

EAT WELL, AGE WELL. NUTRIENT DENSE FOODS SERIES

ONE OF THE 2015-2020 DIETARY GUIDELINES IS TO FOCUS ON FOOD THAT ARE NUTRIENT DENSE.

NUTRIENT-DENSE FOODS HAVE THE RIGHT BALANCE. ALL VEGETABLES, FRUITS, WHOLE GRAINS, SEAFOOD, EGGS, BEANS AND PEAS, UNSALTED NUTS AND SEEDS, FAT-FREE AND LOW-FAT DAIRY PRODUCTS, AND LEAN MEATS AND POULTRY—WHEN PREPARED WITH LITTLE OR NO ADDED SOLID FATS, SUGARS, REFINED STARCHES, AND SODIUM—ARE NUTRIENT DENSE FOODS.

NUTRIENT-DENSE FOODS ARE THE FOUNDATION OF A HEALTHY EATING PATTERN. AS WE AGE, WE TEND TO EAT SMALLER AMOUNTS SO WE NEED TO BE SURE WE MAKE EVERY BITE COUNT!

Fiesta Wrap

Ingredients:

- ¼ cup Quinoa, dry (or ½ cup cooked)
- 2 ¼ cups Canned low-sodium black beans, drained, rinsed
- ¼ cup Fresh red bell pepper, seeded, diced
- ¼ cup Fresh red onions, peeled, diced
- ½ cup Fresh carrots, peeled, grated
- ¼ cup cheddar cheese, shredded
- 1 teaspoon chili powder and 1 ¼ teaspoons ground cumin (or 2 tsp taco seasoning)
- 1 ¼ teaspoons lime juice
- 6 Whole-wheat tortillas, 6"
- 1 tablespoon vegetable oil

Photo by Lindsay VanKampen



Directions

1. Preheat oven to 325 °F.
2. Rinse quinoa in a fine strainer until water runs clear. Combine quinoa and ¾ cup water in a small pot. Cover & bring to a boil. Turn heat down to low & simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside.
3. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should remain whole). Do not over-mash.
4. To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice.
5. For each wrap, place ½ cup of filling on the bottom half of tortilla and roll in the form of a burrito or you can fold in half like a taco.
6. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325 °F. Wraps will be lightly brown. Serve hot. If desired, serve with fresh diced tomatoes, corn, salsa, and/or lettuce.

Adapted from: <http://www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/fiesta-wrap>

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KALE IS DELICIOUS & A NUTRITIONAL POWERHOUSE

- HIGH IN IRON; PER CALORIE IT HAS MORE IRON THAN BEEF
- HIGH IN VITAMIN E-PROTECTS AGAINST CANCERS, NEEDED FOR BONE HEALTH AND BLOOD CLOTTING
- OMEGA-3 FATTY ACIDS: 1 CUP OF KALE HAS 10% RDA THAT CAN HELP ARTHRITIS, ASTHMA & AUTOIMMUNE DISORDERS
- HIGH IN VITAMIN A -WHICH IS GREAT FOR YOUR SKIN
- HIGH IN CALCIUM- FOR BONE HEALTH
- ONE SERVING = 1 CUP RAW OR ½ CUP COOKED. 36 CALORIES, 5 GRAMS FIBER AND NO FAT



Photo by Lindsay VanKampen

Kale Caesar Salad

Ingredients:

- 4 slices whole-wheat bread, cut into ½-inch cubes
- ¼ cup olive oil, plus 3 tablespoons
- ½ teaspoon salt, truffle flavor or regular
- Freshly ground black pepper
- 8 ounces' salmon fillets
- Fresh Kale (about 5 cups), stems removed, cut into bite-sized pieces. (baby kale works great)
- 1 tablespoon Worcestershire sauce
- ½ lemon, juiced
- 2 tablespoons grated Parmesan or feta cheese
- ¼ cup chopped black or Kalamata olives
- 1 egg- hard boiled & chopped

Directions

1. **Preheat the oven to 275°F.** In a large bowl, combine bread cubes with 2 tablespoons of olive oil, salt, and pepper. Bake for 15 minutes or until golden and dry.
2. **Meanwhile,** season the salmon with salt-free seasoning of your choice & pepper. In a nonstick skillet, warm 1 tablespoon of olive oil over medium heat, add the salmon skin---side down and cook for 5 minutes, turn over and cook 2 minutes more, or until salmon is firm. Remove skin.
3. **In a large salad bowl,** add the kale. In a small bowl, whisk together remaining ¼ cup olive oil, Worcestershire sauce, lemon juice, salt, and pepper. Add the dressing to the kale. Flake the salmon and add to the kale along with Parmesan, egg, olives, and croutons. Toss well to combine. Enjoy!

Adapted from: <http://whatscooking.fns.usda.gov/recipes/myplate-cnpp/all-kale-caesar>

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GREENS AND BLOOD THINNING MEDICATIONS

BLOOD-THINNING MEDICATIONS SUCH AS COUMADIN® (WARFARIN) INTERFERE WITH VITAMIN K-DEPENDENT CLOTTING FACTORS. LEAFY GREEN VEGETABLES ARE HIGH IN VITAMIN K. EATING TOO MUCH GREEN LEAFY VEGGIES, CAN ALTER THE ABILITY OF BLOOD-THINNERS TO PREVENT CLOTTING.

BUT YOU DON'T HAVE TO GIVE UP GREENS ALTOGETHER. PROBLEMS COME FROM SIGNIFICANTLY AND SUDDENLY INCREASING OR DECREASING INTAKE OF LEAFY GREEN VEGGIES. THIS CAN CHANGE THE EFFECTIVENESS OF YOUR MEDICINE.

