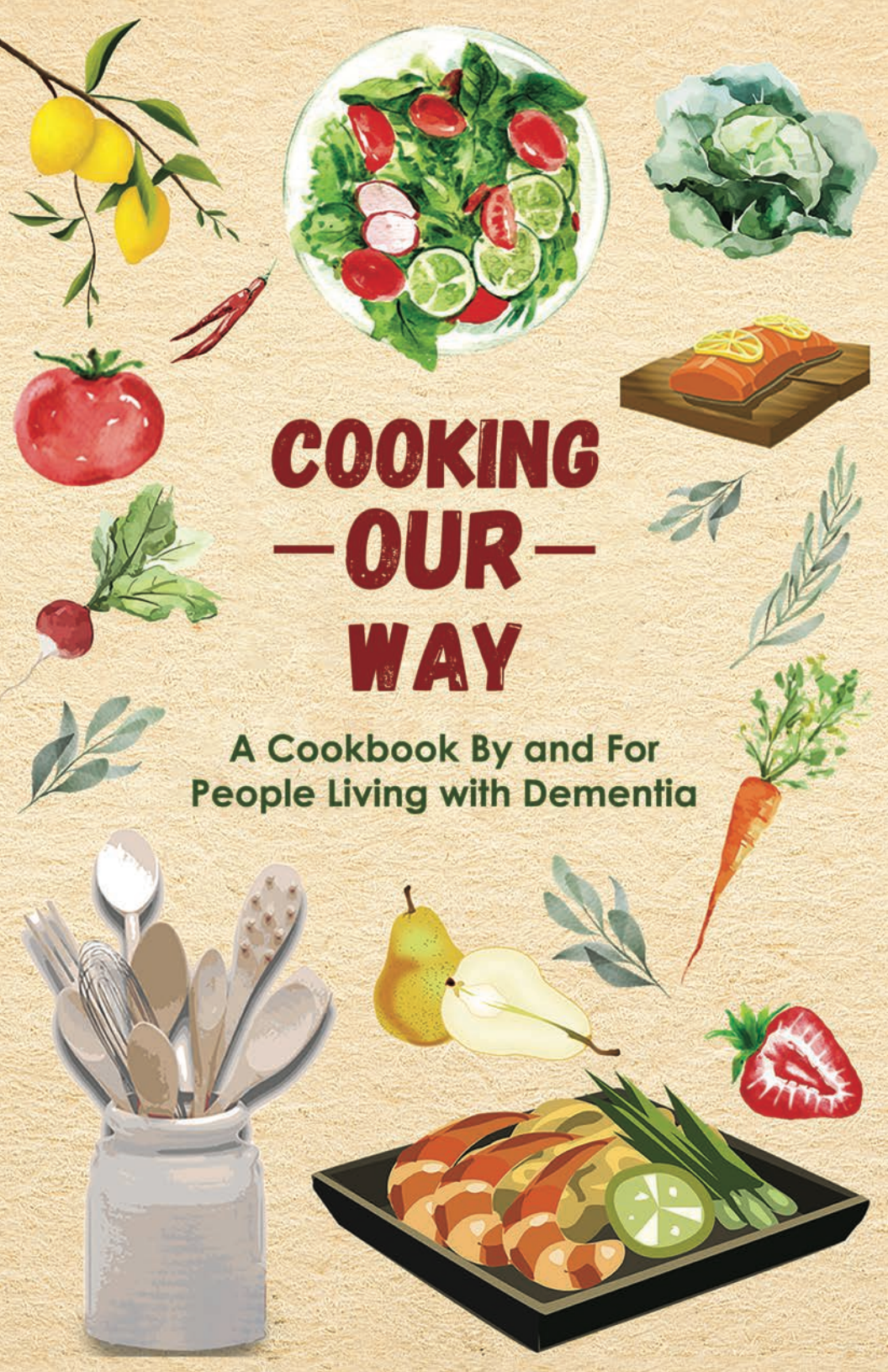

COOKING
—OUR—
WAY
A Cookbook By and For
People Living with Dementia

DISCLAIMER

This cookbook does not provide diagnostic or medical advice and treatment about dementia. Please consult with a physician or other healthcare professional for diagnosis or treatment options.

AgingME is not responsible for the content of the opinions, information or third party websites contained or referenced in the cookbook. Use of this cookbook is at your own and sole risk.

Copyright 2023, Dementia Action Alliance

The tomato and salad images on the front cover are designed by Freepik.

AgingME is Maine's Geriatrics Workforce Enhancement Program (GWEP). This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $749,891. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government. For more information, please visit HRSA.gov.

COOKING —OUR— WAY

A Cookbook By and For People Living with Dementia

BY:

Karen Love – Writer/Editor

Vicky Aberilla – Writer

Susan Wehry – Writer/Editor

Elizabeth Varga – Writer

Stacie Bonenberger – Writer

ACKNOWLEDGEMENTS

The development of this cookbook would not have been possible without the generosity of time and knowledge of many people. We especially appreciate and thank the cooks living with dementia who contributed their favorite recipes, helpful advice and other information about cooking, shopping, safety and making their kitchens dementia friendly.

Additionally, we thank our project partners:

Dementia Action Alliance

Southern Maine Area Agency on Aging

McArthur Library

National Council of Dementia Minds

TABLE OF CONTENTS

ABOUT THIS COOKBOOK

6

FOOD FOR THOUGHT

9

MAKING YOUR KITCHEN DEMENTIA FRIENDLY

17

BREAKFAST

25 Breakfast Burritos ..... Steve Barbieri

BREAD, PASTA, LEGUMES

29 Bagels ..... Linda Dominguez

33 Gramma's Baked Beans ..... Cyndy Hund

37 Peanut Butter Bread ..... Linda Dominguez

41 Tortilla Black Bean Casserole ..... Kathy Seager

45 Mom's Noodles ..... Cyndy Hund

SALAD & VEGETABLES

49 7 Layer Salad ..... Steve Taylor

53 Air Fryer Roasted Asparagus ..... Monica Downer

MEAT

57 Air Fryer Rib Eye Steak ..... Mark Timmons

61 Easy Chicken Stir-Fry..... Steve Taylor

67 Guamanian-style BBQ Chicken ..... Kathy Seager

71 Hazelnut Chicken..... Doug Jones

75 Lemon Roasted Chicken ..... Laurie Scherrer

SEAFOOD

79 Air Fryer Cajun Salmon..... Mark Timmons

83 Jamaican Fish Escovitch..... Monica Downer

87 Shrimp Fra Diavlo..... Doug Jones

VEGETARIAN

91 Meat Balls ..... Gary Howard

95 Vegetable Soup ..... Gary Howard

DESSERT

99 Vanilla Yogurt..... Ginger Smith

OTHER

103 Chicken Sandwich ..... Steve Barbieri

107 Dupre Jambalaya .....Debbie Quigley

111 Turkey Sandwich ..... Ginger Smith

RESOURCES

115

ABOUT THIS COOKBOOK

Susan Wehry, MD, Director, AgingME

This book was inspired by Minna, who told this story in an online discussion group:

> *I used to love to cook for my family and friends. I have a whole collection of favorite dishes that my mother and grandmother used to make too. I like cooking and trying new flavors and ingredients, but most of all I love feeding my family. It's what I've always done.*
>
> *But when I was diagnosed with dementia, everything changed. My family became worried about my safety in the kitchen. They feared I might forget to turn off the stove or cut myself or mix up the ingredients. They discouraged me from cooking and took over making the meals. They said it would make my life easier, but instead it made it emptier. Now I don't have confidence in anything. I don't know what my life is for.*

The story really moved me. I've known many Minnas and knew she was not alone. I pitched an idea to some of our AgingME partners — the Dementia Action Alliance, McArthur Public Library and the Southern Maine Area Agency on Aging — who, happily agreed we should create a cookbook that would make it easier for people living with dementia to keep cooking and also to allay concerns of families and friends.

This cookbook is the result of our collaboration. With funding from our AgingME grant, we offer here a collection of recipes that are simple, delicious and nutritious, designed by and for people living with dementia and their care partners. It is also a celebration of the social nature of food and eating, the personal nature of recipes, and the importance of people with dementia still being

able to experience the joy of cooking and nurturing others.

Cooking can be a way of preserving identity, memory and culture. Cooking can also pose some challenges and risks for people living with dementia, especially as their condition progresses.

What's in this cookbook?

In this cookbook, you will find:

- ✓ **Stories and testimonials from people living with dementia who love cooking.**

  We have invited some of our fellow cooks with dementia to share their personal favorites

- ✓ **Recipes that are easy to follow, nutritious and delicious.**

  We have selected recipes we like that use familiar ingredients, simple techniques and clear instructions. We even had a nutritionist look them over and offer suggestions too.

- ✓ **Tips and tricks on how to make cooking safer, easier and more fun.**

  We drew on our own experiences to give practical advice on how to organize the kitchen, use appliances and more.

What's the best way to use this cookbook?

This cookbook is designed to be used by people living with dementia, their families and care partners. We encourage you to:

- ✓ **Choose recipes that suit your taste, mood and ability.**

  You can browse through the recipe categories, including Salad & Vegetables, Meat, Seafood, etc.

- ✓ **Follow the recipes step by step, but don't be afraid to improvise or change them to your liking.**

  You can also use the pictures and icons to guide you along.

- ✓ **Ask for help when you need it.**

  Cooking with dementia can be challenging at times, so don't hesitate to ask your caregiver or friend for assistance.

- ✓ **Have fun and be proud of yourself.**

  Cooking is a creative and rewarding activity that can boost your mood and self-esteem.

  Don't worry about making mistakes. We all make them.

I hope that this cookbook will inspire you to keep cooking for yourself, your families, friends and supporters. I hope it helps families, friends and care partners to think creatively with you about cooking so that all enjoy the benefits of sharing a meal that you prepared.

Finally, I would like to thank all the people — but especially those living with dementia — who contributed their time, talents and stories to the creation of this book. You'll meet them inside.

BON APPETIT!

– Dr. Susan

FOOD FOR THOUGHT

Elizabeth Varga, MS, LD, RDN

Current research suggests a link between good nutrition and lifestyle choices for brain health (Ruscigno, M., 2016). Whether or not the focus is on the prevention of dementia or reducing cognitive decline, a diet rich in specific vitamins and minerals is key. Let's look at those specific nutrients and discover how they can support brain function, keep our bodies nourished and enhance our health.

Promote and Support Health: The MIND Diet

Nutrition professionals are now leaning towards incorporating components of the Mediterranean diet and the DASH diet into your meals to support brain health. This combination of diets is called the MIND diet. The Mediterranean diet specifically incorporates plant foods, heart-healthy fats, fish, poultry, whole grains and limits red meat (Ellis, E. 2021). The DASH diet puts a focus on fruits, vegetables, whole grains but not as much focus on fats (Ellis, E. 2021) and is designed to reduce the risk of hypertension or high blood pressure.

More and more studies are showing a connection between cardiovascular health and brain health. Thus, by consuming more of the foods suggested in the MIND diet, you are supporting your brain function as well as reducing the chance of heart-related diseases.

NUTRITIONAL COMPONENTS OF A HEALTHY DIET

ANTIOXIDANTS

According to the Centers for Disease Control, a *chronic disease* is defined as a condition lasting more than a year. Chronic disease can include heart disease, dementia, diabetes and lung disease to name some. *Antioxidant* is a term used to describe foods that have been shown to help reduce the risk of such chronic diseases by fighting free radicals in our body (Harvard School of Public Health, 2021).

Some common foods that contain antioxidants are blueberries, broccoli, spinach, carrots and legumes. While marketing will tell you certain foods containing antioxidants are *superfoods*, the research is not clear if the *super* effect is due to antioxidants alone or a combination of other vitamins and nutrients in the food source (Harvard School of Public Health, 2021). It's important to incorporate these fruits, vegetables, legumes and whole grains into your diet due to the whole package of nutrients they contain important for all body processes including brain function.

