbsp vegetable oil in an ovenproof skillet over medium high heat, add the pork and sear until nicely browned on all sides, about 6-8 minutes. Transfer the skillet to the oven, and roast the pork until an instant read thermometer registers 145 degrees; that will be about 12-15 minutes. Remove pork from the oven and allow to rest for 10 minutes before slicing to serve. For maximum yum, serve with brown rice and mango salsa.

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**EXTRA! Mango Salsa**

In a bowl, combine 2 fresh mangoes, diced; 1/4 cup crushed pineapple; 1/4 cup each red and green bell pepper in 1/4" dice; 1 jalapeno pepper, seeded and finely minced; 2 Tbsp extra virgin olive oil; 1 clove minced garlic, 1 shallot, finely minced; 2 Tbsp chopped cilantro (or parsley); 2 Tbsp. fresh lime juice. Refrigerate 1 hour to allow flavors to meld.
Whole Grains

Since Americans are becoming more savvy about eating healthfully, we are beginning to realize that the spongy white bread sandwiches eaten for lunch “back in the day” provided little in the way of nutritional benefit. A diet that emphasizes whole grain foods as opposed to processed foods, may lower your level of C-reactive protein, which is often linked to inflammation in the body. Whole wheat bread and brown rice are better options than their white counterparts to help maintain a healthy weight and bypass health problems—including obesity and diabetes.

Whole grains consist of three basic parts: the bran, the germ and the endosperm. When grains are processed, valuable parts of the seeds and their nutrients are removed. Try switching out some of the more familiar grains for something new. Even celebrity chefs are adding spelt, millet, quinoa, wheat berries and other little-known grains to their menus. It’s unrealistic to think you can eliminate processed foods completely...but you can choose to eat them sparingly.

Bulgur Salad   Serves 4

Ingredients

1 cup bulgur wheat, fine or medium grained  
1 tsp Kosher salt  
2 cups boiling water  
3 Tbsp fresh lemon juice  
2 Tbsp extra virgin olive oil  
Salt and black pepper to taste  
1 ½ cups baby kale, finely shredded  
3 Tbsp minced green onions  
1 ½ cups red seedless grapes, halved  
½ cup toasted sunflower seeds  
¾ cup crumbled feta cheese

Directions

Combine bulgur with the salt and the boiling water. Cover and simmer for 12-15 minutes, or until excess liquid is absorbed and wheat is tender. (If you have more time, you can simply cover the bulgur after the boiling water has been added and let it sit for an hour.) Whisk the lemon juice and olive oil together in a large bowl, season with salt and ground pepper to taste. Fluff the bulgur wheat with a fork and toss it with dressing until well combined. Add the kale, green onions, grapes, sunflower seeds and feta. Toss again. Cover and refrigerate for 30 minutes to meld flavors. Serve with grilled or rotisserie chicken for a complete meal.

Note: Make substitutions. Swap quinoa for the bulgur, or toast some chopped walnuts in place of sunflower seeds. Be creative!

SMART SHOPPER’S TIP

Be vigilant in reading labels to insure that the words “whole grain” are not simply an advertising ploy. Whole grain should be one of the first ingredients on the list.

Pudding for Breakfast

Before you retire for the night, mix 1/4 cup of Chia seeds with one cup of almond milk. Let it sit for one hour while you prepare for bed, then just before you turn in, stir and refrigerate overnight. In the morning, top pudding with fruit for a healthy breakfast treat that tastes more like dessert than cereal.
**Barley & Chicken Soup**  
**Serves 4**

**Ingredients**
- 1 cup chopped onion
- 1 cup chopped carrot
- ½ cup chopped celery
- 2 garlic cloves, chopped
- 2 tsp olive oil
- 1 quart low sodium chicken broth
- 1 ½ cups water
- ¼ tsp. dried thyme
- ¼ tsp salt
- ¼ tsp. pepper
- 1 cup diced cooked chicken
- ½ cup uncooked quick-cooking barley
- Paprika, fresh dill (optional)

**Directions**
In a large Dutch oven, sauté the onions, carrot, celery, and garlic in olive oil. Add chicken broth, the water and seasonings, bring to a boil, then reduce the heat and simmer, partially covered, for 20-25 minutes, or until the vegetables are tender. Add the barley, cook 10 minutes, or until barley is tender. Stir in the chicken, cook until heated through. Garnish with paprika & dill.

