







Eye Healthy Cookbook



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Introduction

Healthy Eyes Recipes

There are many eye-health superfoods that you can eat to help protect your eyes. You can pack a lot of eye health foods into your meals!

The **lutein and zeaxanthin** found in leafy green vegetables such as kale, spinach, broccoli and lettuce protect the eyes from light-induced oxidative damage which can lead to the development of an incurable eye disease called age-related macular degeneration.

The **zinc** found in eggs is important for vision because it helps to maintain the mineral levels in the retina while helping to build a biological pigment, melanin, which protects the eye.

Vitamin C can lower your risk of developing cataracts and slow the progression of age-related macular degeneration. Blueberries, blackberries, raspberries and strawberries will give your body that extra boost of vitamin C.

Almonds are an easy snack to pack and are full of **vitamin E**. This vitamin plays an important role in protecting certain parts of the eye by neutralizing the oxidation, which is important as the lens of the eye is particularly susceptible to oxidative damage that can cause cataracts.

The **omega-3 fatty acid** found in fish, is a major component of maintaining good retina and brain health.

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This delicious and nutritious smoothie can be part of a quick and healthy breakfast or enjoyed as a snack. What a yummy way to boost vegetable and fruit intakes!





- ½ cup frozen berries
- 1 banana
- ½ cup vanilla (or plain) greek yogurt
- 14 cup kale or spinach
- ¼ cup 100% orange juice

- 1. Add the above ingredients to a blender.
- 2. Ensure you've secured the top in place.
- 3. Blend on high until smooth.
- 4. Pour into a glass and enjoy!





Avocado Saucy Dip



FEATURING: Tomato & Avocado. Vitamin C and vitamin A to help to keep our eyes healthy. Tomatoes are high in Vitamin C and Vitamin A (Beta-carotene); avocado is high in Vitamin C. When we get enough vitamin C we have a lower risk for cataracts and macular degeneration. Getting enough vitamin A helps to protect the cornea (the surface of the eye) and allows us to see under conditions of low light.

This recipe is a tasty way to add more veggies to your meal and it is extremely versatile. It may be used as a dip or a sauce depending on what you serve it with. It is fantastic when served as a sauce with white fish, salmon, or huevos rancheros. It can be served as a dip with tortilla chips or whole wheat tortillas that have been sliced into triangles and baked until crisp, or it is simply delicious heaped on whole wheat toast with a slice of cheddar cheese.

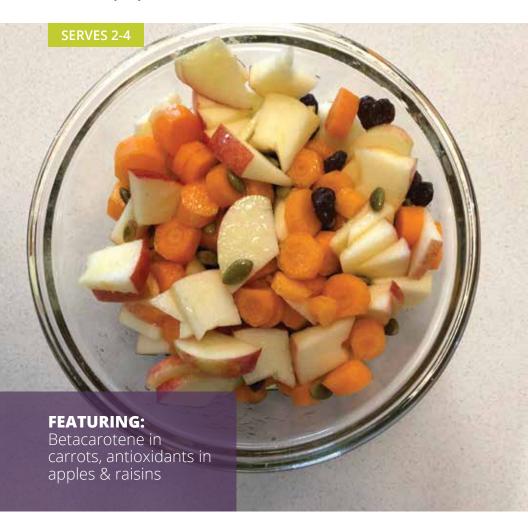
- 3 ripe avocado, pitted and scooped from the skin
- 1 lemon, juiced
- 1 cup plain yogurt
- ½ tsp cayenne pepper
- 1 tsp course salt
- 2 cups grape or cherry tomatoes, quartered or halved
- 2 green onions, thinly sliced





- 1. In a blender or food processor, combine avocado flesh, lemon juice, yogurt, cayenne pepper, and salt. Process until smooth
- 2. Remove sauce to a bowl and add cut tomatoes and sliced green onions. Stir just until combined.

Crunchy Carrot & Apple Salad



This eye healthy salad is a favourite. It's naturally sweet and crunchy! Bonus - the dressing keeps the apples from browning so they look just as tasty as they did when you prepped them.

- 2_{or}3 medium carrots (or 6-8 small carrots), peeled and sliced into medallions
- 1 large or 2 small apples, core removed, thinly sliced and then cut into thirds
- 14 cup raisins
- 4 cup pumpkin seed kernels
- 2 tbsp honey
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice





METHOD

- In a medium bowl, whisk together honey, olive oil, and fresh lemon juice.
- 2. Add carrot medallions and slice apples.
- 3. Sprinkle with raisins and pumpkin seed kernels.
- 4. Toss salad and enjoy!

Honey crisp,
pink lady, or green apples
taste great in this recipe as
do garden carrots or carrots
from a farmers market

Pomegranate Spinach Salad



This is a fresh and delicious addition to any meal.









TIPS FOR PEELING AND SEEDING POMEGRANATE

Cut the pomegranate in half and submerge in a bowl of water. Gently nudge the seeds out of the peel. The seeds will sink to the bottom and the peel will float to the top where it can be easily poured off.

- 1 pomegranate, peeled and seeded
- 10 oz spinach, prewashed or washed and prepped
- % red onion, sliced finely
- ½ cup walnuts pieces or halves
- ½ cup crumbled feta cheese
- 1 portion of balsamic vinaigrette

BALSAMIC VINAIGRETTE

- 2 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- ½ tsp grainy mustard
- 14 tsp honeyPinch of saltPinch of freshlyground pepper



NOTE Pomegranate may stain so change into clothes that can get messy. Cut the pomegranate in half and separate the seeds from the peel.





- Combine ingredients for balsamic vinaigrette into a jar or other container that can be sealed. Shake well.
- 2. Place spinach in a salad bowl. Top with red onion, walnuts, feta, and pomegranate seeds.

 Drizzle with the balsamic vinaigrette.

Refreshing Melon & Mint Salad



FEATURING: Watermelon, honeydew melon, and cantaloupe which are high in antioxidants: vitamin C, beta carotene, and lycopene. These antioxidants and can lower the risk of developing cataracts and slow the progression of age-related macular degeneration. Beta-carotene can help prevent night blindness.

