

# Made From Scratch

## Brain Power

A healthy diet is crucial for your whole body and especially your brain. Certain foods and nutrients help keep your brain healthy, helping it to power your body. Try one of these brain power recipes to power up your body today.

### Salmon Burgers and Sweet Potato Oven Fries

#### Ingredients for Sweet Potato Oven Fries:

- 4 large sweet potatoes
- 1 1/2 tbsp. canola oil

#### Ingredients for Salmon Burgers:

- 1 (14.75 oz.) can pink or red salmon
- 2 green onions, chopped
- 1/2 c. red bell pepper, chopped
- 8 saltines, unsalted tops, crushed
- 2 tsp. lemon juice
- 2 egg whites, whisked
- 2 tbsp. plain low-fat yogurt
- 1/4 tsp. ground black pepper
- 4 whole-wheat buns
- 8 leaves bibb lettuce
- 2 medium tomatoes, sliced
- 1 tbsp. lemon pepper seasoning

#### Instructions:

1. Place oven rack in the center over and pre heat to 425°F.
2. Wash and scrub sweet potatoes, and slice into wedges lengthwise.
3. In a large bowl, toss potato wedges with canola oil and seasoning.
4. Spread on a cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30-40 minutes.
5. While sweet potatoes are roasting, prepare salmon burgers. Drain salmon then place in a medium bowl and flake.
6. Fold in green onions and red pepper, crushed crackers, lemon juice, egg whites, and yogurt.
7. Shape into four patties.
8. Coat a large nonstick skillet lightly with cooking spray and heat.
9. Cook salmon burgers until golden brown, turn and continue cooking until the other side is golden brown.
10. Serve burgers with sliced tomatoes and lettuce, and sweet potato oven fries



**Nutrition facts | Servings:** 1/4 of the recipe

**Per serving | Calories:** 490 **| Fat:** 14 g **| Saturated Fat:** 2 g **| Fiber:** 11 g **| Carbs:** 69 g **| Protein:** 25 g **| Sodium:** 590 mg

**Did you know** salmon is a great source of omega-3 fatty acids? Your brain uses omega-3s to build brain and nerve cells, helping to play a role in sharpening memory, improving mood, and protecting your brain against

### Chilled Blueberry Soup

#### Ingredients:

- 2 c. fresh blueberries (12 oz.)
- 1 c. 100% apple juice
- 1 1/2 c. plain low-fat yogurt
- 1 tsp. cinnamon
- Fresh mint leaves for garnish

#### Instructions:

1. Rinse blueberries and set a few aside for garnishing.
2. Blend all ingredients in a food processor or blender.
3. Serve immediately.
4. Garnish with mint leaves and blueberries, if desired.

**Nutrition facts | Servings:** 4

**Per serving | Calories:** 140 **| Fat:** 2 g **| Saturated Fat:** 1 g **| Fiber:** 2 g **| Carbs:** 28 g **| Protein:** 5 g **| Sodium:** 65 mg

**Did you know** blueberries and other deeply colored berries deliver anthocyanins, a group of plant compounds with anti-inflammatory and antioxidant effects? Antioxidants act against both oxidative stress and inflammation, conditions that can contribute to brain aging and neurodegenerative diseases.



Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Broccoli Strawberry Orzo Salad

### Ingredients for Salad:

- 3/4 c. orzo pasta, uncooked
- 2 c. fresh strawberries, diced
- 2 c. fresh broccoli, chopped
- 1/4 c. sunflower seeds

### Ingredients for Lemon Poppy Seed Dressing:

- 1 tbsp. lemon juice, fresh or bottled
- 1 tsp. sugar or honey
- 2 tbsp. apple cider vinegar
- 1 tsp. poppy seeds (optional)
- 2 tbsp. olive oil



### Instructions:

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine the orzo pasta, broccoli, strawberries, and sunflowers seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
3. Season with salt and pepper. Chill in the refrigerator until ready to serve.

### Nutrition facts | Servings: 6

Per serving | Calories: 153 | Fat: 8 g | Saturated Fat: 1 g | Fiber: 3 g | Carbs: 18 g | Protein: 4 g | Sodium: 31 mg

## Garden Veggie Frittata

### Ingredients:

- 1 tsp. olive oil
- 4 eggs
- Cooking spray
- 4 egg whites
- 3/4 c. broccoli florets, cut into 1-inch pieces
- 1/3 c. cheddar cheese, shredded or diced
- 1 red bell pepper, cut into 1/2-inch pieces
- Fresh herbs for garnish (e.g., cilantro, parsley, green onion)
- 1/4 c. red onion, chopped
- Salt and pepper to taste

### Instructions:

1. Preheat the oven to 400°. Heat the oil in an 8-inch pan over medium-high heat.
2. Add the red onion to the pan and cook, stirring occasionally, for 3-4 minutes or until onion has softened.
3. Add the red pepper and cook for another 3 minutes or until the pepper has softened.
4. Add the broccoli to the pan along with 1 tablespoon of water and cook, stirring occasionally, until broccoli is tender.
5. Season the vegetables to taste with salt and pepper.
6. Remove the vegetables from the pan and wipe the pan clean with a paper towel.
7. Coat the pan with cooking spray.
8. In a bowl, whisk together the eggs and egg whites, then season to taste with salt and pepper.
9. Add the vegetables and cheese to the egg mixture and stir until combined.
10. Pour the egg mixture into the pan and place in the oven.
11. Bake for 15 minutes or until the center is set. Garnish with fresh herbs cut into wedges and serve.



### Nutrition facts | Servings: 4

Per serving | Calories: 102 | Fat: 5 g | Saturated Fat: 1 g | Fiber: 1 g | Carbs: 3 g | Protein: 9 g | Sodium: 119 mg

**Tip:** Frittatas can be prepared ahead of time and reheated the next day or even eaten cold.

**Did you know** eggs are a rich source of several B vitamins and choline, which are important for regulating mood and promoting proper brain function and development?