**Barley & Chicken Soup**  
**Serves 4**

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**Directions**
In a large Dutch oven, sauté the onions, carrot, celery, and garlic in olive oil. Add chicken broth, the water and seasonings, bring to a boil, then reduce the heat and simmer, partially covered, for 20-25 minutes, or until the vegetables are tender. Add the barley, cook 10 minutes, or until barley is tender. Stir in the chicken, cook until heated through. Garnish with paprika & dill.

**DIY Granola**  
**Makes 1 quart**

**Ingredients (for basic recipe)**
- 2 cups old-fashioned rolled oats
- ½ cup wheat germ
- ¼ tsp salt
- 1 cup “extras” (at right)
- ¼ cup maple syrup
- 3 Tbsp flavorless oil (grapeseed or canola)
- 2 Tbsp warm water
- ½ tsp ground cinnamon

**“Extras”**

- For “classic” granola: ⅓ cup chopped walnuts, ⅓ cup flaked coconut, ⅓ cup raisins or dried cranberries
- For “tropicale” granola: ¼ cup roasted cashews, ¼ cup flaked coconut, ¼ cup dried pineapple, ¼ cup banana chips. Substitute ½ tsp ground ginger for the cinnamon flavoring
- For “fruit and nut” granola: ⅓ cup slivered almonds, ⅓ cup chopped dried cherries, ⅓ cup chopped dried peaches or apricots, ¾ tsp almond extract

**Directions**
Heat oven to 275°, prepare a 13 x 9 inch baking pan by spraying with non-stick spray. In a large bowl, mix oats, wheat germ, salt and the “extras” you are using, except for dried fruit. In a small saucepan, heat the syrup, oil, water, spices and flavorings of your choice over medium heat. Pour over the oat mixture, stirring to combine. Put into the prepared pan. Squeeze the mixture in your hands, working it to form small bite-size clumps, then bake for 30 minutes. Stir in dried fruit, and continue to bake until it is golden brown. This will take around 20 to 25 minutes. Let cool, then store in an airtight tin. (Can be stored for up to one month.) Serve as a cereal, or over yogurt.
Curried Rice and Walnut Salad  Serves 6

**Ingredients**
1 Tbsp curry powder  
1 Tbsp olive oil  
1 large cucumber, preferably the seedless English variety  
2 cups cooked brown basmati rice  
½ cup sliced green onions  
⅓ cup golden raisins  
3 Tbsp fresh lemon juice  
Kosher salt (to taste)  
½ cup chopped toasted walnuts  
Chopped cilantro and a sprinkle of paprika, for garnish (optional)

**Directions**
Peel and halve the cucumber lengthwise, then slice it into thin half-moon slices. (If you are using conventional cucumbers instead of the English type, remove the seeds before slicing.) Set aside. Heat an empty large non-stick skillet over low heat, add the curry powder, stirring constantly for 2 or 3 minutes, to toast it. Toasting brings out all the natural flavors, but watch carefully to make sure it doesn’t burn! Now, stir in the oil, increase the heat to medium and add the cucumber slices. Saute for 2 minutes, tossing to coat evenly with curry oil. Transfer the cucumber to a large bowl, and add the remaining ingredients except the walnuts, tossing to make sure they are all well-combined. Cover the bowl and refrigerate for 1 hour (or up to 2 days). Add the chopped walnuts at serving time, and garnish with a sprinkle of paprika and cilantro leaves.

Ramp Up Nutty Flavor With This Tip:
Toasting nuts enhances their taste, allowing you to get more intense flavor with a lesser quantity, as well as fewer calories. To toast nuts, preheat your oven (or toaster oven) to 350° and spread the nuts in a single layer on a pie pan or rimmed baking sheet. Bake for 5 - 10 minutes, or until golden brown. Turn or stir about half way through. Watch carefully, they can burn quickly! Hazelnuts should then be rubbed in a clean kitchen towel to remove their papery skins before using in a recipe.
### Pasta a la Mediterranean

**Serves 4**

**Ingredients**
- 2 tablespoons olive oil, divided
- 2 cloves, minced garlic
- 1 cups asparagus spears, blanched and cut into 2" pieces
- 1 ½ cups grape tomatoes, halved
- 4 oz crumbled Feta cheese
- 12 oz whole grain pasta (we used tortellini)
- ½ cup coarsely chopped toasted hazelnuts
- 1 cup quartered artichoke hearts
- ½ cup Kalamata or Sicilian olives
- ¼ cup chopped fresh basil
- 2 tablespoons fresh lemon juice
- Freshly ground pepper to taste