The following are some common nutrients with antioxidant capabilities and the foods that contain them:

- ✓ **Vitamin C:** found in broccoli, brussels sprouts, dark leafy greens, grapefruit, strawberries, lemon, orange, sweet potato, cantaloupe, kale, tomatoes and all colors of bell pepper.
- ✓ **Vitamin E:** avocado, almonds, leafy greens, peanuts, red peppers and spinach.
- ✓ **Carotenoids:** carrots, bell peppers, kale, mangos, turnip, apricots, asparagus, squash, tomatoes, watermelon, peaches,

oranges, sweet potato and pumpkin.

- ✓ **Zinc:** poultry, beef, shrimp, chickpeas, lentils, cashews, oysters and fortified cereals.
- ✓ **Selenium:** Brazil nuts, shellfish, beef, poultry, fish and brown rice.

HEART-HEALTHY FATS

Heart-healthy fats are unsaturated fats and omega-3 fatty acids (MyPlate.gov). It is often easier to think of them as fats you see in a liquid form — for example, olive oil and vegetables oils. These fats can also be found in avocados, fatty fish like tuna, nuts and nut butters. The Mediterranean diet focuses heavily on incorporating these types of fat into the diet due to their ability to reduce the risk of heart attack and stroke.

Another important function of these healthy fats is increased brain function (Wright, K. C. 2018). The brain is about 60% fat, which means the right type of fat is crucial for function. Omega-3 fatty acids, found in fatty fish, are essential building blocks. They are key to learning and memory.

Saturated fats, on the other hand, have been shown to do damage to the brain and body over time in excess amounts (Wright, K. C. 2018). These fats are found in butter, cakes, bacon and other animal sources. The Dietary Guidelines for Americans recommend that less than 10% of your total calories per day come from saturated fats.

FIBER

Current research is also leaning towards another component of our food that

has potential to improve and maintain brain function (Solan, M. 2022). That important ingredient is fiber. Fiber is a type of carbohydrate that is not digested by the body. Most carbohydrates are broken down into glucose or sugar, while fiber just passes through. This is important because it allows our bodies to regulate blood sugar and maintain satiety. Fiber is also beneficial for the digestive system and key in lowering cholesterol levels.

The connection between the brain and the gut, called the brain-gut axis, might explain why researchers believe fiber can play a role in brain function (Solan, M. 2022). Fiber increases the good bacteria in the gut, which in turn may reduce inflammation in the brain. Researchers are only beginning to study the connection, so we don't know for sure. The Dietary Guidelines suggests at least 25–35 grams of fiber per day. Fiber is found in plant sources like whole grains, fruits, vegetables, legumes and nuts.

B COMPLEX VITAMINS

B complex vitamins also play a role in brain health (Occhipinti, L. 2020). These specific vitamins may help to lower the risk of dementia and boost production of neurotransmitters, which are responsible for delivering messages between the brain and body (Ruscigno, M. 2016). Most of the B complex vitamins are not stored within the body and need to be consumed regularly in your daily diet. A deficiency of B complex vitamins increases the risk for cognitive decline.

Many of the foods we commonly consume are actually fortified with B vitamins making deficiency rare. The common sources

of these vitamins consist of whole grains, vegetables, fruits and legumes. However, Vitamin B12 is the only one found in animal products (Ruscigno, M. 2016). Some of the common names of B vitamins you might see on a nutrition facts label are thiamine, folate, biotin, niacin or riboflavin (U.S. Department of Agriculture).

TEST YOUR DAILY FOOD CONSUMPTION

This is a lot of information to consider, but it's important to remember that it isn't about eating a few *superfoods* to improve brain function and cognition.

Take a look at the foods in your normal day of eating.

Are you using a lot of prepackaged ingredients containing large amounts of salt and saturated fats?

Are you eating a variety of colorful fruits and vegetables?

Are you adding plant-based protein options like beans and lentils to add more fiber?

These are important things to consider when assessing what you can do to improve your brain health and an overall healthy lifestyle.

Disclaimer:

If you take certain medications, please be aware of food and drug interactions. Foods like dark leafy greens contain significant Vitamin K which can impact the effectiveness of certain blood thinners. Grapefruit can have an impact of the absorption of medications for blood pressure, cholesterol, or thyroid disease. Dairy products rich in calcium can interfere with antibiotics and iron supplements.

Please consult with your doctor or a registered dietitian to discuss your current medications and their possible food interactions before increasing your intake of these foods.

MYPLATE

MyPlate is a great resource that has replaced the food pyramid. Explore the MyPlate.gov website to learn more about meals based on a balanced plate and the important qualities of each food group.

LOSS OF TASTE

A person living with dementia may develop changes in how they experience flavor. A loss of taste might tempt you to use too much salt or sugar on your food to enhance the flavor. Too much salt or sugar is not good for your health, especially if you have high blood pressure or diabetes. Adding fresh garlic, black

pepper, balsamic vinegar or some juice from a lemon are healthy ways to enhance the flavor of foods if you are looking for ways to boost flavor.

SHOPPING TIPS

Grocery shopping can be difficult and expensive. Hopefully you can spend less time at the store and even save some money by following a few of these tips!

- ✓ Take inventory of what you have on hand. Do you have canned goods hiding in the back of your pantry? If so, try to incorporate them into your recipes for the week!
- ✓ If you shop in person, write your shopping list in food categories. One category for produce, one for frozen, one for protein, etc.
- ✓ Plan your meals in advance. This tip can be hard because who knows what you want for dinner at the end of the week. Start off slow and plan 3–4 meals for the week. Write your meals out and post the list on your refrigerator.
- ✓ Try to plan meals that use fresh fruits and vegetables at the beginning of the week, so they don't go bad.
- ✓ Stock your pantry with canned goods. Canned chicken and fish are great protein sources for lunch that have a long shelf life. Canned beans are a great plant-based protein to include in your soups, salads or side dishes.
- ✓ It is best to choose canned foods that are packed in water or have no added salt.
- ✓ Frozen fruits and vegetables are wonderful options when your favorite fresh produce isn't in season. This is a great way to continue to add color to your meals during the winter. Frozen vegetables are often cooked by blanching the vegetables first. This process preserves the nutrient content,

making the vegetables just as good as the fresh version. Try to find frozen foods without added sauces or seasonings, you can add that later on your own.

- ✓ Look for fortified foods when shopping. Fortified foods have added vitamins, minerals, or other nutrients for your health benefit. Micronutrients are not made within our body; therefore, we need to get them from the food we eat.
- ✓ Be mindful, however, most of these fortified foods have other ingredients that we might not want to consume in excess, like salt, fats and added sugars. Examples of fortified foods are cereals with added iron; soy milk and orange juice with calcium and vitamin D; and yogurt with added vitamin D (WebMD). These foods are often an inexpensive way to increase nutrient intake.

See page 118 for this section's citations

MAKING YOUR KITCHEN AND COOKING DEMENTIA FRIENDLY

Living with cognitive changes presents challenges in the kitchen. Measuring ingredients, following recipes and determining cooking times among other tasks can become confusing. Allow extra time when cooking — hurrying can lead to problems, so take your time.

Cooking can involve potential hazards such as sharp objects, hot surfaces, potential fires, food expiration and hygiene when handling food products. There are a number of ways to reduce risks, accidents and injuries. Organizing your kitchen to make it dementia-friendly is a great start!

Stacie Bonenberger, MOT, OTR/L

Laurie and Roy Scherrer share the ways their kitchen is organized so it is dementia-friendly for Laurie to use.

SIMPLIFY COUNTER SPACE

Remove unnecessary items from the counter space so that items you need to use stand out visually.

STOVE SAFETY

CLUTTER-FREE CABINETS

It is easier to find what you are looking for in cabinets and drawers that are not overloaded and cluttered.

CLUTTER-FREE DRAWERS WITH INSERT ORGANIZERS

Using drawer organizers can help make finding items easier.

ORGANIZE PANTRY ITEMS

Laurie likes to have similar pantry items lined up to make it visually easier for her to find.

PACKAGE ITEMS

Packaged items, such as flour, corn starch, sugar, etc., are stored in clear containers with the package label added to the front of the container. This helps reduce mistaking items such as flour for sugar.

ORGANIZE SPICES

Arranging spices in alphabetic order can make to find the spice you are looking for.

ADAPTIVE AND PROTECTIVE KITCHEN AIDS

The following are kitchen aids that can provide additional safety, protection and/or help when preparing food and cooking.

A protective glove can provide added safety when using sharp objects such as a knife.

- Schwer ANSI A9 Cut Resistant Gloves, Food Grade Reliable Cutting Gloves
  https://a.co/d/8j8xf2s
- Dowellife Level 8 Reinforced Cut Resistant Gloves Food Grade
  https://a.co/d/gAeF96X
- MAFORES Level 9 Cut Resistant Glove Food Grade, 2.0 Upgraded Stainless Steel Mesh Metal Glove Durable Rustproof Reliable Cutting Glove
  https://a.co/d/hAODOgM

Adaptive cutting board can help hold food steady while cutting.

- Adaptive Cutting Boards (Large)
  https://a.co/d/8a72UiC
- Sammons Preston Deluxe Paring Board
  https://www.rehab-store.com/p-deluxe-paring-board.html

Food cutting scissors are an alternative to using a knife and can make cutting up vegetables, fruits and other food items easier.

- Food Cutter Smart Scissors
  https://a.co/d/2nWv5sa
- 2-in-1 Kitchen Knife and Scissors
  https://a.co/d/eF3w4me

Heat protective gloves may be easier than using potholders or oven mitts.

- BBQ Gloves, 1472°F Heat-Resistant Gloves
  https://a.co/d/3Imlj4k
- Grill Armor Oven Heat-Resistant Gloves
  https://a.co/d/3A55kwT
- Grill Heat Aid Heat-Resistant Gloves
  https://a.co/d/eGonm3v

Spatula tongs can be easier for some to use in place of pointed end tongs that require more dexterity.

- STARUBY Silicone Cooking Tongs
  https://a.co/d/b7pdjQA
- Silicone Cooking Tongs
  https://a.co/d/3iKcxSt
- Cooking Tongs, BBQ Tongs, Stainless Steel Kitchen Silicone Serving Tongs, Heat-Resistant Meat Turner Spatula Tongs Fish Tongs with Locking Handle Joint,12 inch, Black and Red (12)
  https://a.co/d/3emU7un

RECIPES

BREAKFAST

25 Breakfast Burritos ..... Steve Barbieri

BREAD, PASTA, LEGUMES

29 Bagels ..... Linda Dominguez

33 Gramma's Baked Beans ..... Cyndy Hund

37 Peanut Butter Bread ..... Linda Dominguez

41 Tortilla Black Bean Casserole ..... Kathy Seager

45 Mom's Noodles ..... Cyndy Hund

SALAD & VEGETABLES

49 7 Layer Salad ..... Steve Taylor

53 Air Fryer Roasted Asparagus ..... Monica Downer

MEAT

57 Air Fryer Rib Eye Steak ..... Mark Timmons

61 Easy Chicken Stir-Fry ..... Steve Taylor

67 Guamanian-style BBQ Chicken ..... Kathy Seager

71 Hazelnut Chicken ..... Doug Jones

75 Lemon Roasted Chicken ..... Laurie Scherrer

SEAFOOD

79 Air Fryer Cajun Salmon..... Mark Timmons

83 Jamaican Fish Escovitch..... Monica Downer

87 Shrimp Fra Diavlo..... Doug Jones

VEGETARIAN

91 Meat Balls..... Gary Howard

95 Vegetable Soup..... Gary Howard

DESSERT

99 Vanilla Yogurt..... Ginger Smith

OTHER

103 Chicken Sandwich..... Steve Barbieri

107 Dupre Jambalaya.....Debbie Quigley

111 Turkey Sandwich..... Ginger Smith

ABOUT THE COOK

STEVE BARBIERI

Steve has been married to Tracy for 29 years and they have three children. He was an executive with Wells Fargo Bank for 32 years. In 2012, at 52 years old, he was diagnosed with chronic traumatic encephalopathy or CTE. CTE is a type of dementia caused by repeated traumatic brain injuries, often from contact sports.

One symptom of Steve's dementia is a reduced sense of taste. He often eats food based on memories of them rather than taste. He no longer uses the stove by himself and often relies on the microwave and air fryer for cooking. Steve has learned to make changes in his cooking style, such as taking his time and revising recipe ingredients to his liking. Pictures are a helpful reminder.

