



MEAL
PLANNING
RESOURCES

SENIOR FRIENDLY
MEALS AND DRINKS

IMMUNE BOOST SOUP

INGREDIENTS:

- 1 SMALL YELLOW ONION, DICED
- ½ CUP CHOPPED MUSHROOMS (MAITAKE OR PORTABELLA)
- 1 HEAD ESCAROLE, ROUGHLY CHOPPED (CAN SUBSTITUTE WITH KALE OR CHARD)
- 1 CAN LOW-SODIUM WHITE BEANS (CAN SUBSTITUTE WITH LIMA BEANS)
- 1 QT ORGANIC LOW-SODIUM CHICKEN BROTH/STOCK
- SALT AND PEPPER TO TASTE

PREPARATION:

1. SAUTEE DICED ONIONS AND MUSHROOMS IN 1 TBS OF OLIVE OIL.
2. ADD BROTH/STOCK AND BEANS TO VEGGIE MIX.
3. BRING TO A BOIL AND THEN ADD ESCAROLE.
4. BRING TO A SIMMER, THEN ADD SALT AND PEPPER TO TASTE.

BANANA SPLIT OATMEAL

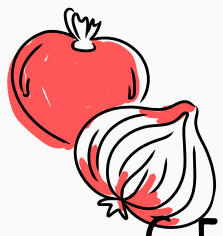
INGREDIENTS:

- ½ CUP OATMEAL, QUICK-COOKING (DRY)
- ½ TEASPOON SALT
- ¾ CUPS WATER (VERY HOT)
- ½ BANANA (SLICED)
- ½ CUP FROZEN YOGURT, NON-FAT

PREPARATION:

1. IN A MICROWAVE SAFE CEREAL BOWL, MIX TOGETHER THE OATMEAL AND SALT. STIR IN WATER.
2. MICROWAVE ON HIGH POWER FOR 1 MINUTE. STIR. MICROWAVE ON HIGH POWER FOR ANOTHER MINUTE. STIR AGAIN.
3. MICROWAVE AN ADDITIONAL 30-60 SECONDS ON HIGH POWER UNTIL THE CEREAL REACHES THE DESIRED THICKNESS. STIR AGAIN.
4. TOP WITH BANANA SLICES AND FROZEN YOGURT.





SENIOR FRIENDLY



MEALS



BREAKFAST FRITTATA

INGREDIENTS:

- 1/2 MEDIUM ONION, MINCED
- 4 MEDIUM CLOVES GARLIC, CHOPPED
- 1/4 LB GROUND LAMB OR TURKEY
- 1 + 2 TBS CHICKEN BROTH
- 3 CUPS RINSED AND FINELY CHOPPED KALE (STEMS REMOVED)
- 5 EGGS
- SALT AND BLACK PEPPER TO TASTE

PREPARATION:

1. MINCE ONION AND CHOP GARLIC; LET THEM SIT FOR 5 MINUTES TO ENHANCE THEIR HEALTH-PROMOTING BENEFITS.
2. PREHEAT BROILER ON LOW.
3. HEAT 1 TBS BROTH IN A 9-10 INCH STAINLESS STEEL SKILLET. SAUTE ONION OVER MEDIUM HEAT, FOR ABOUT 3 MINUTES, STIRRING OFTEN.
4. ADD GARLIC, GROUND LAMB OR TURKEY, AND COOK FOR ANOTHER 3 MINUTES ON MEDIUM HEAT, BREAKING UP CLUMPS.
5. ADD KALE AND 2 TBS BROTH. REDUCE HEAT TO LOW AND CONTINUE TO COOK COVERED FOR ABOUT 5 MORE MINUTES. SEASON WITH SALT AND PEPPER, AND MIX.
6. BEAT EGGS, SEASON WITH A PINCH OF SALT AND PEPPER, AND POUR ON TOP OF MIXTURE EVENLY. COOK ON LOW FOR ANOTHER 2 MINUTES WITHOUT STIRRING.
7. PLACE SKILLET UNDER BROILER IN MIDDLE OF OVEN, ABOUT 7 INCHES FROM THE HEAT SOURCE SO IT HAS TIME TO COOK WITHOUT THE TOP BURNING. AS SOON AS THE EGGS ARE FIRM, IT IS DONE, ABOUT 2-3 MINUTES.

GREEK SALAD

INGREDIENTS:

- 4 CUPS SALAD GREENS
- 2 TBS CHOPPED MINT
- 3 TBS CRUMBLLED FETA CHEESE
- 2 TBS CHOPPED OLIVES
- 1/2 CUP GARBANZO BEANS
- 1 TBS EXTRA VIRGIN OLIVE OIL
- 1 TBS RED WINE VINEGAR
- SEA SALT AND PEPPER TO TASTE

PREPARATION:

1. COMBINE FIRST FIVE INGREDIENTS.
2. TOSS WITH OLIVE OIL AND VINEGAR, AND ADD SALT AND PEPPER TO TASTE.



QUICK BLACK BEAN CHILI

INGREDIENTS:

- 1 MEDIUM ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED OR PRESSED
- 2 CUPS OR 1 15 OZ CAN (BPA-FREE) BLACK BEANS
- 1 15-OZ CAN DICED TOMATOES
- 1 TBS CHILI POWDER
- 1/2 CUP CILANTRO

PREPARATION:

1. CHOP ONIONS AND MINCE OR PRESS GARLIC AND LET SIT FOR AT LEAST 5 MINUTES TO ENHANCE THEIR HEALTH-PROMOTING PROPERTIES.
2. PLACE ALL INGREDIENTS—EXCEPT CILANTRO—IN A POT, COVER, AND LET SIMMER FOR ABOUT 20 MINUTES.
3. TOP WITH CILANTRO AND SERVE.