SALAD INGREDIENTS

- 3 cups honeydew and/or cantaloupe, cubed (or use a melon baller)
- 3 cups watermelon, cubed (or use a melon baller)
- 1 cup cucumber, diced (this is about ½ a cucumber)
- 1 cup (4 oz) feta cheese, diced
- ¼ cup red onion, sliced thin
- $\frac{1}{2}$ cup (28g) fresh mint, chopped

DRESSING INGREDIENTS

- lime, juicedEqual parts olive oil (about 2 tbsp)
- 1 tbsp honeyPinch of saltFreshly ground pepper







- 1. Combine salad ingredients in a large bowl.
- 2. Whisk together salad dressing ingredients.
- 3. Pour over salad and mix gently.

Cabbage Soup with Lentils



FEATURING: Cabbage, tomatoes, and onions which are high in vitamin C. Vitamin C is a powerful antioxidant and can lower the risk of developing cataracts and slow the progression of age-related macular degeneration. Lentils are high in zinc. Zinc is important for vision because it helps to maintain the mineral levels in the retina while helping to build a biological pigment, melanin, which protects the eye.

This budget friendly soup is comforting, delicious, and high in eye healthy nutrients as well as nutrients which help our immune system function at it's best.

- 3 tbsp olive oil
- 1 onion, diced small
- 3 cloves garlic, diced extra small
- 2 litres no added salt chicken broth
- 1 tsp salt (this is a very low sodium soup so if you need to add an extra tsp salt it is still low sodium)
- ½ tsp pepper



- ½ head cabbage, cored and coarsely chopped
- 1 pint grape tomatoes, sliced in half
- 1 (540mls) can lentils, rinsed and drained









- In a large pot heat olive oil over medium heat.
- 2. Add chopped onion and cook for 3 minutes. Then add garlic; cook until onion is transparent (about 5 minutes total).
- 3. Stir in no added salt chicken broth, salt, and pepper. Bring to a boil. Add chopped cabbage and simmer until cabbage wilts (about 10 minutes).
- 4. Stir in lentils and tomatoes. Return to a boil and then reduce to a simmer.

Squash Soup



This soup is a great way to warm up in chilly weather or you can serve cold. Full of eye healthy betacarotene, this soup is a delicious addition to any lunch or supper.



INGREDIENTS

- 2_{or}3 squash (~5lbs total) butternut, acorn, or kabocha squash are all delicious!
- 2 apples or pears
- 4 cloves garlic
- ⅓ cup olive oil

- 4-8 cups no added salt chicken broth or no added salt vegetable stock
 - Cayenne Pepper start with a pinch and add more to taste
 - Nutmeg start with a pinch and add more to taste
 - Salt start with adding 1 tsp and add more to taste
 - Black Pepper start with a pinch and add more to taste
- 1 cup half & half cream (optional)













- 1. Preheat oven to 375°F.
- 2. Cut squash(es) in half and scoop out seeds. Brush the cut side of the squash with olive oil and place cut side down on baking sheet (lined with parchment paper for easier clean-up).
- 3. Peel and core apples and/or pears. Brush with olive oil and place on baking sheet. Peel garlic cloves and brush with olive oil. Tuck under apple or pear pieces for protection from heat in oven.
- 4. Bake in oven for ~45-50 minutes or until the squash is tender. Allow to cool.
- 5. Scoop out the squash and place in a food processor or blender. Add apples/pears and garlic. Puree.
- 6. Transfer puree to a large saucepan. Add enough stock to give the soup the desired consistency (4-8 cups).
- 7. Heat soup gently over medium heat. Add cayenne pepper, nutmeg, salt, and black pepper to taste.
- 8. If you prefer a creamier soup you can add 1 cup of half & half cream right before serving.

Tomato Soup



Ingredients are everything in this simple and tasty tomato soup! This soup is absolutely spectacular made with tomatoes harvested from the garden (or purchased at your local farmers market). Create a balanced meal by adding roast chicken or fish, cooked peas and a whole grain roll.



INGREDIENTS

- 3 lbs tomatoes, coarsely chopped
- 2 small or 1 large onions, coarsely chopped

- 6 cloves garlic, peeled
- ½ cup olive oil
- 1 tsp salt (or as little as you can enjoy!)
- ½ tsp pepper
- 6-8 cups no added salt broth (chicken or vegetable)
- bay leavesbasil (optional)evaporated milk (optional)

- 1. Preheat oven to 450°F.
- 2. Cover baking sheet (with sides) with parchment. Add tomatoes, onions and garlic. Sprinkle with salt and pepper and pour the olive oil over the veggies on baking sheet.
- 3. Place baking sheet with veggies in the oven for 30 minutes.
- 4. Take out of oven and let cool somewhat then put contents of baking sheet into blender and blend until smooth.
- 5. In a large pot bring 4 cups broth to a boil. Then add blender contents and 2 bay leaves. Taste and add 2-4 cups additional broth as desired.
- 6. Bring to a boil and then simmer 20 min.
- 7. Strain if needed (if large pieces of tomato skin can be seen). Add salt and pepper to taste. Consider adding fresh basil prior to serving. Evaporated milk also optional if creamier taste desired.









Oven Baked Sweet Potato Medallions



Need a side dish that goes great with anything? These sweet potato medallions are simple to make and a great alternative to french fries.

- 2 large sweet potatoes (or yams), peeled and cut into ¼ inch thick slices/medallions
- 3 tbsp canola or avocado oil
- ½ tsp salt
- ½ tsp freshly ground pepper
- 14 tsp paprika
- 4 tsp garlic powder





- 1. Position rack in upper third of oven and then preheat oven to 425° F. Spray baking sheet with non-stick spray or use parchment paper (or a reusable baking sheet liner as shown in photos).
- 2. In a medium bowl combine sweet potatoes (or yams), oil, salt, black pepper, paprika, and garlic powder. Toss well to coat.
- 3. Arrange potatoes in a single layer on prepared baking sheet; be sure not to overcrowd.
- 4. Bake until tender and golden brown, turning occasionally. Cooking time is 25 to 30 minutes.