Tracy is of Hispanic heritage and introduced him to tamales years ago. He and his family make tamales together twice a year. They invite family and friends over to share in the festivities and fun. Steve finds joy in cooking and the satisfaction of eating what was made. One of their family recipe favorites is a chicken sandwich. It brings back memories of cooking with his kids in the kitchen and having the sandwiches while on road trips.

BREAKFAST

SERVES 2

ITEMS YOU WILL NEED:

3 eggs

1/4 cup of milk

1 tablespoon of butter

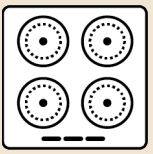
Olive oil to coat bottom of skillet

2 flour tortillas

1 cup of shredded cheddar or Monterey Jack cheese

1/4 cup precooked bacon crumbles

OPTIONAL: Hot sauce



STOVETOP

Medium-size bowl

2 medium-size skillets

Tongs

Oven mitts

INSTRUCTIONS:

1. Crack 3 eggs into a medium-size bowl.
2. Add 1/4 cup milk and stir until eggs and milk are blended together.

3. Add 1 tablespoon of butter to a medium-size skillet.
4. ON Heat skillet on medium heat.
5. Add egg and milk mixture to the skillet.
6. Gently scramble the egg mixture until cooked to your liking.
7. Set skillet aside.
8. In another skillet, add enough olive oil to lightly coat the bottom of the skillet.
9. Heat skillet on low heat.
10. Add 1 flour tortilla to the skillet to gently warm on both sides.
11. Once the tortilla is warm, remove from the skillet using tongs and plate on a plate.

12. Add 1/2 cup of shredded cheese, 1/8 cup precooked bacon crumbles and 1/2 of cooked eggs on top of the tortilla.
13. Roll tortilla.
14. Repeat steps 10, 11, 12 and 13 with the second tortilla.
15. OFF **Turn off stovetop.**
16. OPTIONAL: Pour hot sauce on top of tortilla.

BREAKFAST BURRITOS

NUTRITIONAL INFORMATION:

Per serving (1 burrito):

Protein:	about 19 grams
Carbohydrates:	19 grams
Fat:	21 grams

NUTRITION TIPS:

- The regular wraps have less than 1 gram of fiber. While whole wheat wraps (depending on the brand) can contain up to 5 grams of fiber, making them a great option for increasing daily fiber intake.
- The burritos are higher in fat due to the cheese and bacon, consider using low-fat cheese and a leaner meat option such as turkey bacon or turkey sausage.
- Try pairing the burrito with some fresh fruit or using frozen berries to make a smoothie!

ABOUT THE COOK

LINDA DOMINGUEZ

Linda is a successful entrepreneur who worked with Fortune 500 companies to improve team productivity. She authored two books, *How to Shine at Work* and *Managers Step-by-Step Guide to Outsourcing*. After retiring, Linda turned her passion for yoga into a business, and taught yoga and meditation until diagnosed with Lewy body dementia. She continues to practice yoga and mediation daily.

Cooking has been a longtime interest of hers as it allows her to express her creativity and love of food. Her mother, who was from Italy, taught her how to make Italian recipes, such as lasagna. As a teenager, Linda learned how to make bagels which she continues to enjoy making.

Living with Lewy body dementia presents some challenges. Linda sometimes struggles to remember recipes she has prepared hundreds of times and complex recipes can be difficult to follow. For help, she uses Amazon Echo Dot® as her timer and puts ingredients in the order she uses them. She also puts the ingredients in labeled glass jars. Linda's creativity in the kitchen has led to some trials, errors and funny stories. Now, she cooks for her grandsons and still finds joy in cooking even if it is a bit more challenging to do.

BREAD, PASTA & LEGUMES

These are authentic bagels — crispy on outside and chewy on inside.

MAKES 8 LARGE OR
12 SMALL BAGELS

ITEMS YOU WILL NEED:

1 tablespoon instant yeast

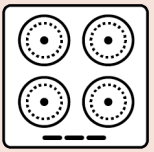
4 cups bread flour

2 teaspoons salt

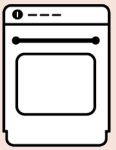
1 tablespoon dark brown sugar

1–1/3 cup warm water

Non-stick cooking spray



STOVETOP



OVEN

2 large mixing bowls

2 baking sheets

Parchment paper

Large pot

Spatula

Oven mitts

Plastic wrap

Small towel

INSTRUCTIONS:

1. ON Preheat oven to 425°F.
2. Place all ingredients in a large mixing bowl and mix by hand.
3. Knead ingredients for 15 minutes until dough is firm and smooth.
4. Place dough in a lightly greased large mixing bowl and cover with a small towel.
5. Place the bowl in a warm spot to rise (about 90 minutes).
6. Line two baking sheets with parchment paper (or lightly grease each baking sheet).
7. Place the risen dough on work surface and divide into 8 or 12 pieces, depending on what size bagel you want.
8. Take one piece of dough and pull up all the edges into the center. Pinch the edges closed. Roll gently into a ball.
9. Place dough pinched edge side down on the prepared baking sheets. Continue with all pieces of dough.

10. Lightly spray two long strips of plastic wrap with non-stick oil.
11. Cover the dough balls with the plastic wrap, greased side down, on top of the dough.
12. Let dough sit for 30 minutes.
13. ON Put 2 inches water in large pot. Bring water to a simmer.
14. After the dough sits, make a 1–1/2 inch hole in the center of each dough ball using your finger.

15. If a dough ball shrinks back, let it rest for a minute while working on the other dough balls.
16. Use a spatula to gently place dough balls a pot of simmering water for 30 seconds on each side to achieve a crispy crust.
17. Repeat until all dough balls have been simmered in water.
18. OFF **Turn off stovetop.**
19. Place baking sheets with the dough balls in oven and bake at 425° F for 25–30 minutes, adjusting the baking time according to personal preference.
20. Using oven mitts, remove the baking sheets from oven.
21. OFF **Turn off oven.**

NUTRITIONAL INFORMATION:

Per serving (1 bagel):

Fiber:	1.7 grams fiber	(using regular white flour)
	7.3 grams fiber	(using whole wheat flour)
Fat:	only 1 gram	
Protein:	8 grams	

NUTRITION TIPS:

- Fiber is an important part of our diet.
- If you want to add protein to the bagel, top with peanut butter or a sliver of salmon.

BREAD, PASTA & LEGUMES
GRAMMA'S BAKED BEANS

ABOUT THE COOK

CYNDY HUND

Cyndy is married to Mike and the mother of three children with a grandbaby on the way. She was a stay-at-home mom until her youngest was 12. Cyndy then became a long-haul semi-truck driver.

Cyndy finds joy spending time with her family, especially when preparing their favorite dishes. She taught her children to cook and, hopefully, pass their family traditions to the next generation. Her favorite recipes are the ones shared in this cookbook.

Cyndy was diagnosed with frontotemporal dementia which has presented challenges in cooking. Her children became her support system as they assist her with measurements, reading recipes aloud and closely supervising her cooking.

Now that her children are grown, her husband has taken on the role of her kitchen companion. She makes sure she gathers all the ingredients and measures everything separately in advance.

Despite the challenges, cooking remains a cherished family activity and a treasured memory for Cyndy.

BREAD, PASTA & LEGUMES

SERVES 4

ITEMS YOU WILL NEED:

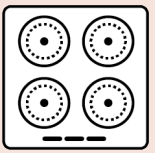
1 pound bag of great northern beans

1/4 teaspoon grated ginger root

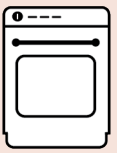
1/2 cup brown sugar

1/4 pound raw bacon

1 cup ketchup



STOVETOP



OVEN

Large pot

Covered roaster pan

Oven mitts

INSTRUCTIONS:

1. In a large pot, add the beans and cover with water.
2. Soak the beans in water overnight.
3. ON The next day, preheat oven to 325°F.
4. Drain water from beans.
5. Fill the pot with water to cover bean and add 1/4 teaspoon grated ginger root.
6. Boil the beans on low heat until tender — around 30 minutes.
7. OFF After boiling the beans, **turn off stovetop**.
8. Drain the water from the beans and put cooked beans into a roaster pan.
9. Add to the beans in the roaster pan 1 cup ketchup, 1/2 cup brown sugar and 1/4 pound raw bacon.
10. Put a cover on the roaster pan.
11. ON Put the pan in oven and bake covered at 325°F, stirring occasionally until bacon is cooked — approximately 45 minutes.
12. Using oven mitts, remove the cover from the pan and finish baking until the desired thickness is achieved.
13. Using oven mitts, remove roaster pan from oven.
14. OFF **Turn off oven.**

GRAMMA'S BAKED BEANS

NUTRITIONAL INFORMATION:

Per serving:

Calories:	195 calories
Protein:	9.7 grams
Carbohydrates:	28 grams
Fat:	5.5 grams
Fiber:	4.4 grams
Sodium:	High

NUTRITION TIPS:

- Beans are a plant-based protein that contain amounts of fiber, iron, magnesium, potassium and B-vitamin. Magnesium is essential for brain health at any age.
- Baked beans can be high in salt from added sauces and bacon. To reduce salt intake, skip the bacon and use smoked spices or barbeque sauce for flavor.
- Stick to a 1/2-cup serving of beans and pair it with vegetables and 3 ounces of meat for a tasty meal.

PEANUT BUTTER BREAD

ABOUT THE COOK

LINDA DOMINGUEZ

Linda is a successful entrepreneur who worked with Fortune 500 companies to improve team productivity. She authored two books, *How to Shine at Work* and *Managers Step-by-Step Guide to Outsourcing*. After retiring, Linda turned her passion for yoga into a business, and taught yoga and meditation until diagnosed with Lewy body dementia. She continues to practice yoga and mediation daily.

Cooking has been a longtime interest of hers as it allows her to express her creativity and love of food. Her mother, who was from Italy, taught her how to make Italian recipes, such as lasagna. As a teenager, Linda learned how to make bagels which she continues to enjoy making.

Living with Lewy body dementia presents some challenges. Linda sometimes struggles to remember recipes she has prepared hundreds of times and complex recipes can be difficult to follow. For help, she uses Amazon Echo Dot® as her timer and puts ingredients in the order she uses them. She also puts the ingredients in labeled glass jars. Linda's creativity in the kitchen has led to some trials, errors and funny stories. Now, she cooks for her grandsons and still finds joy in cooking even if it is a bit more challenging to do.

BREAD, PASTA & LEGUMES

Peanut Butter Bread was introduced in 1901 in the *Settlement Cookbook* written by Lizzie Black Kander to help new immigrants assimilate to living in the United States. During the Great Depression of the 1930s, many families found this easy recipe could be made inexpensively with pantry items most people had on hand. The recipe has changed little over the last 120 years, with the exception of the addition of eggs.

ITEMS YOU WILL NEED:

1/2 cup creamy peanut butter

1 cup whole milk

1/3 packed brown sugar

1 large egg

2 cups all-purpose flour

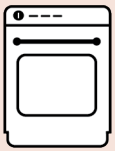
2 teaspoons baking powder

1 teaspoon salt

Non-stick cooking spray

OPTIONAL: 1/2 cup chocolate chips

PEANUT BUTTER BREAD



OVEN

9-inch x 4-inch loaf pan

2 large mixing bowls

Oven mitts

Parchment paper

INSTRUCTIONS:

1. ON Preheat oven to 350°F.
2. Spray a 9-inch x 4-inch loaf pan with non-stick cooking spray.
3. Line the loaf pan with parchment paper. This helps make it easy to remove the bread after it has cooked.
4. Microwave 1/2 cup creamy peanut butter on low power for approximately 30 seconds to soften it, or longer if it has been refrigerated.
5. In a large mixing bowl, whisk together the softened peanut butter, 1 cup whole milk, 1/3 packed brown sugar and 1 large egg until mixture is smooth.
6. In another bowl, sift 2 cups all-purpose flour, 1 teaspoon salt and 2 teaspoons baking powder together.
7. Add the peanut butter mixture to the flour mixture and stir until well combined.
8. OPTIONAL: Add 1/2 cup chocolate chips, gently stir until well distributed.

