

# FOOD SAFETY

FAMILY CAREGIVERS



Food Safety Month

## 5 Tasty Recipes that Seniors and their Caregivers can Enjoy

*Many factors can affect the taste of food for older individuals. Make these tasty recipes for them and they'll get the nutrition they need and a meal they'll want to eat again.*

### Five Tasty Recipes that Seniors and Caregivers Can Enjoy

As people age many factors including medicine, joint problems, digestion and loss of vision, taste and smell can make food less appealing and lower older adults' ability to shop, cook and eat.

It's important that seniors continue to get a nutrient-rich diet to keep their bodies healthy as they age.

Here are 5 easy recipes that seniors and caregivers can enjoy.

### Lunch

#### Quinoa Bean Salad with Cilantro Lemon Dressing

(Adapted from Cooking Light)

##### Ingredients:

- 1 ½ cups uncooked quinoa
- 1 tbsp olive oil
- 1 cup chopped cilantro
- 3 tbsp lemon juice
- 2 tbsp dijon mustard
- 1 tsp sugar
- 1/2 tsp black pepper
- 3 garlic cloves, minced
- 4 cups chopped tomato (about 3 medium)
- ½ cup sliced green onions
- ½ cup chopped carrots
- 1 (15 oz) can black beans
- 1 (15 oz) can garbanzo beans

##### Directions:

Cook quinoa according to package. Combine olive oil, cilantro, lemon juice, mustard, sugar, pepper and garlic in a large bowl. Stir until blended and then add in quinoa. Stir in tomatoes, green onions, carrots and beans.

##### Substitutions and Tips:

- Substitute cucumber for carrots if have difficulty chewing or swallowing.
- Make a large batch and enjoy for lunch for several days.

### Breakfast

#### Savory Oatmeal

Oatmeal is easy to prepare and can be customized with your favorite mix ins. Try this savory spin for an extra boost to your morning meal.

##### Ingredients:

- Quick cooking oats
- Low-fat or fat-free milk
- ¼ cup cooked turkey sausage
- ½ cup spinach
- 1 tsp flax seeds
- Sliced avocado

##### Directions:

Make oatmeal as directed on package on stove or microwave. Cook turkey sausage. When oatmeal and sausage is cooked, add turkey, spinach and flax seeds to oatmeal. Top with sliced avocado.

##### Substitutions and Tips:

- Substitute water for milk if dairy intolerant.
- You can customize with your own favorite mix ins such as nuts, kale, and paprika.



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## Snack

### Cereal Crunch Trail Mix

Adapted from Cooking Light

**Ingredients:**

- 1/2 cup dried cranberries
- 2 cups whole-grain Rice Chex
- 3 cups Kashi Go Lean Crunch Cereal
- 1/2 cup roasted almonds

**Directions:**

Mix all ingredients together and enjoy.

**Substitutions and Tips:**

- Add in cooked barley, bulgur or whole-wheat couscous for extra fiber.

## Dinner

### Chicken Vegetable Soup

(Adapted from Martha Stewart)

**Ingredients:**

- 10 cups chicken broth
- 4 cups cooked shredded chicken
- 4 medium carrots, diced
- 3 medium celery stalks, diced
- 1 medium onion
- 1 cup spinach or kale
- 1 sprig fresh thyme
- 1 sprig fresh rosemary
- 1 tsp lemon seasoning

**Directions:**

In a large pot, bring broth to a boil. Add in onion, carrots and celery. Reduce heat and simmer until vegetables are tender, about 15 minutes. Stir in chicken. Add in leafy greens, thyme, rosemary and lemon seasoning. Cook until chicken is warmed, about 3 to 5 minutes.

**Substitutions and Tips:**

- Add in cooked barley, bulgur or whole-wheat couscous for extra fiber.



## Shopping Tips

- Make a grocery list so you remember all the essentials and don't end up buying items you don't need.
- Keep the fridge stocked with fresh chopped fruits and vegetables such as carrots, cucumbers, melons and sliced apples.
- Keep the pantry stocked with nuts, oats, and whole-grain cereals.
- Purchase canned and frozen vegetables to make cooking easier for older individuals.

## Sweet Treat

### Berry Lemon Parfait

(Adapted from Health Magazine)

**Ingredients:**

- 1 cup low-fat or fat-free vanilla greek yogurt
- 2 (3.5-ounce) containers fat-free vanilla pudding
- 2 tbsp lemon curd
- 1/2 tsp vanilla extract
- 2 tbsp honey
- 1 tbsp fresh lemon juice
- 3 cups mixed berries (such as blueberries, strawberries, and raspberries)
- Granola for topping

**Directions:**

Whisk together yogurt, pudding, lemon curd, and vanilla extract. Set aside. In a medium bowl, stir honey and lemon juice together. Add berries and stir until combined. Scoop yogurt into a small bowl, then top with berry mixture and sprinkle granola on top.

**Substitutions and Tips:**

- Reduce honey and lemon curd by 50 percent if you have diabetes.
- Top with fresh nuts instead of granola if desired.



## Home Care Tip:

A caregiver can cook, prepare, and cold store meals for a **few days** at a time.