**Directions**
Cook pasta in boiling salted water according to package directions. Drain, reserving 1 cup pasta water. Heat 1 tablespoon olive oil in a large skillet over medium heat. Sauté garlic until softened, about 2 minutes. Add asparagus and sauté for another 2 minutes. Add tomatoes and stir just until they release their juices, another 2-3 minutes. Toss with cooked pasta, hazelnuts, artichokes, and olives. Stir in Feta cheese, add pasta water as needed to create a saucy consistency. Drizzle with lemon juice and remaining olive oil, Stir in fresh basil, toss lightly again. Season with pepper to taste.

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### Crunchy Chicken Pistachio

**Serves 4**

**Ingredients**
- 1 cup chopped pistachios
- ½ cup whole wheat bread crumbs
- 2 Tbsp Dijon mustard
- 2 Tbsp olive oil
- 2 Tbsp sugar free maple syrup
- Salt and pepper to taste
- 2 large skinless, boneless chicken breast halves, cut into 1” strips

**Directions**
Line a rimmed baking sheet with non-stick foil, or coat lightly with cooking spray. Preheat oven to 500 degrees. Combine pistachios and bread crumbs in a shallow container. Stir together Dijon mustard, olive oil, syrup, salt and pepper in a separate container, mixing well. Dip chicken into this mixture to coat, then dip into crumb/nut mixture. Place onto prepared baking sheet. Put baking sheet into preheated oven, and turn the oven down to 375 degrees. Bake for 20 minutes, or until the chicken is no longer pink and the pistachio coating is golden brown.

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### 3 Ways To Put The NUT in Nutrition

#### Chile Spiced Pecans

Whisk 1 Tbsp water with an egg white, until foamy. Add 2 ½ cups unsalted pecan halves, toss. Place in colander, drain 5 minutes. Preheat oven to 300°. Place in a large bowl, combine pecans with ¼ cup sugar, 1 tsp salt, 1 tsp each smoked paprika, ground cumin and ground coriander, add ½ tsp chili powder. Bake 15 minutes, stir, reduce heat to 250°. Bake 10 minutes more, or until medium brown. Remove from oven, cool 5 minutes. Break up any clusters, and cool completely before serving.
Shiitake Mushrooms

Most of us grew up eating white button mushrooms, a fairly bland member of the mushroom family of edible fungi that we don’t think of as having a particularly strong nutritional profile. Shiitake mushrooms, on the other hand are extremely flavorful and have many health benefits to recommend them. Japanese in origin, “Shii” is the tree upon which these mushrooms were originally grown; and “take” is the translation of mushroom. China is the #1 supplier in today’s market, although shiitakes are also grown here in the US. It is advisable to purchase those labeled “organic”, since mass market production offers little assurance that the quality and safety of the mushrooms has been monitored for purity.

Shiitake mushrooms boast the natural ability to discourage inflammation and boost the immune system as well as providing antiviral, cholesterol-reducing and cardiovascular support. Their tantalizing reputation as a gourmet food simply make them a more tempting item to add to your eye-friendly diet!

### Shiitake, Porcini & Wheatberry Skillet

**Serves 4 as a side, 2 as a main dish**

**Ingredients**

- 1 cup wheat berries, soaked overnight, rinsed and drained
- 1 oz. dried porcini mushrooms
- ¼ cup sliced almonds
- 2 tsp olive oil
- 6 garlic cloves, minced
- 4 shallots minced
- ½ lb. shiitake mushrooms, stems trimmed, sliced
- 2 Tbsp chopped fresh thyme
- Salt & pepper
- ½ cup beef broth or stock
- ¼ cup Marsala
- 2 Tbsp chopped chives.

**Directions**

Bring prepared wheat berries to boil in 3 ½ cups cold water in a medium saucepan. Reduce heat, cover and simmer for 50 minutes, or until tender. Drain.

Meanwhile, Bring ½ cup water to a boil, pour over the dried porcini and let steep for 20 minutes. Strain liquid through a coffee filter to drain mushrooms, reserving the liquid. Coarsely chop the mushrooms. Toast the almonds and set aside.