9. Pour batter into prepared loaf pan.
10. Use oven mitts to place the loaf pan in preheated oven at 350°F.
11. Bake for 50 minutes or until a toothpick inserted comes out dry.
12. Using oven mitts, remove the loaf pan from oven.
13. OFF **Turn off oven.**

NUTRITIONAL INFORMATION:

Per serving:

Protein:	9 grams
Carbohydrates:	38 grams
Fat:	11 grams
Fiber:	2 grams

NUTRITION TIPS:

- Add walnuts or other nuts to boost protein, fiber and other nutrients.
- Using whole wheat flour can increase fiber content per serving from 2 to 5 grams.
- Dark chocolate antioxidants may improve brain health and reduce inflammation. Use dark chocolate chips for a tasty healthy alternative.

TORTILLA BLACK BEAN CASSEROLE

ABOUT THE COOK

KATHY SEAGER

Kathy's talent for singing lead her to major in vocal performance. She earned scholarships for both her undergraduate and graduate studies. She shared her passion for music as a voice teacher at the University of Charleston West Virginia. Kathy is retired now with three grown children. Music continues to play an important role in her life. She plays the flute, sings with friends and is an active member of Shed Hoppers, a group that plays music together in each other's home.

Kathy was diagnosed with young onset Alzheimer's in 2022.

She experiences challenges cooking and often forgets to include some ingredients in recipes. To help, she lays all the ingredients out before-hand.

Her love for music has proven to be helpful as it helps her stay focused. She wears earbuds and listens to music while cooking. Cooking her favorite dishes, such as the Tortilla Black Bean Casserole and Guamanian Style BBQ Chicken, brings her satisfaction and comfort.

Living alone, Kathy remains determined to cook for herself, preparing simple and familiar dishes.

SERVES 4

ITEMS YOU WILL NEED:

2 15-ounce cans black beans

2 onions chopped

1–1/2 cups chopped green pepper

1 14-ounce canned diced tomatoes

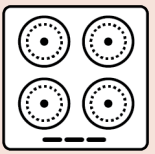
2 cloves garlic minced

2 teaspoons ground cumin

12 pieces 6-inch corn tortillas

2 cups shredded Monterey jack cheese

For toppings: salsa (or picante sauce), chopped lettuce, tomatoes, sour cream



STOVETOP

OVEN

Large saucepan

Colander

13-inch x 9-inch x 2-inch casserole dish

Oven mitts

Foil

TORTILLA BLACK BEAN CASSEROLE

INSTRUCTIONS:

1. ON Preheat oven to 350°F.
2. ON On stovetop in a large saucepan, sauté 2 chopped onions, 1–1/2 cups chopped green pepper, 2 cloves minced garlic, 1 can diced tomatoes and 2 teaspoons ground cumin.
3. Bring to a boil, then reduce the heat and let the vegetables simmer uncovered for 15 minutes.
4. OFF **Turn off stovetop.**
5. Open black beans, pour into colander and rinse with water.
6. Add rinsed beans to the saucepan with vegetables.
7. In casserole dish, spread 1/3 of the bean mixture.
8. Place 6 pieces of tortillas on top of bean mixture.
9. Sprinkle 1 cup of shredded cheese on top of tortillas.
10. Spread another 1/3 cup of bean mixture on top of cheese.
11. Place another 6 tortillas on top of bean mixture.
12. Add remaining bean mixture on top of tortillas.
13. Cover the casserole dish with foil and bake at 350°F for 30–35 minutes.
14. Using oven mitts, remove the casserole from oven.
15. OFF **Turn off oven.**

16. Remove the foil cover and sprinkle remaining cup of shredded cheese on top of casserole.

17. Cut into squares and serve with toppings of your choice: chopped lettuce, tomatoes, salsa and/or sour cream.

NUTRITIONAL INFORMATION:

Per serving:

Calories:	about 100
Protein:	3 grams
Carbohydrates:	14 grams
Fat:	Low
Sodium:	Lower

NUTRITION TIPS:

- In choosing canned foods, look for low-sodium labels. Canned foods are affordable but can hide large amounts of salt.
- Use corn tortillas instead of flour tortillas for more fiber and magnesium, which is essential for brain health. Corn tortillas also have less sodium and fat.
- Greek yogurt can be a great alternative for sour cream. Plain Greek yogurt is lower in calories, higher in protein and richer in vitamins A and B12.
- For a spicy alternative, use picante sauce instead of salsa for topping.

ABOUT THE COOK

CYNDY HUND

Cyndy is married to Mike and the mother of three children with a grandbaby on the way. She was a stay-at-home mom until her youngest was 12. Cyndy then became a long-haul semi-truck driver.

Cyndy finds joy spending time with her family, especially when preparing their favorite dishes. She taught her children to cook and, hopefully, pass their family traditions to the next generation. Her favorite recipes are the ones shared in this cookbook.

Cyndy was diagnosed with frontotemporal dementia which has presented challenges in cooking. Her children became her support system as they assist her with measurements, reading recipes aloud and closely supervising her cooking.

Now that her children are grown, her husband has taken on the role of her kitchen companion. She makes sure she gathers all the ingredients and measures everything separately in advance.

Despite the challenges, cooking remains a cherished family activity and a treasured memory for Cyndy.

ITEMS YOU WILL NEED:

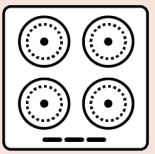
4 cups of flour

Extra flour for kneading

8 eggs

9 tablespoons of chicken stock

"I prefer using L.B. Jamison's chicken-flavored soup base."



STOVETOP

Large bowl

Large pot

Rolling pin

Oven mitts

INSTRUCTIONS:

1. In a large bowl, whisk 8 eggs together.
2. Add 4 cups of flour to the eggs and mix until the texture becomes similar to bread dough.
3. Transfer the dough onto a floured counter or board.
4. Knead the dough and add more flour until the dough becomes stiff and dry.

5. Roll out dough using a rolling pin, as thinly as possible or to your liking.
6. Cut the dough into 3-inch strips.
7. Toss the cut strips with some flour to prevent them from sticking together.
8. Stack the strips on top of each other as high as is manageable.
9. Keep stacking strips until all the strips are stacked.
10. Cut the stacked strips on the 3-inch side as thin as you like your noodles.
11. ON Fill a large pot with water and bring it to a boil.
12. Add the 9 tablespoons of chicken stock to the boiling water.
13. Carefully drop the strips into the boiling pot and stir gently to ensure they don't stick together.
14. Reduce the heat once noodles are added and stir occasionally. Cook noodles until tender. Thicker noodles may take 45 minutes.
15. OFF **Turn off stovetop.**

MOM'S NOODLES

NUTRITIONAL INFORMATION:

Per serving:

Calories:	About 239
Protein:	10 grams
Carbohydrates:	38.5 grams
Fat:	4 grams

NUTRITION TIPS:

- This recipe is a great source of protein with the added chicken soup base.
- The American Heart Association recommends limiting saturated fat intake to no more than 13 grams per day, as excessive consumption can raise cholesterol levels that leads to increased risk of heart disease. Sources of saturated fat are butter, cream, pork and cheese.
- Try adding some cooked carrots or steamed greens to boost the nutritional value of this recipe.

ABOUT THE COOK

STEVE TAYLOR

Steve has been fortunate to call Bloomington, Indiana, his home for over three decades. He and his wife of almost 20 years, Susan, share their home with Susan's mother. Their family also includes a daughter and son-in-law. Steve is living with Alzheimer's and retired from a career in banking in 2017 due to dementia symptoms.

Steve enjoys photography, flower gardening and caring for his cats. He also finds great enjoyment cooking. Although his wife is the main family cook, Steve is her sous chef. He experiences some challenges with cooking due to dementia, such as forgetting to turn off kitchen appliances, handling knives and putting things aways after cooking. Susan provides support to help him find ways to accommodate changing abilities. He finds using sticky notes strategically placed with key reminders and a timer on his phone to be helpful. Steve remains a devoted cook and enjoys spending time in the kitchen with his loved ones.

SALAD & VEGETABLES

SERVES 2

ITEMS YOU WILL NEED:

1 medium head of romaine lettuce chopped or small bag of spring mix salad

2 large handfuls of fresh, washed spinach leaves

1 red onion chopped

1 10-ounce bag frozen peas thawed

1/2 cup mayonnaise or low-fat mayonnaise

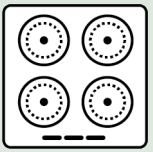
1/2 cup plain Greek yogurt (or non-fat plain Greek yogurt)

1–1/2 tablespoons granulated sugar

6 ounces shredded cheddar cheese

5–6 slices raw bacon chopped (or pre-cooked bacon crumbles)

Salt and pepper to taste



STOVETOP

Only if you need to cook the bacon

INSTRUCTIONS:

1. ON In a skillet over medium heat, fry the bacon until brown and crispy using tongs.
2. Remove the bacon from the skillet with tongs and drain off the excess fat on a paper towel.
3. OFF **Turn off stovetop.**
4. When bacon has cooled, crumble the bacon into pieces and set aside.
5. In a large bowl, add chopped romaine lettuce (or spring mix salad) and 2 large handfuls of spinach.
6. Lightly season the salad greens with salt and pepper.
7. Add 1 chopped red onion and 10 ounces of thawed green peas to the salad greens.
8. In a separate bowl, mix 1/2 cup of mayonnaise,1/2 cup plain Greek yogurt, and 1–1/2 tablespoons of granulated sugar until well combined.
9. Add the mayo mixture to the large bowl of greens, red onion and peas.
10. Top the salad greens with 6 ounces of shredded cheddar cheese and bacon crumbles.
11. Serve or cover and keep in the refrigerator.

7 LAYER SALAD

NUTRITIONAL INFORMATION:

Per serving:

Calories:	about 200
Protein:	5 grams
Carbohydrates:	9 grams
Fat:	8 grams
Saturated fat:	2 grams

NUTRITION TIPS:

- This salad is a calcium-rich source with spinach, yogurt and cheese.
- Greek yogurt is a lower-carbohydrate option with less sugar and more protein compared to regular yogurt.
- Turkey or chicken is an excellent substitute for bacon if you are monitoring your sodium intake.

SALAD & VEGETABLES
AIR FRYER ROASTED ASPARAGUS

ABOUT THE COOK

MONICA DOWNER

Monica is a devoted mother of two and has been happily married for 27 years. Along with her love for cooking, she has a passion for nurturing her houseplants. Prior to being diagnosed seven years ago with mild cognitive impairment, Monica was a special education teacher.

Monica has always enjoyed experimenting with new recipes and replicating dishes from restaurants. Since marrying a Jamaican, she has grown fond of their cuisine, particularly Jamaican fish which she prepares for her loved ones.

Monica's cognitive impairment has presented challenges for her in the kitchen. She has devised strategies to help her, such as using a timer while cooking and choosing to cook simpler recipes. She also started to use an air fryer for easy cooking and pre-measures the ingredients in advance.

One of her favorite air fryer recipes is for asparagus that she has shared. Monica continues to feel fulfilled by contributing to her family through the food she prepares.

SALAD & VEGETABLES

SERVES 4

ITEMS YOU WILL NEED:

One pound of fresh asparagus

Olive oil

Kosher salt to taste

Black pepper to taste

AIR FRYER

Tongs

AIR FRYER ROASTED ASPARAGUS

INSTRUCTIONS:

1. Rinse asparagus and snap off the bottom stems.
2. Place asparagus on air fryer tray.
3. Drizzle olive oil over the asparagus and roll to coat evenly.
4. Sprinkle asparagus with kosher salt and pepper to taste.
5. ON Set the air fryer timer to 7–9 minutes at 375°F to cook the asparagus.
6. Using tongs, carefully remove cooked asparagus from the air fryer.
7. OFF **Turn off air fryer.**

AIR FRYER ROASTED ASPARAGUS

NUTRITIONAL INFORMATION:

Per serving:

Calories:	less than 100
Protein:	2 grams
Carbohydrates:	4 grams
Fat:	7.7 grams
Saturated fat:	1 gram
Sodium:	330 milligrams
Cholesterol:	0 milligrams
Fiber:	2 grams

NUTRITION TIPS:

- Asparagus is high in iron, vitamin C, Vitamin K and potassium, which are essential for overall health.
- Frozen asparagus can be used if this is a more convenient option. Frozen asparagus has a similar nutritional content to fresh asparagus.
- Air frying vegetables preserves nutrients.