Roasted Carrots with Carrot-Top Salsa Verde



No waste here! Use carrots and their tops in this delicious side dish. This is eye healthy sustainable eating at it's best!



- 1 Ib unpeeled carrots with ~3 tbsps packed carrot greens, washed and chopped
- 4 tbsps olive oil
- 1 tbsp packed fresh parsley, chopped
- 1 tbsp packed fresh basil, chopped
- 1 small clove garlic, chopped
- 1 tsp lemon zest plus1 tsp lemon juice
- 1 tsp red wine vinegar salt (as little as you can enjoy) pepper (as desired)



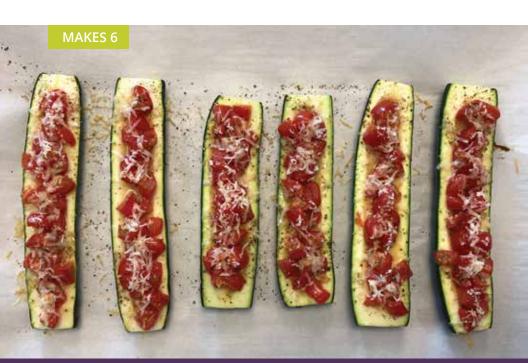


- 1. Preheat oven to 375°F.
- 2. Scrub carrots well and trim, reserving the greens. Half any large carrots lengthwise. Arrange carrots on a parchment lined baking sheet. Brush with olive oil. Season with salt (as little as you can enjoy) and pepper (as desired).
- 3. Roast in the oven until tender, stirring once or twice, about 30 minutes.
- 4. Meanwhile, wash and chop carrot greens, parsley, and basil. Chop garlic clove.
- 5. Zest lemon and then cut lemon in half and squeeze to make lemon juice.
- 6. In a food processor or blender, add remaining olive oil, carrot greens, parsley, basil, garlic, lemon zest, lemon juice, red wine vinegar, salt (as little as you can enjoy), and pepper (as desired); coarsely puree.
- 7. Drizzle over carrots and/ or the protein in the meal.





Eye HealthyZucchini Boats



FEATURING: Zucchini and tomatoes; zucchini and tomatoes are a good source of eye healthy antioxidants including betacarotene, vitamin C, zeaxanthin, and lutein. These antioxidants fight free radicals and reduce the risk of developing glaucoma, cataracts and macular degeneration.

Are you looking for fresh ideas to incorporate more vegetables in your meals? These zucchini boats are a simple and fun way to add vegetables and boost eye health.

- 3 zucchini (6 inches in length)
- cup (150g) grape tomatoes, dicedSalt & Pepper as desired
- ½ cup parmesan cheese, grated





- 1. Cover a 9 x 13 inch baking pan or a baking sheet with parchment paper or tin foil.

 Pre-heat oven to 350° F.
- 2. Trim the ends off of the zucchini and cut in half lengthwise. Using a teaspoon, scoop out the seeds leaving about ½ inch of flesh all around. Arrange on a baking pan or baking sheet.
- 3. Dice the tomatoes and add to the zucchini boats. Sprinkle with salt and pepper as desired (using as little salt as you can enjoy).
- 4. Sprinkle boats with parmesan cheese.
- 5. Bake uncovered until zucchini is tender and cheese is melted about 15-20min. You may wish to place under a broiler for a couple of minutes until cheese is golden.

Fish en Papillote



FEATURING: Omega-3 fats in fish - Omega-3 fatty acids are important in retinal development and studies have shown that they are important in preserving vision. Omega 3-fatty acids have been shown to slow the progression of vision loss from macular degeneration and reverse the signs of dry eye syndrome. They also help proper drainage of intraocular fluid from the eye, decreasing the risk of high eye pressure and glaucoma. Aim for at least 2 fish meals per week!

En Papillote translates to "in parchment." This classic French cooking method sounds fussier than it actually is. It's a very healthy way to cook fish and is super easy clean-up!

INGREDIENTS

- 4 fish fillets (3 to 8 oz portions of your favourite fish for example: salmon, sole, or halibut)
- 3 tbsp olive oil Lemon and/or lime, sliced Parchment Paper

OTHER INGREDIENT OPTIONS

garlic onion: red, white or yellow, sliced green onion, chopped bell peppers, julienned olives and/ or capers fresh parsley, basil, cilantro, or thyme freshly ground pepper, as desired





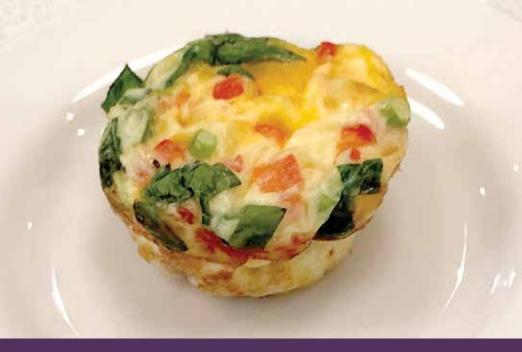
- 1. Preheat oven to 375° F.
- 2. Cut 4 pieces of parchment paper (~15x20inches or 38x50cm each). Fold in half and cut a large half circle (half heart) starting at the fold. The parchment should look similar to a heart-shape when unfolded.
- 3. Brush each piece of parchment with olive oil.
- 4. Place 1 fish fillet next to the fold in the middle of the parchment paper. Brush fish with olive oil. Sprinkle fish with freshly ground pepper (as desired) and salt (as little as you can enjoy!).
- 5. Cover top of fish with lemon and/or lime slices; add desired options on top of fish. (I used sliced lemons/limes/yellow onion/green onion/garlic/and Italian parsley in the photos)
- 6. Fold the other half of the parchment heart over the fish and seal the parchment edge by making overlapping folds around the edge of the fish. At the end, fold the last crease in the opposite direction of the rest to ensure it seals and tuck it under the parchment package.
- 7. Repeat with the second, third, and fourth piece of prepared parchment, fish, and remaining ingredients. Place pouches on a baking sheet.
- 8. Bake in the preheated oven for 15 minutes. Remove from oven and allow to sit for 5 minutes before cutting open parchment. The fish is done when it flakes easily with a fork. Delicious served with steamed and/or raw veggies and whole grain bread.