Heat 1 teaspoon oil in a large skillet, add the garlic and shallot, sauté until softened. Add remaining oil and the shiitakes, sauté for about 4 minutes. Add reserved mushroom liquid, beef broth and Marsala, and bring to a boil. Add the cooked wheat berries, cover, reduce the heat and simmer for about 10 minutes, or until all the liquid has been absorbed. Remove from heat and transfer to a serving dish. Sprinkle toasted almonds and the chives on top. Makes a great side dish for grilled chicken, or can be a main vegetarian dish accompanied by a salad.

### Shiitakes: Basic Preparation

**Cleaning Fresh Shiitakes:** To prevent them from getting soggy, wipe, don’t wash! A damp towel does the trick. Always remove the stem, then slice the cap. Discard the stem or save for soup stock. They’re too tough to eat.

**Preparing Dried Shiitakes:** Put in a bowl with just enough water to cover for about 10 minutes, or until they soften. Squeeze out excess water, cut off the stems to use in your recipe. Strain the soaking liquid and use in your dish to boost flavor.
Stir-fry Chicken with Shiitakes  
**Serves 4**

**Ingredients**
- 4 boneless skinless chicken breast halves
- 2 tsp cornstarch
- 1 egg white
- 1 Tbsp Chinese rice wine or dry sherry
- 1 tsp salt
- ½ lb. fresh snow peas (frozen may be used)
- 3 Tbsp peanut oil or grapeseed oil
- 6 oz. shiitake mushrooms stemmed and sliced
- 2 slices peeled fresh ginger root
- 2 cloves garlic, halved and crushed
- 1 tsp cornstarch dissolved in 1 Tbsp. cold water, making a slurry

**Directions**
Prepare, measure and arrange the chicken, snow peas, oil, mushrooms, ginger, garlic and cornstarch slurry so all are within easy reach, because the cooking will go quickly! Cut chicken breast meat into thin slices, 2 inches long, 1 inch wide; and combine sliced chicken with 2 tsp. cornstarch, tossing until each piece is lightly coated. Add the egg white, wine and salt; stir into chicken until everything is mixed together. String the pea pods, slice the mushrooms, garlic and ginger. Heat a 10-12 inch wok or skillet over high heat, about 30 seconds, add 1 tablespoon of oil and swirl it about in the pan, heating it for another 30 seconds. Turn heat down, if it begins to smoke. Add the mushrooms and snow peas, stir-frying them over moderate heat for about 2 minutes. Transfer the vegetables to a plate, set aside. Add remaining oil to the pan, let it heat. Add the reserved vegetables to pan and continue cooking, adding cornstarch slurry to thicken. Stir constantly until all ingredients are coated with a light, clear glaze. Serve on a heated platter.

Sautéed Shiitakes  
**Serves 4**

**Ingredients**
- 2 lbs. Shiitake mushrooms, stemmed and sliced
- ½ cup chicken broth
- 1 small onion, chopped
- 4 cloves garlic, chopped
- 3 Tbsp olive oil
- salt and pepper (to taste)
- Fresh Herbs: 2-3 Tbsp each chopped rosemary, thyme, oregano
- ¼ cup Feta cheese (optional)

**Directions**
Chop garlic, mash with ½ tsp salt, making a paste. Heat 2 tablespoons of the broth in a non-stick pan over medium heat. When the broth bubbles, add onions, sauté, stirring frequently, for 3 minutes or until tender. Add the garlic paste, and cook together another minute, then add the mushrooms, stir. Add remaining broth, cover, cook about 3 minutes, then remove cover and let the mushrooms cook for 4 more minutes, or until they are cooked through and the liquid has reduced to a thick, syrupy consistency. Drizzle with olive oil and sprinkle with herbs. Crumble the Feta, if using, and toss with the mix. Taste for seasoning, adding salt and pepper if needed. Serve as side dish or spoon over cooked fish, chicken or cooked udon noodles.

More Ways to Use Shiitakes:
- Add sliced shiitake mushrooms to Miso soup
- Incorporate chopped shiitakes into poultry stuffing
- Kick up the flavor of an omelet with a handful of sliced shiitakes
- Stir re-constituted dried shiitakes and their broth into your risotto
The intrigue and romance surrounding spices has been around for centuries, as early explorers discovered native cultures in faraway lands using unfamiliar pungent, aromatic roots and plants not only to season food, but for medicinal purposes. Exotic Spices brought back home to their patrons were considered rare and viewed as a sign of prosperity and wealth. Those adventurous spice-trading sea captains opened the door for us all to eventually enjoy the wonderful flavors of spices as well as their health-promoting benefits. Before modern day drugs, people didn’t have antibiotics or cough drops...they had turmeric, cayenne pepper, cinnamon and ginger.