AIR FRYER RIB EYE STEAK

ABOUT THE COOK

MARK TIMMONS

Mark raised three children and now lives alone outside of Boston. He has a wide range of interests, including photography, cooking, dementia advocacy and social causes. He was diagnosed with early onset dementia in 2016 but that hasn't stopped him from pursuing his passions. Recently, Mark has been learning hybrid photography and using software programs to edit his photos. He also enjoys writing poetry and journaling. He is constantly exploring ways to expand his knowledge of photography and for ways to keep his brain active and engaged.

Mark is health-conscious and enjoys cooking his meals as it allows him to know exactly what ingredients he's consuming. He learned to cook from his Italian mother. In the last year, he has started to experience difficulties in the kitchen, such as forgetting to turn off the stove or forgetting to add ingredients.

To work around these issues, Mark started using an air fryer to make meals since it has an automatic shut-off. He also rewrites recipes to make them easier to understand and to ensure he doesn't miss any steps. His air fryer salmon recipe is a particular favorite and is good for brain health. Mark continues to pursue his passions and interests with creativity and determination.

MEAT

SERVES 4

ITEMS YOU WILL NEED:

2 rib eye steaks

1/4 cup soy sauce

1/4 cup olive oil

4 teaspoons Montreal steak seasoning (or any all-purpose steak seasoning)

AIR FRYER

Large resealable plastic bag

Tongs

INSTRUCTIONS:

1. Marinate 2 steaks with 1/4 cup soy sauce, 1/4 cup olive oil, and 4 teaspoons steak seasoning in a large resealable bag for 2 hours.
2. After steak has marinated, remove from resealable bag. Discard marinade and pat the steaks dry.
3. When ready to cook the steaks, add 1 tablespoon water to the bottom of the air fryer pan to prevent it from smoking during cooking.
4. ON Preheat the air fryer to 400°F.
5. Carefully place steaks in air fryer using tongs and cook for 7 minutes on each side for medium-rare or 8 minutes per side for medium.
6. Remove steaks using tongs and let it sit for about 5 minutes before serving.
7. OFF **Turn off air fryer.**
8. Wrap up and put any leftovers in the refrigerator.

AIR FRYER RIB EYE STEAK

NUTRITIONAL INFORMATION:

Nutrition information is for the rib eye steak only and has been modified to reflect the recipe modification.

Calories:	326
Fat:	24.5 grams
Saturated fat:	6 grams
Unsaturated fat:	0 grams
Cholesterol:	82.5 grams
Carbohydrates:	4 grams
Fiber:	.5 grams
Sugar:	.5 grams
Protein:	22 grams

NUTRITION TIPS:

- Recommend serving with mashed sweet potato and a salad.
- For people with soy allergies or food sensitivities, you can substitute coconut liquid aminos for the soy sauce. Coconut liquid aminos is soy- and gluten-free. Alternatively, you can substitute the soy sauce with tamari sauce, which is also gluten free.
- Steak is a good source of protein and iron.
- Remember to balance your plate: 1/4 protein, 1/4 grains and 1/2 fruits and vegetables.

ABOUT THE COOK

STEVE TAYLOR

Steve has been fortunate to call Bloomington, Indiana, his home for over three decades. He and his wife of almost 20 years, Susan, share their home with Susan's mother. Their family also includes a daughter and son-in-law. Steve is living with Alzheimer's and retired from a career in banking in 2017 due to dementia symptoms.

Steve enjoys photography, flower gardening and caring for his cats. He also finds great enjoyment cooking. Although his wife is the main family cook, Steve is her sous chef. He experiences some challenges with cooking due to dementia, such as forgetting to turn off kitchen appliances, handling knives and putting things aways after cooking. Susan provides support to help him find ways to accommodate changing abilities. He finds using sticky notes strategically placed with key reminders and a timer on his phone to be helpful.

Steve remains a devoted cook and enjoys spending time in the kitchen with his loved ones.

SERVES 2

ITEMS YOU WILL NEED:

2 chicken breasts cut into 1-inch cubes

Salt and pepper to taste

2 tablespoons olive oil

2 cups broccoli florets

1/2 yellow bell pepper sliced into 1-inch pieces

1/2 red bell pepper sliced into 1-inch pieces

1/2 cup sliced baby carrots

2 cloves minced garlic

2 teaspoons minced ginger

STIR-FRY SAUCE

1 tablespoon corn starch

2 tablespoons cold water

1/4 cup low-sodium chicken broth

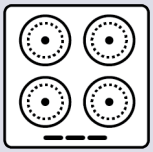
3 tablespoons low-sodium soy sauce

1/4 cup honey

1 tablespoon toasted sesame oil

1/2 teaspoon crushed red pepper flakes

EASY CHICKEN STIR-FRY



STOVETOP

- Medium-size bowl
- Large skillet
- Tongs
- Oven mitts

INSTRUCTIONS:

1. In a medium-size bowl, blend 1 tablespoon corn starch and 2 tablespoon cold water together.
2. Add 1/4 cup low-sodium chicken broth, 3 tablespoons soy sauce, 1/4 cup honey, 1 tablespoon toasted sesame oil and 1/2 teaspoon crushed red pepper flakes. Mix until all ingredients are combined and set aside.
3. ON For stir-fry sauce, add 1 tablespoon olive oil to a large skillet over medium-high heat.
4. Add the chicken breast cubes and season with salt and pepper to taste. Cook for 3–5 minutes.
5. When chicken is cooked, remove from the skillet using tongs and set aside.
6. Reduce heat to medium and add remaining 1 tablespoon of olive oil to the skillet.
7. To the skillet, add 2 cups broccoli florets, 1/2 yellow bell pepper, 1/2 red bell pepper and 1/2 cup sliced baby carrots.
8. Cook and stir occasionally until vegetables are crisp-tender.

9. Add 2 cloves minced garlic and 2 teaspoons minced ginger and cook for another minute.
10. Add chicken back into the skillet and stir to combine all of the ingredients.
11. Pour the stir fry sauce over the chicken and vegetables in the skillet and gently stir to combine.
12. Bring to a boil, stir occasionally and let boil for 1 minute.
13. Remove the skillet from stovetop.
14.

Turn off stovetop.
15. Serve with rice or noodles, if desired.

NUTRITIONAL INFORMATION:

Per serving:

Calories:	112
Protein:	13.8 grams
Carbohydrates:	5 grams
Fat:	4 grams

Stir Fry Sauce (per serving)

Calories:	168
Protein:	2 grams
Carbohydrates:	30 grams
Fat:	5 grams

NUTRITION TIPS:

- Use low sodium options for soy sauce and chicken broths to reduce sodium intake. Avoid adding extra salt to the recipe.
- Adding colorful vegetables to meals is a great way to include a variety of nutrients and vitamins. For example, green fruits and vegetables include components that support eye health and strong bones, while orange and yellow vegetables contain antioxidants and vitamin C for a strong immune system. Lastly, red fruits and vegetables can improve heart, memory and urinary tract function.

GUAMANIAN-STYLE BBQ CHICKEN

ABOUT THE COOK

KATHY SEAGAR

Kathy's talent for singing lead her to major in vocal performance. She earned scholarships for both her undergraduate and graduate studies. She shared her passion for music as a voice teacher at the University of Charleston West Virginia. Kathy is retired now with three grown children. Music continues to play an important role in her life. She plays the flute, sings with friends and is an active member of Shed Hoppers, a group that plays music together in each other's home.

Kathy was diagnosed with young onset Alzheimer's in 2022.

She experiences challenges cooking and often forgets to include some ingredients in recipes. To help, she lays all the ingredients out before-hand.

Her love for music has proven to be helpful as it helps her stay focused. She wears earbuds and listens to music while cooking. Cooking her favorite dishes, such as the Tortilla Black Bean Casserole and Guamanian Style BBQ Chicken, brings her satisfaction and comfort.

Living alone, Kathy remains determined to cook for herself, preparing simple and familiar dishes.

MEAT

SERVES 2

ITEMS YOU WILL NEED:

2 boneless chicken breasts

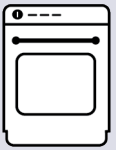
1/2 cup of soy sauce

1/2 cup of lemon juice (can use bottled lemon juice)

1 onion, finely minced

2 cloves garlic, minced

Hot pepper flakes to personal liking



OVEN

Large mixing bowl

Baking pan

Tongs

Oven mitts

GUAMANIAN-STYLE BBQ CHICKEN

INSTRUCTIONS:

1. Put all of the ingredients except the chicken in a large mixing bowl and blend well.
2. Add 2 chicken breasts to the bowl and rub the mixture thoroughly over the chicken breasts.
3. Cover the bowl and refrigerate for 6 or more hours.
4. ON When ready to cook the chicken breasts, preheat oven to 400°F.
5. Remove chicken from the refrigerator and place in pan, adding leftover juices to the pan.
6. Cook the chicken uncovered for 20 minutes in oven.
7. Using oven mitts, remove chicken from oven.
8. OFF **Turn off oven.**
9. Using tongs, place chicken on serving plates.
10. OPTIONAL: Instead of cooking the chicken in oven, you can cook it on an outdoor grill. Cook each side for approximately 10 minutes each side.

"I like to serve the chicken with fruit and a Tabuleh salad, made with diced tomatoes and cucumbers. I buy the Far East Tabuleh brand."

MEAT
GUAMANIAN-STYLE BBQ CHICKEN

NUTRITIONAL INFORMATION:

Per serving:

Calories:	237
Protein:	32 grams
Carbohydrates:	20 grams
Fat:	3.4 grams
Saturated fat:	0.9 grams
Fiber:	2 grams

NUTRITION TIPS:

- Remember: When using prepackaged sauces, try to look for low sodium if necessary.
- Chicken is a great lean meat option, low in saturated fat and high in protein. One serving of chicken is about 3 ounces.
- Grilled chicken is a perfect summer dish that pairs well with fresh veggies in a salad or even fruit. Common vegetables that are in season during the summer are corn, cucumbers, green beans, carrots, bell peppers, zucchini, summer squash and tomatoes.

ABOUT THE COOK

DOUG JONES

Doug has been happily married to Shana for 43 years and they have a beautiful family, including a son, daughter and two grandchildren. His professional career spanned 40 years in radio. His passions in life include reading, cooking and travel. Cooking brings him joy as he loves to cook for others and see a finished product. Despite being a self-taught chef, Doug has cooked gourmet meals for focus groups in companies over the years. His award-winning hazelnut chicken recipe is a testament to his culinary talents, which was submitted to the U.S. Chef Open in Atlanta amateur cooks division in 1989 or 1990, ultimately winning third place. Doug has also been heavily involved in cooking for his parents' retirement home. He frequently helped in the kitchen particularly with Sunday nights dinner. Doug was diagnosed with FTD which requires him to receive assistance from his family with more complex recipes. He has found ways to work around his condition, prioritizing each step and labeling ingredients for ease of us. He enjoys spicy foods and, after retiring, has continued to cook for a nursing home in Marietta. Despite his diagnosis, Doug remains a dedicated and passionate cook, sharing his love of food with those around him.