Frittata's Individualized

Delicious served warm or cold!

SERVES 6-12



FEATURING: Zinc in Eggs. Zinc is important for vision because it helps to maintain the mineral levels in the retina while helping to build a biological pigment, melanin, which protects the eye.

Individualized Frittata's are fantastic for a quick and easy weeknight dinner and leftovers are delicious served cold at lunch! The Frittata acts as the protein source in the meal. To complete the meal, Frittata's can be served with whole grain toast and steamed or raw vegetables.

- 8 large eggs
- ½ cup milk
- ¼ tsp salt
- 1/8 tsp pepper



FIXINGS OF YOUR CHOICE (12 HEAPING TBSP TOTAL):

Spinach, kale, broccoli, asparagus, red/yellow/orange/green bell pepper, feta cheese, swiss cheese, cheddar cheese, ham, roast chicken, cooked sausage, cooked bacon, green onion, caramelized yellow onion, leeks, mushrooms, sliced olives, sun-dried tomato or anything else you might enjoy!

- 1. Preheat the oven to 375° F. Prepare a 12 cup muffin pan by spraying with nonstick spray. Set aside.
- 2. Chop fixings of your choice into small ~¼ inch pieces.
- 3. In a medium bowl, whisk the eggs with the milk, salt, and pepper.
- 4. Fill each muffin cup ~½ full (roughly ¼ cup). Add a maximum of a heaping tablespoon of fixings to each cup. Kids love choosing their own fixings!
- 5. Bake 18-20 minutes until fluffy and firm. Should be golden brown around the edges.









Macaroni & Cheese

with Butternut Squash

Delicious served warm with roast beef, steamed green beans, and raw carrot sticks.



FEATURING: Butternut squash - an excellent source of betacarotene. Our bodies turn betacarotene into Vitamin A. Vitamin A helps maintain eye health.

Making meals from fresh whole ingredients is a great way to decrease the amount of processed food you eat. This is quick and easy to make and the butternut squash gives it a boost of betacarotene for eye health.



- 1 pkg (about 450g) elbow macaroni
- 2 tbsp butter
- 4 tsp flour
- 2 cups milk
- 1 cup butternut squash puree
- 2 cups grated cheese
 (I like to use 1½ cups
 cheddar cheese & ½
 cup of sharp cheddar
 cheese ie. MacLaren's
 Imperial [in the red tub])
- 14 tsp nutmeg
- 1/8 tsp mustard
- 1/8 tsp pepper





METHOD

- Cook macaroni as per directions on the box or package.
- While the macaroni is cooking, melt butter in a large saucepan over medium heat.
- 3. Once melted, add the flour and stir with a whisk. Cook, stirring constantly for 1 minute. Add milk little by little and stir well until their are no lumps and mixture begins to thicken, 3 to 4 minutes. Add cheese and stir until melted. Add nutmeg, mustard, butternut squash puree and pepper. Reduce heat to low and cover, stirring occasionally.
- 4. Once the macaroni is cooked "al dente", add to the cheese mixture and mix well.







NOTE

Making the butternut squash puree in advance and freezing in 1 cup portions is a real time saver.

Healthier Pizza

WHOLE GRAIN PIZZA CRUST (MAKES 1 LARGE CRUST OR 2-3 SMALLER CRUSTS)



FEATURING: Tomatoes (in the pizza sauce) and other toppings like zucchini and bell peppers, which are also high in vitamin C and betacarotene. Vitamin C and betacarotene are powerful antioxidants and can lower the risk of developing cataracts and slow the progression of age-related macular degeneration. Lentils are high in zinc. Zinc is important for vision because it helps to maintain the mineral levels in the retina while helping to build a biological pigment, melanin, which protects the eye.

Pizza is just about everyone's favourite comfort food but, many pizza's fall short when it comes to health. Here are two approaches when it comes to pizza. Approach #1: If it is a Margherita pizza you can treat it as a side dish (¼ of the plate) while also providing ¼ of the plate from protein, and ½ of the plate from vegetables or Approach #2: Health it up! Load your pizza with lean protein and veggies and then serve a salad on the side.



INGREDIENTS

- 1¼ cups whole wheat flour
- 34 cup all-purpose flour
- ½ cup all-purpose four
- pkg quick-rising (instant) dry yeast (or 1 tbsp)
- 1 tsp salt
- ½ tsp sugar
- 2 tsp olive oil

NOTE using bocconcini cheese in place of mozzarella cheese reduces the sodium and fat content of the pizza considerably while still tasting delicious!



METHOD

- 1. In a medium bowl or a food processor, combine 1¼ cup whole wheat flour, 3/4 cup all-purpose flour, yeast, salt, and sugar. Mix well. Gradually add oil and 3/4 cup of hot water (125°F/50°C) mixing well and adding up to ¼ cup more water if necessary to form dough into ball. Process for 1 minute (or place dough on a lightly floured surface and knead for 1 minute).
- 2. Place dough onto lightly floured surface. Knead for 5 minutes or until smooth and elastic, adding more flour if necessary.
- Transfer to an oiled bowl. Cover bowl with plastic wrap or a tea bowl and let rest in a warm place for 10 minutes. (At this point dough can be refrigerated up to 2 days, simply return to room temperature when ready to make pizza's).

NOTE This recipe may be doubled.



Pizza Sauce (makes 2 cups - leftovers may be frozen for future use)

INGREDIENTS:

- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 jar (680mls) strained tomatoes (aka tomato pasta)
- 1 tsp oregano leaves
- ½ tsp dried basil leaves
- ½ tsp salt

- In a medium saucepan heat olive oil over medium heat. Add garlic stirring for 1 minute.
- 2. Add strained tomatoes (careful it will splatter use a lid for a shield), oregano, basil, and salt.
- 3. Bring to a boil and then reduce heat to a simmer, stirring occasionally until slightly thickened, 25 to 30 minutes.