Curcumin, the plant-derived chemical compound in turmeric, has been shown to have anti-oxidant, anti-inflammatory, antiviral, anti-bacterial properties that are effectively used against diseases such as arthritis, certain malignancies and other chronic illnesses. Ginger helps quell inflammation, as does cinnamon. An additional plus factor for seasoning with spices is that they can be used to replace less healthy flavor boosters like sodium or mono-sodium glutamate. Some of these spices are available in capsule form, designed to be taken as a food supplement. However, since dosage is not clear and the products are not monitored for safety by the FDA, it is better—and tastier—to simply add them to your diet.

**Ingredients**

- 2 lbs fennel bulbs
  (about 2 medium-large)
- 1” piece fresh ginger root, peeled
- 2 tsp vegetable oil
- generous pinch of salt, or to taste
- 2 Tbsp dry sherry
- ½ tsp sugar

**Directions**

Finely chop feathery fronds from the top of the fennel and set aside for garnish. Trim off stalks, and reserve for another use. Quarter the bulbs lengthwise, removing any tough outer layer. Trim out the core, then cut crosswise into thin slices. Using a vegetable peeler, shave slivers of ginger and cut them into thin strips, making about 1 Tbsp. In a large heavy skillet, heat oil over medium-low heat. Add fennel and toss to coat. Sprinkle with salt. Continue to cook, stirring and tossing until fennel is beginning to get tender. Add sherry, sugar, about half of the ginger strips and 2 Tbsp water. Cover and cook 2 minutes, then uncover and test for done-ness. Continue cooking until lightly browned and crisp-tender (or until done to your liking). During this step, taste for seasoning as well, adding more ginger if desired. Serve, sprinkled with reserved fennel tops. This is delicious with grilled meats.
Spicy Sweet Potato Fries  Serves 4

Directions

*It’s your call as to whether you want to peel the potatoes or leave the skins on. The skins have extra nutrients and a chewy texture which some people like. If you’re not one of them, peel the potatoes before proceeding.

Preheat the oven to 450°. Trim ends off the sweet potatoes and cut them in half horizontally. Place the halves on their flat sides and cut into slices about ½ to ¾ inch thick. Cut these large slices into sticks for the fries, they should also measure ½ to ¾ inches in width. Line a heavy-duty rimmed baking sheet with non-stick foil and put in the oven to pre-heat. Put the potatoes in a large bowl and drizzle with olive oil. Season with salt and pepper, toss. Combine cinnamon, cumin and coriander in a small cup, and sprinkle over the seasoned potatoes, tossing until the seasonings are well combined. Carefully remove the hot baking sheet from the oven and spread the potatoes out in a single layer. Bake for 15 minutes, then take them out and turn them over with tongs. Return to the oven and bake until crispy, another 10 minutes or so. Keep an eye on them, they get dark quickly in the high heat!

Cauliflower Popcorn  Serves 4 as a side dish, 6 for a snack or appetizer

Directions

Preheat the oven to 425 degrees. Line a rimmed baking sheet with parchment paper. Put the cauliflower pieces in a large bowl, toss with the oil, making sure each piece is coated. Sprinkle with salt and spices, toss again to combine. Spread the cauliflower in a single layer on the prepared baking sheet, and bake for 20 minutes or until the cauliflower is golden brown.

5 MORE Ways To Use Turmeric

1. Add to egg scrambles or frittatas. A pinch will add flavor and color.
2. Toss with roasted vegetables like potatoes, cauliflower, parsnips, carrots and other root vegetables.
3. Add it to hot cooked rice along with dried fruit and toasted nuts, and you have a fancy pilaf.
4. Use it in making soups. It turns chicken or turkey noodle soup a warming golden hue.
5. Make a soothing tea using ¼ tsp each ground ginger and turmeric simmered in 1 cup boiling water for 10 minutes. Add a splash of milk and honey to sweeten.
Orange Vegetables

Eating a spectrum of intensely colored fruits and vegetables is the fun part of filling your plate with the right things! We’ve talked about greens, reds and blues, but let’s not forget the bright and energizing color orange! Carrots come to mind immediately since, historically speaking, generations of young people have been told to eat them for good eyesight. Providing a hefty amount of beta-carotene, they do contain plenty of anti-oxidant goodness. There can be too much of a good thing, however, and some over-zealous people have learned that eating too many carrots can cause the skin to turn orange. Best, then, to get your orange hued nutrition from a wide variety of fruits and vegetables which includes sweet potatoes, butternut squash, pumpkins, orange peppers, cantaloupe, peaches, oranges, mangoes, papayas and winter squash as well as carrots. All give us plenty of Vitamins C and A, and what would the holidays be like without roasted squash or grand-ma’s classic pumpkin pie? Some of the healthiest foods are also quite satisfying.

