



# Train Your Brain

FITNESS DOES NOT STOP AT THE NECK

**health matters**  
EDUCATE ENGAGE EMPOWER    CREATING A CULTURE OF WELLNESS



## CESSNA PLANE HEALTHY

[www.cessnaplanehealthy.com](http://www.cessnaplanehealthy.com)

### TABLE OF CONTENTS

December 1

Pupusas Revueltas

December 2

Black Skillet Beef With Greens and Red Potatoes

December 3

Mexican Pozole

December 4

Chicken Ratatouille

December 7

Lentil Soup

December 8

Finger-Licking Curried Chicken

December 9

Quick Beef Casserole

December 10

Jamaican Jerk Chicken

December 11

Turkey Meatloaf

December 14

Italian Vegetable Bake

December 15

Veggie Wrap

December 16

Southern Banana Pudding

December 17

Limas and Spinach

December 18

Quinoa and Black Bean Salad

December 21

Garden Potato Salad

December 22

Brazilian Rice

December 23

Apricot-Orange Bread

December 24

Classic Honey Flan

December 28

Rainbow Fruit Salad

December 29

Cherry Pineapple Delight

December 30

Banana Mousse

December 31

Old-Fashioned Bread Pudding With Apple-Raisin Sauce

December 1, 2009

**All the things that we know are bad for your heart turn out to be bad for your brain. - Marilyn S. Albert, PhD, Johns Hopkins Medical Institutions**

### **Train Your Brain**

**The distinction between the mind and body was a concept first formally set forth in the 17th century by philosopher Rene Descartes. Over the next several centuries, the body was seen as the concern of physicians, while the mind was the purview of organized religion.**

**Over the years, our understanding of “body and mind” has evolved significantly. We now recognize the vital role that both physical health and mental health play in shaping our overall well-being.**

### **Wellness Recipe: Pupusas Revueltas**

Low-fat ground chicken and cheese help reduce the saturated fat and calories in this tasty Salvadoran dish.

1 pound ground chicken breast  
1 tablespoon vegetable oil  
1/2 small onion, finely diced  
1 clove garlic, minced  
1 medium green pepper, seeded and minced  
1 small tomato, finely chopped  
1/2 teaspoon salt  
5 cups instant corn flour(masa harina)  
6 cups water  
1/2 pound low-fat mozzarella cheese, grated

1. In a nonstick skillet over low heat, saute chicken in oil until chicken turns white. Constantly stir the chicken to make sure it is evenly cooked. 2. Add onion, garlic, green pepper, tomato, and salt, and mix well. Cook until chicken mixture is cooked through (internal temperature, 165 °F). Remove the skillet from the stove. Put the mixture in a bowl and cool in the refrigerator. 3. While the chicken mixture is cooling, place the corn flour in a large mixing bowl and gradually stir in enough water to make a stiff tortilla-like dough. 4. When the chicken mixture has cooled, mix in the cheese. 5. Divide the dough into 24 portions. With your hands, roll the dough into balls. Press a hole in each ball with your thumb. 6. Put about a tablespoon of the chicken mixture into the hole in each ball. Fold the dough over to completely enclose it. Press the ball out with your palms to form a disk. 7. In a very hot iron skillet, cook the pupusas on each side until golden brown. Yield: 12 servings  
Serving size: 2 pupusas Calories 290 Total Fat 7 g Saturated Fat 3 g Cholesterol 33 mg Sodium 223 mg Total Fiber 5 g Protein 14 g Carbohydrates 38 g Potassium 272 mg

December 2, 2009

**The new science has shifted the focus to the idea that there is value in a public health strategy of getting people to think about their brain and how they might alter their behavior to keep their brain healthy. - Stephen McConnell, PhD, Alzheimer’s Association**

### **Train Your Brain**

**Mental health encompasses emotional functioning and the ability to think, reason, and remember (cognitive functioning). Most experts agree that the components of healthy cognitive functioning include:**

language  
thought  
memory  
judgment  
attention  
perception  
remembered skills (such as driving)  
executive function (the ability to plan and carry out tasks)  
ability to live a purposeful life

### **Wellness Recipe: Black Skillet Beef With Greens and Red Potatoes**

Here’s a one-dish meal that tastes even better than it sounds.