TALK WITH YOUR DOCTOR IF YOU ARE PLANNING TO ADD MORE GREENS TO YOUR DIET AND THEN KEEP YOUR DAILY INTAKE CONSISTENT.



Photo by Lindsay VanKampen

Potato, Black Bean & Kale Skillet

Ingredients:

- 4 red potatoes (diced into ¼" pieces)
- 2 ½ cups kale -chopped
- 2 tablespoons olive oil
- 1 clove garlic (minced)
- ¼ cup chopped onion
- 1 teaspoon chili powder or jerk seasoning
- 1/8 cup water
- ¼ teaspoon salt or salt-free seasoning
- 1/8 teaspoon cayenne pepper
- 1 can 15 oz. no salt added black beans (drained and rinsed)
- ½ cup nonfat plain Greek yogurt (optional)

Directions

1. Heat oil, in large skillet over medium heat. Add garlic and onions; cook 2-3 minutes until just starting to brown.
2. Add diced potatoes, chili powder, water, salt, and pepper to skillet, cover with lid and cook 8-10 minutes, stirring occasionally.
3. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.
4. Serve with Greek yogurt for more protein.

Adapted from: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/potato-black-bean-kale-skillet>



Pam VanKampen, RDN, CD GWAAR

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VEGGIES FOR DESSERT?!

IT IS IMPORTANT FOR ALL OF US TO EAT FOODS THAT ARE PACKED FULL OF NUTRIENTS. WE ALSO LOVE FOOD THAT TASTES DELICIOUS. WHY NOT HAVE BOTH IN ONE DISH?

TRY THIS NEW SPIN ON A CLASSIC BREAD PUDDING RECIPE. IT LOOKS GREAT, TASTES AMAZING AND IS GOOD FOR YOU.

BREAD, CHEESE, AND KALE MAKE UP THIS SAVORY BREAD PUDDING. BAKE AHEAD OF TIME AND INVITE A FEW FRIENDS OVER TO SHARE THIS NEW RECIPE WHILE HAVING FUN SOCIALIZING.



Photo by Pam VanKampen

Savory Bread Pudding with Kale and Butternut Squash

Ingredients:

- ½ teaspoon vegetable oil
- ½ onion (peeled and chopped)
- 2 large eggs
- 1 cup low-fat milk
- ¼ cup shredded low-sodium mozzarella or cheddar cheese
- 2 cups bread (stale or dried)
- 1 ½ cups chopped raw kale
- 1 cups frozen or fresh butternut squash
- 1/4 teaspoon Kosher salt

Note: If you don't have stale bread, put fresh bread in a preheated 250°F oven and bake until dried; about 15 min.

Directions

1. Preheat the oven to 375°F. Lightly grease a 2-quart baking pan/dish.
2. Put a skillet over medium heat and when it is hot, add the oil. Add the onion and cook about 10 minutes, until tender.
3. While the onion is cooking, put eggs and milk in a bowl and mix until combined.
4. Add the cheese, bread, kale, squash and salt and mix well. Let the mixture stand at least 15 minutes until the bread absorbs most of the milk.
5. When the onion has finished cooking, add it to the bread mixture and mix well.
6. Pour the mixture into the prepared pan and transfer to the oven.
7. Bake uncovered for 30 minutes until lightly browned and set. Let stand 15 minutes before serving.

Adapted from: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/savory-bread-pudding-kale-and-butternut-squash>

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VEGGIES FOR BREAKFAST?!

IT CAN BE TRICKY TO GET ENOUGH SERVINGS OF VEGETABLES DAILY. SO, WHY NOT START WITH BREAKFAST? TRY THESE TIPS:

- ADD SALSA & BEANS TO EGGS
- ADD SPINACH & FETA CHEESE TO SCRAMBLED EGGS
- PUT FRESH SPINACH & TOMATO ON YOUR EGG SANDWICH. NEED A FEW EXTRA CALORIES? ADD PEANUT BUTTER TO YOUR WHOLE WHEAT TOAST BEFORE TOPPING WITH YOUR EGG AND VEGGIES AND SPRINKLE ON SOME CHEESE TOO
- VEGETABLE JUICE OR SMOOTHIES

TRY THIS NEW RECIPE. IT'S NOT LIKE ANY YOU HAD BEFORE & IT'S PACKED WITH NUTRIENTS!



Photo by Lindsay VanKampen

Eggs, Kale & Sweet Potato Grits

Ingredients:

- 1 large sweet potato or (½ to ¾ cup cooked & mashed)
- 2 cups fresh kale (chopped)
- 1 tablespoon vegetable oil (divided)
- 1 1/2 cups water
- 1 cup milk
- ¾ cup grits (quick cooking)
- 1/3 cup Shredded Cheddar Cheese
- 1/4 teaspoon salt (optional)
- 4 eggs

Directions

1. Preheat oven to 350°F.
2. Coat 4 individual soufflé dishes or a small casserole dish, with nonstick vegetable spray.
3. Make 3-4 slits in sweet potatoes; cook in microwave until just soft. ~5-8 minutes.
4. When sweet potatoes are cool enough to handle, peel, cut into chunks, and puree in food processor or mash well.
5. Heat remaining vegetable oil in sauce pan, & sauté kale about 5 minutes.
6. In a medium sauce pan, boil water and milk, add grits and sweet potatoes; cook for 5 minutes. Remove from heat; stir in sautéed kale & cheese.
7. Divide grits mixture evenly among soufflé dishes (or place all in casserole dish).
8. Make a depressions in the grits mixture with the back of a large spoon. Carefully break one egg into each hollow.
9. Bake uncovered for 30 minutes until eggs are cooked. Let cool 10 minutes before serving.

Adapted from: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/eggs-over-kale-and-sweet-potato-grits>

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