**Sweet Potato “Noodles” with Turkey Bacon**  
* Serves 4

**Ingredients**

- 2 Tbsp olive oil
- 2 tsp minced garlic
- 1 cup coarsely chopped sweet onion
- Red pepper flakes
- ¾ cup thick cut turkey bacon diced
- 2 large sweet potatoes, peeled and cut into “noodles” (see below)
- ½ cup chicken broth
- ½ cup fresh basil, chopped
- 2 (8 oz) bags of Baby Spinach

**Directions**

Heat the olive oil over medium heat, sauté the garlic and onions with the red pepper flakes until the onions are golden and translucent. Add the turkey bacon, sauté until lightly browned, then put in the sweet potato noodles, seasoning with salt and pepper. Toss to combine, then add in the chicken broth and the basil. Cook for 2-3 minutes or just until the potato is nearly cooked through. Like pasta, it should be “al dente”, retaining a little "bite" - so take care that the potato doesn’t get soft enough to become mushy or disintegrate. Add the baby spinach, stir until wilted. Serve as a side for roast chicken, or spoon into bowls for a quick, healthy lunch.

**Try Something NEW!**

*Sweet Potato “noodles” can be prepared with a popular new tool, called a “spiralizer”, which slices hard veggies into noodle-like strands. There are several kinds to choose from, from manual to electric. Lacking this tool, you can use a vegetable peeler or mandolin to cut the potatoes into long strips. Cooking time may vary between hand-cut strips and their spiralized counterparts. Dried sweet potato noodles are available in Asian markets, but are completely different in nature, and are not recommended for this preparation.*
Directions

Rinse quinoa, drain and add to a saucepan with 2 cups salted water. Bring to a boil, reduce heat, cover and simmer for about 15 minutes. Take off the heat and allow to sit for 10 minutes, still covered. Spread cooked quinoa on a baking sheet to cool it quickly enough to work with. Heat the oven to 350°. Cut tops off the bell peppers, or if very large, halve them. Remove the core and seeds. (If you have pepper tops, chop the flesh into small dice to add to the stuffing.) Immerse the peppers in a large pot of salted boiling water and let them cook for 2-3 minutes. Remove with tongs, drain on paper towels. Put them cut side up in a baking dish sprayed with non-stick cooking spray. Set aside while you remove the sausage meat from the casings and sauté it until no longer pink. Break the meat up as you stir. Put the cooked sausage in a large bowl, add the quinoa, drained black beans, pepper pieces, most of the green onions (reserve enough for garnish when serving) and 2 cups of grated cheese. Season with cumin, salt and black pepper to taste. Stuff the peppers with the prepared mixture. Depending on the size of the peppers, you should have plenty of stuffing to mound the tops. If there’s leftover stuffing, put it at the bottom of the dish. Cover with foil and bake for 30 minutes, then remove from oven and top with the remaining cheese. Return to the oven and bake until the cheese melts, about 5-10 minutes. To serve, sprinkle with remaining green onion and chopped cilantro.

Ingredients

- 1 cup quinoa, uncooked
- Salt
- 4 large orange bell peppers
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup diced tomatoes (optional)
- 2 links fresh turkey sausage (about ½ lb)
- 3 cups grated Monterey jack/Colby cheese, divided
- 3 green onions, sliced thinly, divided
- 1 tsp ground cumin
- Few springs fresh cilantro

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**Orange Peppers Stuffed With Black Beans**  
**Serves 4**

**Ingredients**

- 2 cups quinoa, uncooked
- Salt
- 4 large orange bell peppers
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup diced tomatoes (optional)
- 2 links fresh turkey sausage (about ½ lb)
- 3 cups grated Monterey jack/Colby cheese, divided
- 3 green onions, sliced thinly, divided
- 1 tsp ground cumin
- Few springs fresh cilantro