1 lb top round beef  
1 Tbsp paprika  
1 1/2 tsp oregano  
1/2 tsp chili powder  
1/4 tsp garlic powder  
1/4 tsp black pepper  
1/8 tsp red pepper  
1/8 tsp dry mustard  
8 red-skinned potatoes, halved  
3 C onion, finely chopped  
2 C beef broth  
2 cloves large garlic, minced  
2 large carrots, peeled, cut into very thin, 2 1/2-inch strips  
2 bunch (1/2 lb) mustard greens, kale, or turnip greens, stems removed, coarsely torn  
as needed nonstick cooking spray

1. Partially freeze beef. Thinly slice across grain into long strips 1/8-inch thick and 3 inches wide. 2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with spice mixture. 3. Spray large, heavy skillet with nonstick coating. Preheat pan over high heat. Add meat and cook, stirring, for 5 minutes. Then add potatoes, onion, broth, and garlic, and cook covered over medium heat for 20 minutes. Stir in carrots, lay greens over top, and cook covered until carrots are tender, about 15 minutes. 4. Serve in large serving bowl with crusty bread for dunking. Yield: 6 servings  
Serving size: 7 oz Each serving provides: Calories: 340 Total fat: 5 g Saturated fat: 2 g Cholesterol: 64 mg Sodium: 109 mg Total fiber: 8 g Protein: 30 g Carbohydrates: 45 g Potassium: 1,278 mg

**December 3, 2009**

**Most important to our ability to live our lives well is the combination of mental processes we call ‘cognition’ or ‘knowing.’ This combination includes the ability to learn new things, intuition, judgment, language, and remembering. Having a clear, active mind at any age is important, but as we get older it can mean the difference between dependence and independent living.**

#### **Train Your Brain**

**Much like physical health, cognitive health can be viewed along a continuum—from optimal functioning to mild cognitive impairment to severe dementia. It is not simply the absence of diseases such as Alzheimer’s disease; rather, it should be respected for its multidimensional nature, and the changes that take place over the life span should be accepted, even embraced, as a natural part of the aging process.**

#### **Wellness Recipe: Mexican Pozole**

Only a small amount of oil is needed to saute meat.

2 pounds lean beef (eye round roast), cubed  
1 tablespoon olive oil  
1 large onion, chopped  
1 clove garlic, finely chopped  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/4 cup cilantro  
1 can (15 ounces) stewed tomatoes  
1/3 can (2 ounces) tomato paste  
1 can (1 pound, 13 ounces) hominy

1. In a large pot, heat oil. Saute beef 2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender. 3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes. 4. Add hominy and continue cooking for another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency. Variation: Skinless, boneless chicken breasts may be used instead of beef cubes. Yield: 10 servings  
Serving size: 1 cup Calories 253 Total Fat 10 g Saturated Fat 3 g Cholesterol 52 mg Sodium 425 mg Total Fiber 4 g Protein 22 g Carbohydrates 19 g Potassium 485 mg

**December 4, 2009**

**If you could give people information and tools that would delay the onset of cognitive impairment by a few years, you would be doing much to improve individuals’ quality of life as well as improving society. - Debra Cherry, PhD, Alzheimer’s Association**

#### **Train Your Brain**

**Cognitive decline can range from mild cognitive impairment to dementia, but these two conditions are not necessarily manifestations of the same disease. Many people never develop any serious decline in their cognitive performance, and those who develop mild cognitive problems do not necessarily develop dementia. Although not all people with cognitive decline develop dementia, those with an amnesic form of mild cognitive impairment do have a much higher risk for dementia than other adults.**

#### **Wellness Recipe: Chicken Ratatouille**

It may be hard to say ratatouille, but this one-dish recipe will show you that it’s very easy to eat.