HEALTHIER PIZZA INGREDIENTS

- 1 recipe for Pizza Crust
- ½ of a recipe for Pizza Sauce

TOPPINGS (OPTIONAL)

Vegetables

(1½ to 2 cups per pizza)

- 1 bell pepper, cut into strips
- ½ cup zucchini sliced thin
- ½ cup sliced mushrooms
- ½ small onion, thinly sliced

Protein

(¼ to ½ cup per pizza)

roast chicken

roast beef

split red lentils*

Cheese: 1 cup bocconcini cheese, sliced.

Garnish (optional):

parmesan cheese, grated finely

freshly ground black pepper

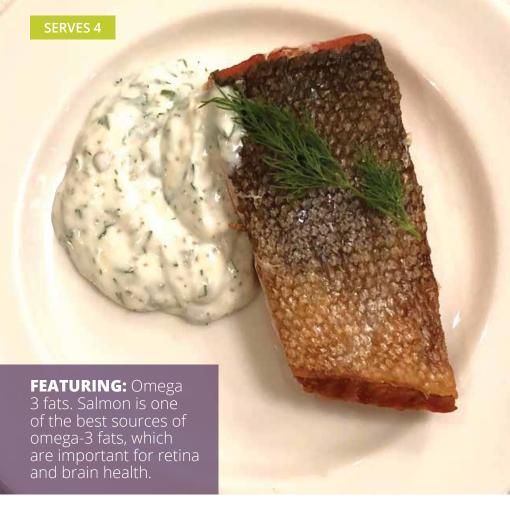
fresh basil leaves

- 1. Pre-heat oven or barbecue to 475° F. On a lightly floured surface, roll out dough into 12-inch (30 cm) circle.
- 2. Spread pizza sauce over crust
- 3. Add desired toppings.
- 4. Place pizza crust on perforated pizza pan, baking sheet, or directly onto barbecue and bake for 10 to 12 minutes or until crust is crisp. Add garnish if desired.
- * To prepare split red lentils: add lentils to a strainer and rinse. Then place lentils in a small pot. Combine ¼ cup lentils with ½ cup water. Bring to a boil then cover and reduce to a simmer for 3-6 minutes or until red lentils are tender. Drain. They are ready to sprinkle on the pizza. Note lentils become soft and mushy if they are overcooked, but they are healthy & tasty regardless.



Pan-Roasted Salmon

with Sour Cream dill Sauce



This pan-roasted salmon is a great recipe for those looking to eat healthier and try new foods. The pan-roasted cooking method is wonderful for salmon because it is quick and tasty. The sour cream dill sauce is yummy and zesty and when served on the side is a great option for a dip!

INGREDIENTS

- 4 salmon fillets (about 200g/6 oz each)
- 2 tbsp olive oil
- 34 cup sour cream (5 or 7%)
- 1 tsp lemon zest (or zest of 1 lemon)
- 2 tbsp fresh lemon juice
- 1 tbsp capers, drained
- 2 tbsp chopped fresh dill salt & pepper as desired

METHOD

- 1. Dry the salmon by pressing it between paper towels. Lightly season the salmon with salt and pepper (if desired). Heat oil in a large heavy bottomed pan over medium-high heat until oil shimmers. Add the salmon fillets (skin side down if they have skin) immediately reducing the heat to medium-low and cook for 6 minutes.
- 2. Flip the fish and cook on the second side for 1 minute longer (or until the thickest part registers 130°F). Transfer to a plate and let rest for 5 minutes.





3. In a small bowl mix sour cream, lemon zest, lemon juice, capers, and dill. Serve over salmon or on the side for dipping.

Roast Chicken Lasagna

SERVES 12 3x3 INCH

FEATURING: Betacarotene and vitamin C in the spinach and pasta sauce; zinc in the chicken and cheese. Betacarotene and Vitamin C can lower the risk of developing cataracts and slow the progression of age-related macular degeneration. Zinc helps to maintain the mineral levels in the retina while helping to build a biological pigment, melanin which protects the eye.



INGREDIENTS

- 1 whole roasted chicken (~2lbs)
- 1 cup part-skim ricotta cheese
- 34 cup 1% cottage cheese
- ½ pkg (5 oz) frozen chopped spinach, thawed & squeezed dry



This eye healthy lasagna is a family favourite. Make ahead and serve on busy nights or when you have a crowd to feed. If you are in the mess, why not make 2? Batch cooking can be a real time saver for busy people and this lasagna freezes well.

- 1 egg white
- ½ tsp oregano
- 12 whole wheat lasagna noodles
- 4 cups chunky vegetable pasta sauce
- 1 cup (4 oz) crumbled light feta cheese
- 3 cups shredded, partskim mozzarella cheese
- 1/3 cup black olives
- 1/4 cup fresh parsley, chopped





- 1. Spray a 9 x 13 inch baking pan with non-stick spray. Preheat oven to 375° F.
- 2. Remove skin from chicken, remove meat from bones and chop meat into bite sized pieces. Cover and refrigerate until ready to use.
- 3. In a medium bowl combine ricotta, cottage cheese, spinach, egg white, and oregano. Cover and refrigerate until ready to use.
- 4. To assemble lasagna, spoon 1 cup sauce over bottom of pan. Arrange 4 lasagna noodles (3 lengthwise & 1 cross wise) over sauce. Top noodles with another 1 cup sauce followed by 1/3 of the chicken, 1/3 of the feta, 1/3 of the mozzarella, and 1/3 of the olives. Arrange 4 more noodles on top followed by 1 cup sauce, 1/3 of the chicken, all the ricotta/spinach mixture, 1/3 of the feta, 1/3 of the mozzarella, and 1/3 of the olives. Arrange 4 more noodles on top followed by the rest of the sauce, the rest of the chicken, the rest of the feta, the rest of the mozzarella, and the rest of the olives. Sprinkle parsley over the top.
- 5. Cover loosely with foil and bake at 375°F for 45 minutes. Remove foil and bake another 5 minutes. Option: place lasagna 4 inches from the broiler for 2 minutes if you'd like to brown the cheese. Let cool 10 minutes before serving.