**Directions**

Rinse quinoa, drain and add to a saucepan with 2 cups salted water. Bring to a boil, reduce heat, cover and simmer for about 15 minutes. Take off the heat and allow to sit for 10 minutes, still covered. Spread cooked quinoa on a baking sheet to cool it quickly enough to work with. Heat the oven to 350°. Cut tops off the bell peppers, or if very large, halve them. Remove the core and seeds. (If you have pepper tops, chop the flesh into small dice to add to the stuffing.) Immerse the peppers in a large pot of salted boiling water and let them cook for 2-3 minutes. Remove with tongs, drain on paper towels. Put them cut side up in a baking dish sprayed with non-stick cooking spray. Set aside while you remove the sausage meat from the casings and sauté it until no longer pink. Break the meat up as you stir. Put the cooked sausage in a large bowl, add the quinoa, drained black beans, pepper pieces, most of the green onions (reserve enough for garnish when serving) and 2 cups of grated cheese. Season with cumin, salt and black pepper to taste. Stuff the peppers with the prepared mixture. Depending on the size of the peppers, you should have plenty of stuffing to mound the tops. If there’s leftover stuffing, put it at the bottom of the dish. Cover with foil and bake for 30 minutes, then remove from oven and top with the remaining cheese. Return to the oven and bake until the cheese melts, about 5-10 minutes. To serve, sprinkle with remaining green onion and chopped cilantro.
The worst part of changing your daily diet is dealing with conflicting advice from organizations, nutritionists, doctors, researchers and other “experts” who claim to have the definitive answer to keeping you healthy.

Food fads abound. Trending now are gluten-free, vegan, vegetarian, low-carb, low-fat, and low-calorie diets as well as the Paleo approach to “healthy eating”. Which guidelines should you choose? The stress of having to make these choices yourself, while those who hold degrees in the subject squabble among themselves, is more likely to take years off your life than a double cheese baconburger. Before you get too stressed out, however, realize that the “diet industry” is a very lucrative one. There may not be as much confusion as you think, and businesses sometimes create it to use to their own advantage. As a culture, Americans are health conscious, and eager to make lifestyle changes that bring about a desired result—longer life, healthy eyes, significant weight loss, etc. We actively seek “magic bullet” solutions that promise to reward us. Frequently, the media publicizes a finding which may have a core germ of truth, but is ripe for launching a massive marketing effort for a product or program. And, they’re not above sensationalizing an issue to grab our attention.

Truth and lies co-exist easily in statements we think are solid facts because they’ve been presented by someone that appears to speak with authority. For example, “You’ll be healthier if you keep hydrated while exercising, so it’s smart to have a sports drink.” This statement is basically true, but if you eliminate "sports drink" and insert "drink of water" instead, it’s far more accurate. There’s really no difference between water and a sports drink to keep hydrated, and there is clear evidence that water is actually a better option except under extreme circumstances.

Businesses and corporations often have doctors and other qualified professionals on the payroll who create “Institutes” and conduct “studies” using criteria that are designed to prove a specific point, and perhaps provide evidence useful for selling a product. And, because we want so desperately to be healthy, we embrace what is said, buy the food, the books, the programs and the DVDs. But ask yourself—is the research genuine science, or a cleverly slanted advertising ploy?

Conflicts will always arise out of unanswered questions. Even the information in *Eye Friendly Foods* has questions! We mention that “Nightshade Vegetables” have been linked to inflammation in some instances. But they have some really good qualities, too. So, because the jury is still out on that question, we include a healthy recipe for stuffed orange peppers. Just remember that moderation is always your friend!

Nutrition is an extremely complex topic, and there are still no conclusive answers to a lot of controversial issues. But giving in to confusion is a hindrance to making progress, and you just have to start somewhere! Following a healthy diet and lifestyle is a lifelong journey, and you’ll make discoveries along the way. It’s up to you to listen to your body and measure your own experience with the best that science has to offer. We wish you much success on your path!
Thanks for reading *Eye Friendly Foods.* We hope you've prepared and enjoyed some of our recipes, and that they'll help you in your overall therapy to combat Dry Eye Disease.

Look for an *Eye Friendly Foods* book focused on nutrition for Age-related Macular Degeneration, coming soon.

**HAPPY EATING!**

‘BYE FOR NOW!’

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**THE EYE ASSOCIATES**