



Calabacitas a la mexicana

Ingredientes

- 2 cucharadas de aceite de oliva
- 1 diente de ajo, picado finamente
- 1 cebolla, picada finamente
- 4 tomates en cuadritos
- 4 calabacitas en cuadritos
- 1 taza de granos de elote cocidos
- Sal y pimienta al gusto

Direcciones

En una olla a fuego alto agregar el aceite y el diente de ajo mover muy bien sin dejar quemar, después agregar la cebolla hasta que este transparente, agregar los tomates en cuadritos e incorporar bien dejando cocinar por unos minutos.

Cuando ya se ve cocido el tomate agregar las calabacitas y los elotes cocidos. Cocinar por unos minutos agregado un poco de sal y la especia a tu gusto revolviendo bien.

Dejar cocinar alrededor de 20 minutos con el sartén tapado. Apagar el fuego y dejar reposar hasta que se enfrie, probar que estén bien sazonadas sin mover mucho ya que las calabacitas se pueden desbaratar muy fácilmente. Disfrutar

*Este es un platillo de acompañamiento que se puede utilizar como parte del desayuno acompañado de huevos, en quesadillas o como plato principal agregando ya sea carne o pollo.



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Mexican Style Zucchini

Ingredients

- 2 tablespoons olive oil
- 1 clove garlic, finely minced
- 1 onion, finely chopped
- 4 diced tomatoes
- 4 zucchinis in squares
- 1 cup of cooked corn kernels
- Salt and pepper to taste

Directions

In a saucepan over high heat, add the oil and the garlic clove, mix without letting it burn, then add the onion until transparent, add the diced tomatoes and incorporate well, letting it cook for a few minutes.

When the tomatoes are cooked, add the zucchini and corn. Cook for a few minutes adding a little salt and spice to your liking stirring well.

Let cook for about 20 minutes with the pan covered. Turn off the heat and let stand until it cools, check that they are seasoned without moving much since the zucchini can fall apart very easily. Enjoy!

*This is a side dish that can be used as part of breakfast accompanied by eggs, in quesadillas or as a main dish adding either meat or chicken.



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Sweet Corn & Poblano Chile Soup

Ingredients

- 2 poblano chiles
- 2 tablespoons vegetable oil
- 8 ears fresh sweet corn shucked & kernels cut from cobs
- 2 medium yellow onions, chopped
- 1 leek, white & light green parts, chopped
- 1 celery stalk, chopped
- 8 cloves garlic, chopped
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 3 bay leaves
- 1 medium potato, peeled and diced
- 3 quarts of a Brain-Boosting Broth
- Salt & freshly ground pepper

Directions

Roast the chiles in the oven at 375°F on a baking sheet, or on the grill. Char the skin, rotating it for even charring, for 5 to 8 minutes. Once the skin starts cracking, place the chiles in a small bowl and cover with plastic wrap for 5 minutes. The skin will separate from the chiles so that you can peel it off easily. Once the chiles are cool, peel and seed them, then chop.

In a soup pot over medium heat, warm the oil. Add the corn, onions, leek, celery, and garlic; cover; and cook, stirring occasionally, until the vegetables have softened, 10 to 15 minutes. Add the poblano chiles, chili powder, cumin, bay leaves and cook, stirring, until the spices are well incorporated. Season with salt, add the potato, and pour in the broth. Increase to high, bring to a boil, and then turn down the heat to maintain a simmer.

Cook until the vegetables are fully tender, about 25 minutes.

Working in batches if needed, puree the mixture in a blender until smooth. Strain the puree through a fine-mesh sieve and return the soup to the pot. Warm over medium heat until just heated through and season to taste with salt and pepper.

Source: Alzheimer's Prevention Cookbook



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Brain-Healthy Green Juice

Ingredients

- 1 frozen banana
- 1 handful of spinach
- ½ stalk of chopped celery
- 1 chopped green apple
- ½ cup of ice
- 1 cup of water

Directions

Place all the ingredients in a blender, and blend until smooth. Enjoy!

The juice is packed with brain-healthy ingredients. Take bananas, for example: the fruit is rich in magnesium, and studies have shown that a lack of magnesium can reactivate the sympathetic nervous system (and when this sympathetic nervous system is in overdrive, it can lead to increased anxiety). Spinach is also packed with brain-supporting vitamins and minerals, such as vitamin K, folic acid, and lutein. Finally, research shows that apples may help maintain acetylcholine, a neurotransmitter that tends to be reduced with age and oxidative stress.

Source: One with You Wellness



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El jugo verde

Ingredientes

- 1 plátano congelado
- 1 puño de espinacas
- ½ tallo de apio picado
- 1 manzana verde picada
- ½ tz de hielos
- 1 taza de agua

Direcciones

Colocar todos los ingredientes en una licuadora, y licuar hasta que quede suave.
Disfrutar!

El jugo está repleto de ingredientes saludables para el cerebro. Tomemos los plátanos, por ejemplo: la fruta es rica en magnesio, y los estudios han demostrado que la falta de magnesio puede reactivar el sistema nervioso simpático (y cuando este sistema nervioso simpático está a toda marcha, puede provocar un aumento de la ansiedad). La espinaca también está repleta de vitaminas y minerales que apoyan el cerebro, como vitamina K, ácido fólico y luteína. Finalmente, la investigación muestra que las manzanas pueden ayudar a mantener la acetilcolina, un neurotransmisor que tiende a reducirse con la edad y el estrés oxidativo.

Source: One with You Wellness



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