Salmon with Mango Salsa



FEATURING: Mango, which is high in antioxidants: vitamin C and beta carotene. Vitamin C can lower the risk of developing cataracts and slow the progression of agerelated macular degeneration. Beta-carotene provides photo protection and converts to vitamin A in the body. A deficiency may lead to night blindness and dry eyes.

This fruit salsa is refreshing, delicious, and pairs perfectly with fish. Salmon is a great choice as it provides healthy omega-3's. Can easily be made with halibut, too!

Salmon is high in omega-3 fatty acids, which are important in retinal development and in preserving vision. Aim for at least two meals each week that include fish.

MANGO SALSA INGREDIENTS:

- 2 cups mango, diced small
- 1 red/orange/or yellow bell pepper, diced small
- bunch cilantro, chopped
- 1 jalapeño, diced small
- 3 green onions, thinly sliced
- 1 lime, juiced

SALMON INGREDIENTS:

12-18oz Salmon (or other favourite fish)
Olive oil or butter
Salt (as little as you can enjoy!)
Freshly ground pepper

 lemon, sliced into wedges (optional)









- 1. Heat oven to 375°F.
- 2. Prep ingredients.
- 3. Rub oven proof baking dish with butter or olive oil or line with parchment paper. Place salmon in baking dish. Drizzle fish with olive oil and sprinkle with salt (as little as you can enjoy) and freshly ground pepper. Squeeze 3-4 lemon wedges over fish, if desired.
- 4. Bake in oven for approximately 12 minutes.
- 5. In a medium bowl combine mango salsa ingredients; mix well.
- 6. After baking time of 12 minutes remove fish from oven and tent (cover baking dish with a lid or tin foil) for 5 minutes. Fish is ready to eat when it reaches an internal temperature of 145° F or it flakes easily with a fork.
- 7. Portion fish and serve with mango salsa.

Sautéed Rainbow Swiss Chard



FEATURING: Rainbow Swiss Chard - Swiss chard (along with spinach and kale) is one of the best dietary sources of lutein. Lutein helps reduce macular degeneration. Lutein is thought to block blue light from reaching the underlying structures in the retina thereby reducing the risk of light induced oxidative damage that can lead to macular degeneration.

Rainbow Swiss Chard is as colourful as it is healthy for your eyes!



INGREDIENTS:

- bunch of fresh Rainbow Swiss Chard, rinsed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- ¼ cup onion, sliced
- tbsp balsamic vinegar or apple cider vinegar
 Salt - as little as you can enjoy
 Freshly ground pepper - as desired









- 1. Rinse the Swiss Chard leaves under water.
- 2. Tear or cut the thick stalks from the leaves.
- 3. Cut the stalks into ½ inch slices. Chop the leaves into 1 inch-wide strips. Keep the stalks and leaves separate.
- 4. Heat the olive oil in a sauté pan (or large frying pan) on medium high heat. Add minced garlic and sliced onions and cook for about 1 minute or until garlic is fragrant.
- 5. Add the Swiss Chard stalks and toss with the oil, garlic, and onions in the pan. Lower the heat to low, cover and cook 3 to 4 minutes.
- 6. Add the chopped chard leaves, toss with the pan contents. Cover and cook for 3 to 4 more minutes.
- 7. Add the vinegar and toss with the leaves, stalks, garlic, and onions in the pan. Serve immediately.

Shepherd's Pie with Sweet Potato Topping



FEATURING: Betacarotene, lutein, and zeaxantin in the sweet potato and carrots. Carotenoids are powerful antioxidants essential for eye health. Betacarotene helps you see in the dark. Lutein and zeaxantin prevent macular degeneration.

Comfort food at it's finest! Sweet Potato is substituted for potato to boost the carotenoid content in this modern take on a traditional favourite.



INGREDIENTS

1½ cup sweet potato, peeled and cubed

- 2 tbsp non-hydrogenated margarine
- 14 tsp salt
- 4 tsp freshly ground pepper
- 2 tsp canola or avocado oil
- 1 onion, chopped
- 2 garlic cloves
- 2 carrots, peeled and diced
- 1 lb lean ground beef
- 1/3 cup split red lentils
- 1 cup beef or chicken broth
- 1 tomato chopped
- 2 tbsp ketchup
- ½ cup frozen green peas





- 1. Preheat oven to 375°F. In a large pot, cover diced sweet potato with water and set over medium-high heat. Bring to a boil, reduce heat and simmer for 20 minutes. Drain and mash with non-hydrogenated margarine, salt, and pepper. Set aside.
- 2. Heat oil in a large frying pan (or dutch oven) over mediumhigh heat and sauté onion for 3-4 minutes until softened. Add garlic, carrots, and beef. Cook, breaking the meat up until it is cooked through and no longer pink.
- 3. Add lentils, broth, tomato, and ketchup. Bring to a simmer, stirring. Add peas and pour into a 2-litre baking dish (or leave in dutch oven). Top with mashed sweet potato.
- 4. Bake uncovered in the oven for 30 minutes until the filling is bubbling around the edges. Delicious served with steamed green beans and a tossed green salad!

Sweet Potato Gnocchi



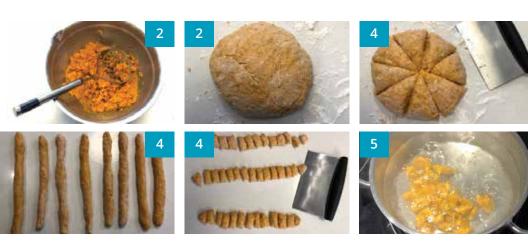
The sweet potato boosts the nutrition in this classic Italian recipe and it's great for eye health. Make it a balanced meal by serving with roast chicken and steamed (or raw) veggies.

zeaxantin in Sweet Potato.