STUFFED GREEN PEPPERS

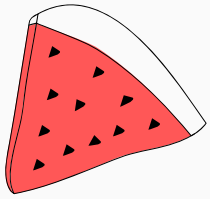
INGREDIENTS:

- 2 GREEN PEPPERS (LARGE, WASHED)
- 1/2 POUND TURKEY, GROUND
- 1 CUP RICE, UNCOOKED
- ¼ CUP ONION (PEELED AND CHOPPED)
- 1 CUP TOMATO SAUCE, NO ADDED SALT
- BLACK PEPPER TO TASTE

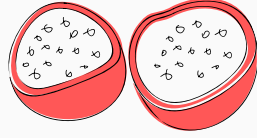
PREPARATION:

1. CUT AROUND THE STEM OF THE GREEN PEPPERS. REMOVE THE SEEDS AND THE PULPY PART OF THE PEPPERS.
2. WASH, AND THEN COOK GREEN PEPPERS IN BOILING WATER FOR FIVE MINUTES. DRAIN WELL.
3. IN SAUCEPAN, BROWN TURKEY. ADD RICE, ONION, 1/2 CUP TOMATO SAUCE AND BLACK PEPPER.
4. STUFF EACH PEPPER WITH THE MIXTURE AND PLACE IN CASSEROLE DISH.
5. POUR THE REMAINING TOMATO SAUCE OVER THE GREEN PEPPERS.
6. COVER AND BAKE FOR 30 MINUTES AT 350 DEGREES.



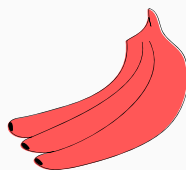
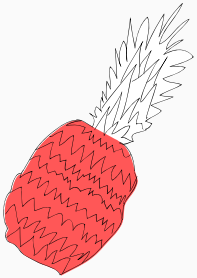


SENIOR



FRIENDLY

MOCKTAILS



CRANBERRY SPICE

INGREDIENTS:

1.5 OZ SPARKLING WATER
2 OZ CRANBERRY JUICE
4 DASHES PEYCHAUD'S BITTERS
2.5 OZ APPLE CIDER
10 CRANBERRIES (PLUS ADDITIONAL FOR GARNISH)
ORANGE WEDGE

PREPARATION:

Muddle cranberries and orange wedge in cranberry juice, and then pour in the rest of the ingredients and stir with a spoon. Garnish with cranberries and orange peel and serve on ice.

NON-ALCOHOLIC EGGNOG

INGREDIENTS:

2 C. MILK
1/2 TSP. GROUND CINNAMON
1/2 TSP. GROUND NUTMEG
1/2 TSP. VANILLA EXTRACT
6 LARGE EGG YOLKS
1/2 C. GRANULATED SUGAR
1 C. HEAVY CREAM

PREPARATION:

1. IN A SMALL SAUCEPAN OVER LOW HEAT, COMBINE MILK, CINNAMON, NUTMEG, AND VANILLA AND SLOWLY BRING MIXTURE TO A LOW BOIL.
2. MEANWHILE, IN A LARGE BOWL, WHISK EGG YOLKS WITH SUGAR UNTIL YOLKS ARE PALE IN COLOR. SLOWLY ADD HOT MILK MIXTURE TO EGG YOLKS IN BATCHES TO TEMPER THE EGGS AND WHISK UNTIL COMBINED.
3. RETURN MIXTURE TO SAUCEPAN AND COOK OVER MEDIUM HEAT UNTIL SLIGHTLY THICK (AND COATS THE BACK OF A SPOON) BUT DOES NOT BOIL. (IF USING A CANDY THERMOMETER, MIXTURE SHOULD REACH 160°.)
4. REMOVE FROM HEAT AND STIR IN HEAVY CREAM.
5. GARNISH WITH WHIPPED CREAM AND CINNAMON.

APPLE CRANBERRY SPRITZER

INGREDIENTS:

APPLE JUICE
CRANBERRY JUICE
SPRITE
CRANBERRIES
ROSEMARY

PREPARATION:

IN A GLASS MIX EQUAL PARTS APPLE JUICE AND CRANBERRY JUICE. ADD A DASH OF SPRITE. GARNISH WITH CRANBERRIES AND A SPRIG OF ROSEMARY.

SEEDLIP SPICE SOUR

INGREDIENTS:

1.5 OZ SEEDLIP SPICE 94
1 OZ LEMON JUICE DASH OF SUGAR
1 EGG WHITE
1 DASH OF WHITE WINE VINEGAR

PREPARATION:

POUR ALL INGREDIENTS INTO A COCKTAIL SHAKER OVER ICE. SHAKE VIGOROUSLY.

LAMPLIGHTER INN

INGREDIENTS:

1.5 OZ HEAVY CREAM
1.5 OZ SPENT COFFEE GROUNDS SYRUP
.5 OZ LEMON JUICE
.5 OZ EGG WHITE
SELTZER

PREPARATION:

ADD INGREDIENTS TO A COCKTAIL SHAKER AND SHAKE. ADD ICE SHAKE AGAIN. STRAIN INTO A FIZZ GLASS. TOP WITH SELTZER AND GARNISH WITH COFFEE BEANS.

SENIOR FRIENDLY MOCKTAILS