MEAT

SERVES 1

ITEMS YOU WILL NEED:

1 boneless chicken breast

2 tablespoons butter

Flour to coat chicken

Salt and pepper to taste

1 clove garlic minced

1 tablespoon dry vermouth (or substitute white wine)

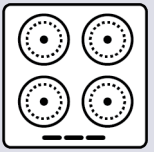
1 tablespoon Frangelico hazelnut liqueur

3 white mushrooms sliced

1 tablespoon chopped hazelnuts

2 tablespoons heavy cream

2 sprigs of chopped parsley



STOVETOP

Medium-size saucepan

Tongs

Oven mitts

INSTRUCTIONS:

1. Lightly coat the chicken breast in flour.
2. ON Melt 2 tablespoons of butter in a saucepan on stovetop over medium heat.
3. Add chicken, salt, pepper, minced garlic, 1 tablespoon of dry vermouth (or white wine) and 1 tablespoon Frangelico hazelnut liqueur to the saucepan.
4. Simmer chicken and other added ingredients over medium heat until the chicken is cooked and the fluid mixture reduces to a thick syrup-like consistency.
5. Using tongs, transfer the chicken breast to a plate and cover to keep warm.
6. Add 3 sliced white mushrooms, 1 tablespoon chopped hazelnuts and 2 tablespoons of heavy cream to the saucepan and cook over medium heat until the fluid consistency thickens.
7. Add the chicken breast to the saucepan and heat through.
8. Place the chicken and sauce on a plate and add 2 sprigs of chopped parsley.
9. OFF **Turn off stovetop.**

MEAT
HAZELNUT CHICKEN

NUTRITIONAL INFORMATION:

Per serving:

Calories:	264
Protein:	About 15 grams
Carbohydrates:	9 grams
Fat:	18 grams
Fiber:	1.5 grams

NUTRITION TIPS:

- This recipe is a great source of protein. One serving of chicken is about 3 ounces.
- Best paired with a serving of whole grains and roasted vegetables
- Brown rice is a great whole grain alternative that adds fiber and other minerals and will not increase blood sugar.
- Use "salt-free" seasoning blends when seasoning roasted vegetables to lower sodium intake.

LEMON ROASTED CHICKEN

ABOUT THE COOK

LAURIE SCHERRER

Laurie has been married to Roy for 41 years and remains close to her five siblings. Along with Roy, she lives with Lil Dawg, her companion service dog. With an adventurous spirit, Laurie enjoyed activities such as skydiving, scuba diving and parasailing. Laurie enjoyed a busy career as an executive.

In 2013, at the age of 55, she was diagnosed with young onset dementia leading to her early retirement. Laurie found a new purpose and became a national advocate and mentor for living proactively with dementia.

Cooking was not a priority when Laurie worked.

She made learning to cook a priority when she retired. To support her symptoms of her dementia, Laurie's kitchen is dementia-friendly organized, including storing and labeling food items in glass containers or jars to help her identify what is inside.

She has difficulties understanding recipes and measurements and forgets to wear oven mitts when taking hot items out of the oven resulting in burns. She and Roy have developed numerous strategies and accommodations that allow her to continue to cook safely and with confidence.

MEAT

SERVES 4 WITH LEFTOVERS

ITEMS YOU WILL NEED:

1 whole chicken (approximately 3 pounds)

2 tablespoons olive oil

2 tablespoons softened butter

1 lemon

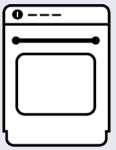
2 cloves garlic minced

2 cloves garlic whole

1/2 onion quartered

1 tablespoon kosher salt

1 teaspoon black pepper



OVEN

Small mixing bowl

Grater

Roaster pan

Meat thermometer

Oven mitts

INSTRUCTIONS:

1. ON Preheat oven to 425°F.

2. Grate the rind of the lemon.
3. Cut the lemon in half and squeeze the juice out of lemon into a small mixing bowl.
4. Add to the bowl the grated lemon rind, 2 tablespoons olive oil, 2 tablespoons softened butter, 2 cloves minced garlic, 1 tablespoon kosher salt and 1 teaspoon black pepper.
5. Stir the mixture thoroughly and set aside.
6. Remove the whole chicken from plastic wrap and any giblets or other pieces that may be in the cavity of the chicken.
7. Rinse the chicken inside and out. Pat the chicken dry.
8. Place the chicken in a roaster pan with breast side facing up.
9. Lift the skin from the chicken breasts and place 1 tablespoon of the butter mixture under the skin.
10. Massage the butter mixture to spread the mixture evenly across the chicken breasts.
11. Squeeze any remaining lemon juice into cavity of chicken.
12. Add the lemon, 2 cloves whole garlic and 1/2 onion into cavity of chicken. Salt and pepper the chicken.
13. Cover outside of chicken with remaining butter mixture and put in oven.
14. Turn oven down to 325°F and bake for 1 hour or until the inner chicken thigh reaches 165°F.
15. Use oven mitts to remove chicken from oven when fully cooked.
16. OFF **Turn off oven.** Slice chicken and serve hot.

NUTRITIONAL INFORMATION:

Per serving:

Calories:	532
Carbohydrates:	3 grams
Protein:	35 grams
Fat:	41 grams
Saturated fat:	12 grams
Cholesterol:	157 grams
Sodium:	184 grams
Potassium:	406 milligrams
Vitamin A:	440IU
Vitamin C:	18.1 milligrams
Calcium:	32 milligrams
Iron:	1.9 milligrams

Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.

NUTRITION TIPS:

- Chicken is a lean source of protein. Chicken contains less saturated fat or cholesterol than beef.
- The saturated fat and cholesterol content in this recipe comes from the butter. Use plant-based butters as they are cholesterol-free and have less saturated fat.

SEAFOOD

AIR FRYER CAJUN SALMON

ABOUT THE COOK

MARK TIMMONS

Mark raised three children and now lives alone outside of Boston. He has a wide range of interests, including photography, cooking, dementia advocacy and social causes. He was diagnosed with early onset dementia in 2016 but that hasn't stopped him from pursuing his passions. Recently, Mark has been learning hybrid photography and using software programs to edit his photos. He also enjoys writing poetry and journaling. He is constantly exploring ways to expand his knowledge of photography and for ways to keep his brain active and engaged.

Mark is health-conscious and enjoys cooking his meals as it allows him to know exactly what ingredients he's consuming. He learned to cook from his Italian mother. In the last year, he has started to experience difficulties in the kitchen, such as forgetting to turn off the stove or forgetting to add ingredients.

To work around these issues, Mark started using an air fryer to make meals since it has an automatic shut-off. He also rewrites recipes to make them easier to understand and to ensure he doesn't miss any steps. His air fryer salmon recipe is a particular favorite and is good for brain health. Mark continues to pursue his passions and interests with creativity and determination.

SEAFOOD

SERVES 2

ITEMS YOU WILL NEED:

2 skin-on salmon fillets
(approximately 6 ounces each)

Non-stick cooking spray

1 tablespoon cajun seasoning

1 teaspoon brown sugar

OPTIONAL: Dried lavender buds

AIR FRYER

Small bowl

Paper towels

Tongs

AIR FRYER CAJUN SALMON

INSTRUCTIONS:

1. ON Preheat the air fryer to 390°F.
2. Grease the air fryer basket with cooking spray.
3. Mix 1 tablespoon cajun seasoning and 1 teaspoon brown sugar in a small bowl.
4. Rinse and dry 2 salmon fillets with a paper towel.
5. Mist 2 salmon fillets with cooking spray.
6. Press 2 salmon fillets, flesh-side down into the bowl with the seasoning mixture.
7. Using tongs, place coated salmon fillets, skin-side down, into preheated air fryer basket.
8. Mist 2 salmon fillets again with cooking spray.
9. OPTIONAL: Sprinkle dried lavender buds on to salmon fillets.
10. Set air fryer timer to 8 minutes to cook salmon fillets.
11. Remove the 2 salmon fillets from air fryer using tongs and let rest for 2 minutes before serving.
12. OFF **Turn off air fryer.**

AIR FRYER CAJUN SALMON

NUTRITIONAL INFORMATION:

Nutrition information is for 1 salmon fillets.

Per serving:

Calories:	327 kcal
Fat:	19 grams
Saturated fat:	4 g rams
Unsaturated fat:	0 grams
Cholesterol:	99 milligrams
Sodium:	811 milligrams
Carbohydrates:	4 grams
Fiber:	0 grams
Sugar:	2 grams
Protein:	34 grams

NUTRITION TIPS:

- Salmon is full of omega-3 fatty acids that support brain health.
- Add roasted vegetables like zucchini, squash, carrots and potatoes to boost the nutritional content. They can also be roasted in an air fryer.
- Consider salt-free cajun seasonings to reduce sodium content.

SEAFOOD
JAMAICAN FISH ESCOVITCH

ABOUT THE COOK

MONICA DOWNER

Monica is a devoted mother of two and has been happily married for 27 years. Along with her love for cooking, she has a passion for nurturing her houseplants. Prior to being diagnosed seven years ago with mild cognitive impairment, Monica was a special education teacher.

Monica has always enjoyed experimenting with new recipes and replicating dishes from restaurants. Since marrying a Jamaican, she has grown fond of their cuisine, particularly Jamaican fish which she prepares for her loved ones.

Monica's cognitive impairment has presented challenges for her in the kitchen. She has devised strategies to help her, such as using a timer while cooking and choosing to cook simpler recipes. She also started to use an air fryer for easy cooking and pre-measures the ingredients in advance.

One of her favorite air fryer recipes is for asparagus that she has shared. Monica continues to feel fulfilled by contributing to her family through the food she prepares.

SEAFOOD

SERVES 2

ITEMS YOU WILL NEED:

2 fish fillets

1/4 red bell pepper thinly sliced

1/4 green bell pepper thinly sliced

1/4 medium size onion thinly sliced

OPTIONAL: 1/4 habanero pepper thinly sliced, discard seeds

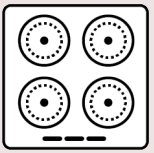
Cooking oil to cover bottom of saucepan

2/3 cup of white vinegar

1/2 teaspoon of old bay seasoning

1/2 teaspoon garlic powder

1/2 teaspoon onion powder



STOVETOP

Large saucepan

Covered serving dish

Tongs

Oven mitts

INSTRUCTIONS:

1. Rinse fish fillets and pat dry.
2. Season fish fillets with 1 teaspoon Old Bay Seasoning, 1 teaspoon garlic powder and 1 teaspoon onion powder.
3. ON Heat a large saucepan over medium heat and add enough cooking oil to cover the bottom.
4. After oil heats up, add fish fillets to skillet.
5. Using tongs, cook both sides of fish until crispy — about 5–7 minutes.
6. Remove fish from the skillet and place in a covered serving dish.
7. In a saucepan, add 3 tablespoons of olive oil and 2/3 cup white vinegar. Cook the mixture over medium heat and bring it to a boil.
8. Add sliced red and green bell peppers and onions to the olive oil and vinegar mix and cook until the red and green peppers are tender.
9. OPTIONAL: Add sliced habanero peppers if you like spicy. Stir the mixture to blend the peppers.
10. OFF **Turn off stovetop.**
11. Pour marinade mixture over fish fillets in the serving dish.
12. Cover the dish and marinate overnight.

JAMAICAN FISH ESCOVITCH

NUTRITIONAL INFORMATION:

Per serving:

Calories:	100
Protein:	9 grams
Carbohydrates:	3 grams
Fat:	4 grams
Saturated fat:	< 1 gram
Cholesterol:	24 milligrams
Sodium:	Low < 140 milligrams

NUTRITION TIPS:

- Fatty fish is rich in Omega-3 fatty acids that improve brain function and promote heart health. It is recommended to have a least 2 servings of fish per week, with 1 serving being about 3 ounces.
- Old Bay Seasoning contains salt, but using a limited amount or salt-free seafood blend shouldn't be a concern. The recommended daily sodium intake is no more than 2,300 milligrams.

ABOUT THE COOK

DOUG JONES

Doug has been happily married to Shana for 43 years and they have a beautiful family, including a son, daughter and two grandchildren. His professional career spanned 40 years in radio. His passions in life include reading, cooking and travel.

Cooking brings him joy as he loves to cook for others and see a finished product. Despite being a self-taught chef, Doug has cooked gourmet meals for focus groups in companies over the years. His award-winning hazelnut chicken recipe is a testament to his culinary talents, which was submitted to the U.S. Chef Open in Atlanta amateur cooks division in 1989 or 1990, ultimately winning third place. Doug has also been heavily involved in cooking for his parents' retirement home.

He frequently helped in the kitchen particularly with Sunday nights dinner. Doug was diagnosed with FTD which requires him to receive assistance from his family with more complex recipes. He has found ways to work around his condition, prioritizing each step and labeling ingredients for ease of us. He enjoys spicy foods and, after retiring, has continued to cook for a nursing home in Marietta. Despite his diagnosis, Doug remains a dedicated and passionate cook, sharing his love of food with those around him.