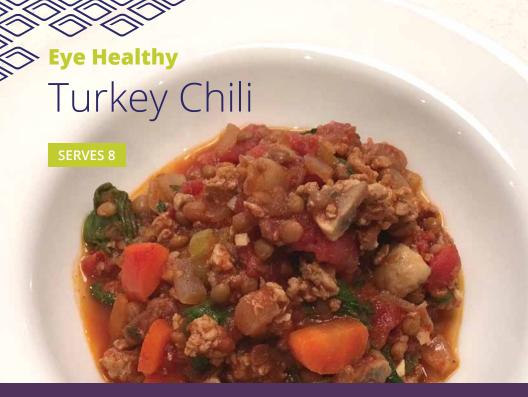
Carotenoids are powerful antioxidants essential for eye health. Our bodies turn betacarotene into Vitamin A. Vitamin A helps to protect the cornea (the surface of the eye) and allows us to see under conditions of low light. Lutein and zeaxantin prevent macular degeneration.

INGREDIENTS

- 1 (~454g) sweet potato
- 1 clove garlic, minced
- ½ tsp nutmeg
- ½ tsp salt
- 1 egg, beaten
- 2 cups all-purpose flour
- 1-2 tbsp olive oil
- 4 cup parmesan cheese (for garnish)Freshly ground black pepper (optional)



- 1. Preheat the oven to 375° F. Wash and dry the sweet potato. Poke holes in the sweet potato using a fork. On a baking sheet lined with parchment paper, bake the sweet potato for ~60 minutes, or until soft to the touch. Remove from the oven and set aside to cool.
- 2. Once sweet potato is cool, remove and discard the peel. Add the sweet potato flesh to a medium bowl and mash. Add the garlic, salt, nutmeg, and egg and mix until well combined. Add the flour a little at a time (~½ cup at a time) and mix well until you have a soft dough. Use more or less flour as needed. Dough is just right when it is not too sticky and not too dry.
- 3. Bring a large pot of water to a boil. While you wait for the water to boil; make the gnocchi.
- 4. On a floured surface separate dough into 8 parts. Roll each part out into a long snake and cut into ~1 inch x ½ inch pieces. The dough cuts easily. You can use a clean recycled plastic gift card for cutting.
- 5. Carefully drop the pieces into boiling water, stirring occasionally. Cook for 5-6 minutes or until they float to the surface. Remove gnocchi with a slotted spoon. Toss with olive oil. Sprinkle with parmesan cheese and freshly ground black pepper (optional).



FEATURING: Chickpeas and lentils - which are sources of bioflavonoids and zinc that can help protect the retina and lower the risk for developing macular degeneration and cataracts. This recipe also contains leafy greens, red bell pepper, carrots, and tomatoes which are all great for eye health!

This hearty and healthy Chili is loaded with vegetables and protein - perfect for our minds and bodies!



INGREDIENTS

- 1 tbsp vegetable oil
- 1 onion, diced
- 3 cloves garlic, minced ~450g extra-lean ground turkey
- 1 carrot, diced

INGREDIENTS CONTINUED ...

- 1 rib celery, diced
- pkg (227g) button mushrooms, diced
- 1 red bell pepper, diced
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp dried oregano leaves
- ½ tsp salt

- 1 can (796ml) whole tomatoes, crushed by hand
- 2 tbsp tomato paste
- 1 can (540ml) lentils, drained and rinsed
- 1 can chickpeas (540ml), drained and rinsed
- 4 cups leafy greens such as spinach, kale, or beet greens









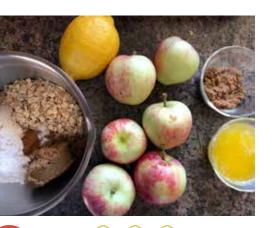


- 1. In a Dutch oven or large pot, heat oil over medium-high heat; sauté the onion and garlic until beginning to soften, about 3 minutes.
- 2. Add turkey, carrot, celery, and mushrooms. Break up turkey with a spoon, until turkey is browned, about 5 minutes.
- 3. Stir in chili powder, cumin, coriander, oregano and salt; cook for 2 minutes.
- 4. Stir in tomatoes and tomato paste; bring to a boil. Reduce heat and simmer, stirring occasionally for 10 minutes.
- 5. Add lentils, leafy greens and red bell pepper; cook, stirring occasionally for 5 minutes.
- 6. Serve with a whole grain bun and a salad or raw veggies.

Eye Healthy Apple Crisp



FEATURING CAROTENOIDS: Apples - high in Vitamin C. Vitamin C is a cell protecting nutrient, an antioxidant, that guards cells from damage. Vitamin C reduces the chances of cataracts forming as we age.



INGREDIENTS TOPPING

- ⅓ cup flour
- 1 cup old fashioned oats
- ⅓ cup brown sugar, packed
- ⅓ cup butter, melted
- ½ tsp cinnamon, ground
- ¼ tsp salt



INGREDIENTS APPLE FILLING

- 4 cups apples, cored and sliced (5-7 Granny Smith or homegrown apples)
- 2 tbsp brown sugar
- 2 tbsp lemon juice (from ~½ lemon)

There is nothing
like apple crisp in the fall.
When apples are a-plenty
and oh so delicious.
An apple-a-day is good
for...eye health!

- 1. Pre-heat oven time 375°F.
- 2. Arrange apples in a greased 8" square baking dish or 1 ½ qt. Casserole. Sprinkle with 2 tbsp brown sugar and lemon juice; stir slightly to coat apples.
- 3. To a medium bowl, add: flour, oats, ½ cup brown sugar, melted butter, cinnamon, and salt; stir well to blend.
- 4. Sprinkle crisp topping evenly over fruit.
- 5. Bake at 375°F for about 35 minutes or until fruit is tender and bubbling. Serve warm or cold. Delicious served with a small scoop of vanilla iced cream.

Eye Healthy Muffins



FEATURING: Zucchini - rich in lutein and zeaxanthin which can help prevent macular degeneration

Carrots - rich in beta-carotene can help you see in the dark

Apple - high in vitamin C which may protect against cataracts

This muffin is great for eye health! It's packed with zucchini, carrots, apple, ground flax, healthy fats, and whole grains... nutritious and delicious!

INGREDIENTS

- 2 tbsp oil
- ⅓ cup brown sugar,
 packed
- 1 egg
- ½ cup milk
- 1 tsp vanilla
- 1 cup whole wheat flour
- ⅓ cup ground flax
- 1/3 cup oat bran
- 2 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon



- 1 cup grated carrot
- ½ cup grated zucchini
- 1 peeled grated apple
- ¼ cup raisins
- ½ cup chopped nuts (optional)

- Preheat oven to 375°F and prepare a 12 muffin pan.
- 2. In a large bowl: combine oil, sugar, egg, milk, and vanilla. Mix well.
- 3. In a medium bowl: combine whole wheat flour, ground flax, oat bran, baking soda, bak
 - bran, baking soda, baking powder, salt, and cinnamon.
- 4. Stir dry ingredients into wet ingredients just until moistened.
- 5. Next, stir in carrots, apples, raisins and nuts (optional).
- 6. Divide batter evenly between the 12 muffin cups.
- 7. Bake in 375°F oven for 15 to 20 minutes. The muffins are done when you insert a toothpick and it comes out clean. Let cool and enjoy!



Pumpkin Cookies



Pumpkin's brilliant orange colouring comes from the carotenoids betacarotene, lutein, and zeaxantin. Carotenoids are powerful antioxidants essential for eye health. Betacarotene helps you see in the dark. Lutein and zeaxanitin prevent macular degeneration. This nutritious and delicious cookie is made with wholesome pumpkin.

INGREDIENTS

- cup pumpkin puree (or 1 cup canned pumpkin)
- 1 cup sugar
- ½ cup vegetable oil (ie. grapeseed, canola, or avocado oil)
- 1 egg
- 2 cups all-purpose flour
- 2 tsp baking powder
- ½ tsp salt
- 2 tsp cinnamon
- 1 tbsp vanilla
- 1 cup semi-sweet chocolate chips



METHOD

- Preheat the oven to 350° F. Line baking sheets with parchment paper or nonstick spray. Set aside.
- 2. In a medium bowl, add sugar and oil and mix well. Add egg and mix well. Add the pumpkin and vanilla and mix well. Finally, add flour, baking powder, cinnamon, salt and chocolate chips and mix just until combined.

3. Drop onto prepared baking sheet (½-2 tbsp per cookie) and bake for 12-14 minutes (until tops spring back). Transfer cookies to wire racks to cool.



Special Ingredient Pumpkin Spice Muffins

MAKES 2 DOZEN



These 'Special Ingredient' Pumpkin Spice Muffins are delicious, nutritious and oh so versatile. If you are looking for double spice try adding chopped crystallized ginger.

Pumpkin's brilliant orange colouring comes from the carotenoids betacarotene, lutein, and zeaxantin. Carotenoids are powerful antioxidants essential for eye health. Betacarotene helps you see in the dark. Lutein and zeaxantin prevent macular degeneration.



INGREDIENTS

- 1 cup sugar
- ½ cup canola or avocado oil
- 398ml pumpkin puree *you can roast and puree your own or use 1, 14-ounce can pumpkin puree (not pie filling)
- 2 cups buttermilk *make your own by adding 2 tbsp vinegar or lemon juice to 2 cups milk; let sit for 5 min
- 3 large eggs
- 2 cups whole wheat flour
- 1½ cups all-purpose flour
- 4 tsp baking powder
- 1 tsp baking soda
- 14 tsp salt
- 4 tsp cinnamon
- 2 tsp ground ginger
- 1 tsp nutmeg
- ½ tsp cloves

SPECIAL INGREDIENT (CHOOSE 1 OF):

- 1½ cups raisins
- 1½ cups chopped apple
- 1 cup chocolate chips
- 1 cup pumpkin seeds
- 1 cup crystallized ginger*photos show crystallized ginger

METHOD

- 1. Preheat the oven to 375° F. Prepare 2, 12-cup muffin pans by spraying with nonstick spray or use paper baking cups. Set aside.
- 2. In a medium bowl, mix sugar and vegetable oil together. Add eggs, mixing well after each addition. Add buttermilk and pumpkin. Mix well.
- 3. Add whole wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon, ground ginger, nutmeg, cloves. Mix just until combined.
- 4. Fold in your special ingredient.
- 5. Using a ¼ cup measure, fill each muffin cup.
- 6. Bake 18-22 minutes until puffed and golden.











6





Zucchini Chocolate Cake



Healthy Eating should be fun and flexible and when it comes to birthdays this recipe really takes the cake! This zucchini chocolate cake is a real crowd pleaser and it's wholesome, too!



INGREDIENTS

- ½ cup non-hydrogenated margarine
- ½ cup vegetable oil (such as canola or avocado oil)
- 1¾ cups sugar
- 2 eggs

INGREDIENTS CONTINUED . . .

| 1 | tsp vanilla | 1/2 | tsp cinnamon |
|-----|-------------------|-----|-----------------------|
| 2 | cups flour | 1/2 | tsp cloves |
| 4 | tbsp cocoa | 2½ | cups zucchini, grated |
| 1/2 | tsp baking powder | 1/2 | cup buttermilk |
| 1 | tsp baking soda | | or sour milk* |
| | pinch salt | 1/4 | cup chocolate chips |

* To sour milk add ~½ tbsp vinegar or lemon juice to ½ cup milk. Let stand for 5-10 minutes and it is ready to use in your recipe.







METHOD

- 1. Add non-hydrogenated margarine, vegetable oil and sugar to a large bowl. Add applesauce and mix. Add eggs and mix well. Add vanilla and mix.
- 2. Add flour, cocoa, baking powder, baking soda, salt, cinnamon, cloves, zucchini, milk, and chocolate chips; mix just until blended.
- 3. Pour batter into a 9 x 13" pan (or 2, 8 or 9 inch circular pans) and bake at 325°F for 55-60 minutes (or 45-50 minutes). Cake is done when inserted toothpick comes out clean.

Delicious served with vanilla gelato and fruit or you may choose to add frosting and/or make a layer cake. Enjoy in moderation!



Notes



Notes

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