ITEMS YOU WILL NEED:

1 pound extra-large shrimp
(rinsed and patted very dry)

1/2 teaspoon dried oregano

2 tablespoons olive oil (or more as needed)

1 cup vermouth (or substitute white wine)

1 teaspoon crushed red pepper flakes

1-1/2 cups crushed San Marzano tomatoes

1 teaspoon salt

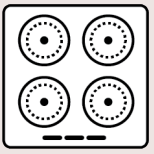
2 tablespoons chopped parsley

2 tablespoons thinly sliced fresh basil

3 to 4 cloves garlic minced

1/2 onion chopped

OPTIONAL: 1 teaspoon Aleppo pepper flakes



STOVETOP

Large mixing bowl

Large skillet

Tongs

Oven mitts

INSTRUCTIONS:

1. Combine 1 pound extra-large shrimp, 2 tablespoons olive oil, 1 teaspoon crushed red pepper flakes, 1 teaspoon salt and (optional) 1 teaspoon Aleppo pepper flakes in a large mixing bowl.
2. Toss to coat shrimp completely.
3. ON On stovetop, heat a large skillet over high heat.
4. Using tongs, cook the shrimp in a single layer until pink on one side then turn and cook until pink on the other side.
5. Using tongs, transfer the shrimp to a bowl and set aside.
6. Sauté 1/2 chopped onion over medium heat with a pinch of salt in the same skillet used to cook the shrimp until onions are slightly golden and translucent — about 2 to 4 minutes.
7. Add 3 to 4 cloves of minced garlic and 1/2 teaspoon dried oregano to the onions in the skillet and stir until fragrant for about 15 to 30 seconds.
8. Pour 1 cup dry vermouth (or white wine) and bring to a boil while scraping the browned bits off of the bottom of the pan with a wooden spoon.
9. Add 1-1/2 cups crushed San Marzano tomatoes and lower heat to medium-low. Cook and stir until tomato mixture thickens — about 10 to 15 minutes.
10. Add shrimp to the skillet along with juices in the bowl and cook for 2 to 4 minutes.

11. Stir in 2 tablespoons chopped parsley and 2 tablespoons thinly sliced fresh basil. Season with salt to taste, 1 teaspoon crushed red pepper flakes (or to taste) and (optional) 1 teaspoon Aleppo pepper flakes.
12. Transfer cooked shrimp mixture to a plate and serve hot.
13. OFF **Turn off stovetop.**

NUTRITIONAL INFORMATION:

Per serving:

Calories:	111
Protein:	11 grams
Fat:	3 grams
Fiber:	1 gram

NUTRITION TIPS:

- Seafood is a great source of lean protein with low levels of saturated fat.
- Limiting saturated fats and focusing on plant-based fats like olive oil can lower the risk of inflammation and cognitive decline.
- Pair this dish with vegetables like corn, broccoli florets, leafy greens or zucchini, to name a few.

VEGETARIAN MEAT BALLS

ABOUT THE COOK

GARY HOWARD

Gary is a retired paramedic with 40 years of experience in the field. He lives with his wife of 20 years and their two teenage sons. In his free time, Gary enjoys exercising on his treadmill and spending quality time with his family.

Gary has had a lifelong passion for cooking. As a paramedic, he enjoyed preparing meals for his colleagues at the fire department. He finds joy in providing delicious meals and seeing people enjoy them.

Gary was diagnosed with early onset Alzheimer's in 2022 and Lewy body dementia in 2022. He continues to cook for his family but with some changes to support his cognitive changes. Doug writes everything down and creates checklists to ensure he has all the necessary ingredients for whatever he is cooking. He is cautious when handling sharp utensils and always double-checks to make sure he has turned off the stove.

One of his favorite recipes is his Vegetarian Soup, which was a staple at the fire department and is enjoyed by his family today.

SERVES 2

ITEMS YOU WILL NEED:

3 tomatoes chopped

1 15 ounce can of cooked lentils

1 tablespoon olive oil

1/2 onion chopped

8 mushrooms cleaned and chopped *(my preference is Portabello mushrooms)*

1 clove garlic chopped

1/4 teaspoon Italian seasoning

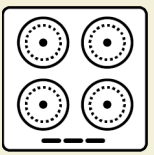
1 pinch cayenne pepper

1 egg

1 basil leaf minced

1/4 cup grated parmesan cheese

1 cup water



STOVETOP

OVEN

Medium-size bowl

Large skillet

Tongs

Baking sheet

Oven mitts

INSTRUCTIONS:

1. ON Heat large skillet on medium-high heat.
2. Add 1/2 tablespoon olive oil to the skillet.
3. Add chopped tomatoes and mushrooms to the skillet and cook until softened — about 5 minutes.
4. Put cooked tomatoes and mushrooms in a medium-size bowl.
5. OFF **Turn off stovetop**.
6. ON Preheat oven at 350°F.
7. In the bowl with the mushrooms and tomatoes, add 1 clove chopped garlic, 1 minced basil leaf, 1/4 cup grated parmesan cheese, 1 egg, 1/4 teaspoon Italian seasoning, 1/2 tablespoon olive oil and 1 pinch cayenne pepper. Mix thoroughly.
8. After mixture is thoroughly blended, start adding in cooked lentils until mixture is firm enough to shape into balls.
9. Shape mixture into balls and place on greased or non-stick baking sheet.
10. Cook at 350°F for 30 minutes.
11. Using oven mitts, remove baking sheet from oven.
12. OFF **Turn off oven.**
13. Place vegetarian balls in a serving dish and serve with a salad.

VEGETARIAN
MEAT BALLS

NUTRITIONAL INFORMATION:

Per serving (4–5 meatballs):

Calories:	100
Protein:	6 grams
Carbohydrates:	8 grams
Fat:	6 grams
Saturated fat	1.5 grams
Cholesterol:	28 milligrams
Sodium:	86 milligrams
Fiber:	3 grams

NUTRITION TIPS:

- Vegetarian meatballs are a great alternative. They are full of fiber, vitamins and minerals from the vegetables and lentils used.
- Lentils are high in protein, meat-free alternative that can bulk up recipes without added fat or cholesterol. They are also gluten-free.

VEGETARIAN
VEGETABLE SOUP

SERVES 2

ITEMS YOU WILL NEED:

1 15.5 ounce can of pinto beans

1 teaspoon olive oil

1/2 cup chopped carrots

1/2 cup chopped celery

1/2 cup chopped onion

1/2 cup chopped zucchini

1 clove garlic chopped

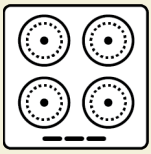
A pinch of thyme

Several basil leaves minced

A pinch of paprika pepper

1 can of whole tomatoes

Salt and pepper to taste



STOVETOP

Large skillet

Medium-size pot with lid

Oven mitts

INSTRUCTIONS:

1. ON Heat a large non-stick skillet on medium heat on stovetop. If using a regular skillet, add olive oil to lightly cover the bottom of the skillet.
2. Sauté 1/2 cup chopped onion and 1/2 cup chopped celery until caramelized.
3. Add the 1 clove chopped garlic, 1/2 cup zucchini and 1 can of pinto beans to the skillet.
4. Sauté all of the ingredients together.
5. Transfer the sautéed ingredients to a medium-size pot.
6. Add 1 can whole tomatoes, 1/2 cup chopped carrots, minced basil leaves,1 teaspoon olive oil, pinch of thyme, pinch of paprika powder and salt to taste in a medium-size pot.
7. Bring the ingredients in the pot to a boil for 2 minutes.
8. Cover the pot and cook for 1 hour on a low simmer.
9. Remove pot from stovetop.
10. OFF **Turn off stovetop.**
11. Pour the soup into serving bowl.

NUTRITIONAL INFORMATION:

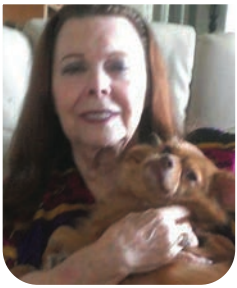
Per serving:

Calories:	about 100
Protein:	3 grams
Carbohydrates:	13 grams
Fat:	2 grams
Saturated fat:	< 1 gram
Fiber:	4 grams
Sodium:	173 milligrams

NUTRITION TIPS:

- Beans are always a great addition to soups. They add iron, protein and fiber, which can help you feel full. If you want to increase those nutrients in this recipe, try adding different types of beans or even barley. Barley is a grain full of fiber, vitamins and minerals. Its soluble fiber content helps you feel full, while its insoluble content helps your digestive system.
- Potatoes are another great addition to soups. Potatoes contain antioxidants to help fight inflammation along with other beneficial vitamins and minerals.

DESSERT
VANILLA YOGURT



ABOUT THE COOK

GINGER SMITH

Ginger, a retired speech language pathologist residing in California, embraces a full and meaningful life. She treasures her relationships with her two children, several grandchildren and a few great grandchildren. When she was a speech pathologist, she helped people of all ages including stroke and cancer patients in hospitals and home care. She enjoys reading studies on subjects like dementia, participating in virtual programs and watching television.

Ginger was bedridden and in hospice care three years ago. With determination she overcame these challenges and now lives alone with her son nearby.

Cooking has a special place in her heart because her mother and grandmother were both excellent cooks. Living with cognitive impairment and health conditions has necessitated simplifying meal preparation. She avoids using a stove and relies instead on using the toaster and microwave. She prepares simple and cost-effective meals like the recipes for the turkey sandwich and yogurt bowl for dessert.

DESSERT

SERVES 1

ITEMS YOU WILL NEED:

1 cup of vanilla yogurt
(or substitute 1 cup of cottage cheese)

1 cup of fruit cocktail or any kind of chopped fresh fruits

2 tablespoons of chopped walnuts or pecan

Whipped cream to top

"Sometimes I like to add shredded coconut."

INSTRUCTIONS:

1. Pour one cup of vanilla yogurt into a serving bowl.
2. Add 1 cup of fruit cocktail or chopped fresh fruits and 2 tablespoons of chopped walnuts or pecans.
3. Put the serving bowl in the refrigerator for 4 hours.
4. When ready to eat, top with whipped cream.

DESSERT
VANILLA YOGURT

NUTRITIONAL INFORMATION:

Per serving:

Calories:	400
Protein:	13 grams
Carbohydrates:	54 grams
Fat:	24 grams
Saturated fat:	1.9 grams
Cholesterol:	37 milligrams
Sodium:	147 milligrams
Calcium:	300 milligrams
Fiber:	7 grams

NUTRITION TIPS:

- Yogurt contains probiotics which are beneficial bacteria found in fermented foods and supplements that help our digestive system.
- Add protein to your dessert with Greek yogurt! Low-fat Greek yogurt can have up to 24 grams of protein.
- Yogurt is also a great source of calcium — about 23% of the daily recommended value.

OTHER
CHICKEN SANDWICH

ABOUT THE COOK

STEVE BARBIERI

Steve has been married to Tracy for 29 years and they have three children. He was an executive with Wells Fargo Bank for 32 years. In 2012, at 52 years old, he was diagnosed with chronic traumatic encephalopathy, or CTE. CTE is a type of dementia caused by repeated traumatic brain injuries, often from contact sports.

One symptom of Steve's dementia is a reduced sense of taste. He often eats food based on memories of them rather than taste. He no longer uses the stove by himself and often relies on the microwave and air fryer for cooking. Steve has learned to make changes in his cooking style, such as taking his time and revising recipe ingredients to his liking. Pictures are a helpful reminder.

Tracy is of Hispanic heritage and introduced him to tamales years ago. He and his family make tamales together twice a year. They invite family and friends over to share in the festivities and fun. Steve finds joy in cooking and the satisfaction of eating what was made. One of their family recipe favorites is a chicken sandwich. It brings back memories of cooking with his kids in the kitchen and having the sandwiches while on road trips.

SERVES 1

ITEMS YOU WILL NEED:

1 12.5 ounce canned chicken breast meat

2 tablespoons mayonnaise

1 tablespoon mustard

2 slices sour dough bread (or any other bread you like)

OPTIONAL: 1 slice of any cheese you like

Black pepper to taste

TOASTER

Medium-size bowl

INSTRUCTIONS:

1. Using a can opener, open the canned chicken breast meat.
2. Drain the water out of the canned chicken breast meat.
3. In medium-size bowl, add chicken breast meat, 2 tablespoons mayonnaise and 1 tablespoon of mustard.
4. Mix all the ingredients together.
5. Plug in a toaster.
6. Add 2 slices of bread to the toaster.
7. Toast for desired darkness.
8. Remove the slices of bread from the toaster.
9. Unplug the toaster.
10. For open-faced sandwiches, add chicken mixture (and cheese, if desired) on top of each slice of bread.
11. Sprinkle with black pepper to taste.

OTHER
CHICKEN SANDWICH

NUTRITIONAL INFORMATION:

Per serving (1 sandwich):

Carbohydrates:	37 grams
Protein:	29 grams
Fat:	24 grams
Saturated fat:	7 grams
Fiber:	3 grams

NUTRITION TIPS:

- Canned chicken is a cost-effective protein source with longer shelf-life. However, canned chicken broth can increase sodium levels. To reduce sodium, look for canned chicken in water or labeled "no salt added" or "less sodium."
- You can use whole wheat bread instead. Whole wheat bread has a little bit more fiber than sour dough, but both are a great way to add nutrients that aid in digestion!
- Consider adding dark leafy greens like spinach or arugula to increase vegetable intake. They contain vitamins A, C and K, as well as calcium and iron. Additionally, they are rich in antioxidants and have been known to be brain food.

OTHER
DUPRE JAMBALAYA

ABOUT THE COOK

DEBBIE QUIGLEY

Debbie was born in rural Louisiana. She was a former Chemistry teacher and nurse. She is happily married to Bill Quigley and together they have two sons.

Debbie's passion for cooking has been a lifelong interest. She loves to read cookbooks and watch cooking shows. However, when Debbie was diagnosed with Lewy body dementia, she faced challenges in the kitchen, particularly with measuring ingredients and monitoring cooking times. Bill has stepped up to assist her in the kitchen, taking on the role of assistant chef and together they continue to prepare delicious meals. Debbie's love of cooking has led her to create a collection of index cards that hold all her favorite recipes from over the years. She is a renowned cook within her family and takes pride in sharing her skills with others. Her parents also had a love of cooking and their passion for food has been passed down through generations.

One of Debbie's favorite recipes is the Dupre Jambalaya, a family recipe that was passed down to her by her father. Rice is a staple ingredient in Debbie's family as her family once owned a little grocery store. Making food is an important part of their lives.

SERVES 3

In our family, we make jambalaya with every kind of fresh or leftover meat, chicken, pork or seafood. You can use what you want. This recipe just one version. Jambalaya is usually a peppery dish, so feel free to season it well.

ITEMS YOU WILL NEED:

1 pound chopped meat (Can be mixture of smoked pork sausage, chicken thighs, pork chops and/or sliced bacon. Shrimp could also be added)

3 onions chopped

1 bunch scallions chopped

1 green pepper chopped

1/2 cup minced parsley

1-1/2 cups of uncooked rice

2 cloves garlic minced

2 whole bay leaves

1 teaspoon salt

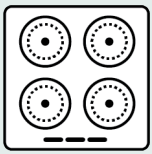
1/8 teaspoon cayenne pepper

2 tablespoons of olive oil

1 5.5-ounce can of V8 juice

1 10-ounce can of diced tomatoes – *"I like Rotel hot diced tomatoes."*

DUPRE JAMBALAYA



STOVETOP

Large pot and cover

Oven mitts

INSTRUCTIONS:

1. ON Heat a large pot on stovetop on low heat.
2. Add 2 tablespoons of olive oil to the large pot.
3. Add the 3 chopped onions, a chopped green pepper, one bunch of chopped scallions, 1/2 cup minced parsley, 2 cloves of minced garlic and 2 whole bay leaves.
4. Cook until the vegetables become tender.
5. Add the chopped meat.
6. Cover the pot and cook on medium heat for 8 minutes.
7. Add 5.5 ounce can of V8 juice to the pot.
8. Fill the empty V8 juice can with water and add to the pot.
9. Add the 10-ounce can of diced tomatoes, 1-1/2 cup uncooked rice and 1 cup of water to the pot.
10. Add salt to taste and 1/8 teaspoon cayenne pepper.
11. Cover the pot and cook over low heat until the rice becomes tender — about 20 minutes.

12. Transfer cooked Jambalaya to a serving bowl and serve hot.
13.

Turn off stovetop.

NUTRITIONAL INFORMATION:

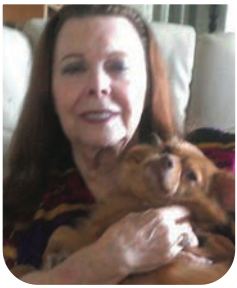
Per serving:

Calories:	140
Protein:	11 grams
Carbohydrates:	9 grams
Fat:	6 grams
Fiber:	0.6 grams

NUTRITION TIPS:

- For the meat in this recipe, consider lower fat options such as chicken, shrimp or even chicken sausage.
- Substituting white rice with brown rice can more than double the fiber content of the meal. Fiber helps with digestion and doesn't increase blood glucose levels.
- Boost protein intake by serving black beans as a side, which are low in fat and can be low in sodium. They contain protein, fiber, iron and so much more.

OTHER
TURKEY SANDWICH



ABOUT THE COOK

GINGER SMITH

Ginger, a retired speech language pathologist residing in California, embraces a full and meaningful life. She treasures her relationships with her two children, several grandchildren and a few great grandchildren. When she was a speech pathologist, she helped people of all ages including stroke and cancer patients in hospitals and home care. She enjoys reading studies on subjects like dementia, participating in virtual programs and watching television.

Ginger was bedridden and in hospice care three years ago. With determination she overcame these challenges and now lives alone with her son nearby.

Cooking has a special place in her heart because her mother and grandmother were both excellent cooks. Living with cognitive impairment and health conditions has necessitated simplifying meal preparation. She avoids using a stove and relies instead on using the toaster and microwave. She prepares simple and cost-effective meals like the recipes for the turkey sandwich and yogurt bowl for dessert.

MAKES 1 SANDWICH

ITEMS YOU WILL NEED:

Two slices of nuts and grain type bread

2 slices of baby swiss cheese (or substitute any kind of cheese)

2 slices of turkey breast

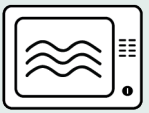
1-1/2 tablespoon mayonnaise

1-1/2 tablespoon mustard

2 lettuce leaves

4 tomatoes slices

TOASTER



MICROWAVE

Plate

Knife

TURKEY SANDWICH

INSTRUCTIONS:

1. In a toaster, toast 2 slices of nuts and grain bread for 4 minutes.
2. Remove the bread slices and transfer to a plate. Unplug toaster.
3. Microwave 1 slice of baby swiss cheese for 1 minute. Take out cheese and transfer to a plate.
4. Microwave 2 slices of turkey breast for 5 minutes, then take out the turkey breasts and transfer to a plate.
5. Spread 1-1/2 tablespoon mayonnaise and 1-1/2 tablespoon mustard to the toasted bread.
6. Add the 1 slice of cheese, 2 slices turkey breasts, 2 lettuce leaves and 4 slices of tomatoes to one slice of bread.
7. Top it off with the other slice of bread.

OTHER
TURKEY SANDWICH

NUTRITIONAL INFORMATION:

Per serving:

Calories:	161
Protein:	12 grams
Carbohydrates:	12 grams
Fat:	7 grams
Saturated fat:	2.4 grams
Cholesterol:	24 milligrams
Calcium:	97 milligrams
Fiber:	1.5 grams

NUTRITION TIPS:

- When selecting bread, look for higher fiber content under the carbohydrate section on the nutrition facts. Higher fiber in bread is better for digestion and doesn't effect on blood sugar. A good bread choice will have 4 grams of fiber.
- Loading up your sandwich with lots of vegetables can help you reach the goal of 3 to 4 cups of vegetables per day!

RESOURCES

Here are some additional helpful resources.

How Do You Cook with Dementia?	This article highlights individuals with dementia can still engage in cooking activities with appropriate safety measures and supervision. Involving them in such activities enhances their overall well-being.

https://healthnews.com/health-conditions/alzheimers-dementia/how-do-you-cook-with-dementia/

Cooking with Dementia Please see COOKING and KITCHEN sections in this online article.	Dementia Minds shares practical tips for cooking, ensuring kitchen safety, creating an effective shopping list and outlining important do's and don'ts.

https://dementiaminds.org/resources/cooking-with-dementia/Dementia Minds

Keeping Safe	This informative article from the Alzheimer's Society UK provides valuable insights on enhancing kitchen safety, specifically addressing measures to reduce risk of fires and emphasizing the importance of caution while preparing meals.

https://www.alzheimers.org.uk/get-support/staying-independent/fire-risk-cooking-kitchens

A Guide for Healthy Eating and Drinking by Dementia Resource for Eating, Activity, and Meaningful Inclusion (DREAM)	This publication shares ideas to help people living with dementia and care partners make healthy food and beverage choices.

https://dementiawellnesscanada.com/wp-content/uploads/sites/3/2021/12/DREAM-A-Guide-for-Healthy-Eating-and-Drinking_V9_20211221.pdf

Eating Well with Dementia — Carers UK	This booklet provides helpful information and tips on how to help people living with dementia eat well.

https://www.carersuk.org/media/zusbmmki/carers-uk-dementia-booklet-2021-1.pdf

Pathways to Well-Being with Dementia	Dementia Action Alliance developed a comprehensive manual of helpful, practical information about how to support well-being and proactively manage symptoms of dementia. This is written collaboratively by people living with dementia, care partners and leading dementia specialists.

https://daanow.org/pathways-to-well-being-with-dementia/

AgingME GWEP	AgingME is Maine's Geriatrics Workforce Enhancement Program. AgingME aims to create a more age-friendly health system by better preparing an age-capable workforce, transforming primary care practices and engaging and empowering older adults.

https://sites.une.edu/gwep/

CITATIONS

Citations from the FOOD FOR THOUGHT section.

- Alzheimer's Association. (n.d.). Food and Eating. Alzheimer's Disease and Dementia. Retrieved April 24, 2023, from https://www.alz.org/help-support/caregiving/daily-care/food-eating
- CDC.gov
- Ellis, E. (2021, June 8). *Food for thought: Can diet prevent Alzheimer's disease?* Food & Nutrition Magazine. Retrieved April 24, 2023, from https://foodandnutrition.org/from-the-magazine/food-for-thought-can-diet-prevent-alzheimers-disease/
- Harvard School of Public Health. (2021, March 3). Antioxidants. The Nutrition Source. Retrieved April 30, 2023, from https://www.hsph.harvard.edu/nutritionsource/antioxidants/
- Harvard School of Public Health. (2023, February 2). Diet Review: Mind diet. The Nutrition Source. Retrieved April 24, 2023, from https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mind-diet/
- Mayer, J. (2022). Explore MyPlate Food Groups. MyPlate | USDA Human Nutrition Research Center on Aging. Retrieved April 24, 2023, from https://hnrca.tufts.edu/myplate
- Occhipinti, L. (2020) *Everything You Need to Know About High Vitamin D Mushrooms*. Monterey Mushrooms.

- Ruscigno, M. (2016). Nutrition's Link to Brain Health. Today's Geriatric Medicine, 9 (4), 18. https://www.todaysgeriatricmedicine.com/archive/JA16p18.shtml
- Solan, M. (2022, June 1). A high-fiber diet may reduce the risk of dementia. Harvard Health. Retrieved May 1, 2023, from https://www.health.harvard.edu/mind-and-mood/a-high-fiber-diet-may-reduce-the-risk-of-dementia
- U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
- Wright, K. C. (2018, May). Mediterranean Diet Improves Cognition, Memory, and Brain Volume. *Today's Dietitian*. Retrieved April 24, 2023, from https://www.todaysdietitian.com/newarchives/0618p40.shtml

THANK YOU

to our recipe contributors!

Steve Barbieri – Idaho

Linda Dominguez – California

Monica Downer – Kentucky

Gary Howard – Illinois

Cyndy Hund – Michigan

Doug Jones – Georgia

Debbie Quigley – Louisiana

Laurie Scherrer – Alabama

Kathy Seager – West Virginia

Ginger Smith – California

Steve Taylor – Indiana

Mark Timmons – Massachusetts

Scan the QR code to download the cookbook or to learn how you can order a printed copy.