1 Tbsp vegetable oil  
4 medium chicken breast halves, skinned, fat removed, boned, and cut into 1-inch pieces  
2 zucchini, about 7 inches long, unpeeled, thinly sliced  
1 small eggplant, peeled, cut into 1-inch cubes  
1 medium onion, thinly sliced  
1 medium green pepper, cut into 1-inch pieces  
1/2 lb fresh mushrooms, sliced  
1 can (16 oz) whole tomatoes, cut up  
1 clove garlic, minced  
1 1/2 tsp dried basil, crushed  
1 Tbsp fresh parsley, minced to taste black pepper

1. Heat oil in large nonstick skillet. Add chicken and sauté for about 3 minutes or until lightly browned. 2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook for about 15 minutes, stirring occasionally. 3. Add tomatoes, garlic, basil, parsley, and pepper. Stir and continue to cook for about 5 minutes or until chicken is tender. Yield: 4 servings  
Serving size: 1 1/2 cups Each serving provides: Calories: 266 Total fat: 8 g Saturated fat: 2 g Cholesterol: 66 mg Sodium: 253 mg Total fiber: 6 g Protein: 30 g Carbohydrates: 21 g Potassium: 1,148 mg

**December 7, 2009**

**If we maintain cognitive function over time, then we are more likely to be functionally independent. - Marilyn Albert, PhD, Johns Hopkins Medical Institutions**

### **Train Your Brain**

**The lack of cognitive health can have profound implications for a person's physical health. Older adults and others experiencing cognitive impairment may be unable to care for themselves or to engage in necessary activities of daily living, such as preparing meals or managing their finances. Limitations in the ability to effectively manage medications and existing medical conditions are of particular concern when a person is experiencing cognitive impairment or dementia.**

### **Wellness Recipe: Lentil Soup**

Lentil soup makes a hearty, delicious starter or a complete meal. This soup is naturally low in fat and is lower in sodium than most canned soups. Enjoy!

2 tablespoons olive oil  
2 medium carrots, diced  
2 medium stalks celery, chopped  
1 small yellow onion, chopped  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon ground black pepper  
2 cups dry lentils  
1 can (14 1/2 ounces) crushed tomatoes  
2 cups vegetable broth  
6 1/2 cups water

1. In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender. 2. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes. 3. Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender. 4. Store leftovers in the refrigerator and reheat on the stove or in the microwave. The soup will taste better the next day! Yield: 11 servings Serving size: 1 cup Calories 151 Total Fat 3 g Saturated Fat 0 g Cholesterol 0 mg Sodium 248 mg Total Fiber 7 g Protein 9 g Carbohydrates 24 g Potassium 503 mg

**December 8, 2009**

**The possibility of prevention in this area is so new and so exciting for families, individuals, and government. - James Laditka, DA, PhD, MPA, University of South Carolina**

### **Train Your Brain**

**Dementia affects a person's ability to comprehend and act on messages, and involves problems with memory, understanding or using words, and identifying objects. The significantly impaired cognition associated with dementia leads to a loss of sense of self and of lifelong memories; a decreasing ability to cope with the normal demands of living; problems accessing health care systems; greater vulnerability to disease, injury, malnutrition, crime, and possibly abuse; and eventually a loss of independence. That loss of independence becomes a burden on families and society, as the individual requires more intense care and often institutionalization. In the later stages, the cognitive impairment associated with dementia will create total dependency, and Alzheimer's disease is now ranked as the 8th-leading cause of death.**

### **Wellness Recipe: Finger-Licking Curried Chicken**

The name tells all—ginger and curry powder make this dish irresistible.

1 1/2 tsp curry powder  
1 tsp thyme, crushed  
1 stalk scallion, chopped  
1 Tbsp hot pepper, chopped  
1 tsp black pepper, ground  
8 cloves garlic, crushed  
1 Tbsp ginger, grated  
3/4 tsp salt  
8 pieces chicken, skinless (breast and drumstick)  
1 Tbsp olive oil  
1 C water  
1 medium white potato, diced  
1 large onion, chopped

1. Mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, onion, and salt. 2. Sprinkle seasoning mixture on chicken. 3. Marinate for at least 2 hours in refrigerator. 4. Heat oil in skillet over medium flame. Add chicken and sauté. 5. Add water and allow chicken to cook over medium flame for 30 minutes. 6. Add diced potatoes and cook for an added 30 minutes. 7. Add onions and cook for 15 minutes more or until meat is tender. Yield: 6 servings Serving size: 1/2 breast or 2 small drumsticks Each serving provides: Calories: 213 Total fat: 6 g Saturated fat: 2 g Cholesterol: 81 mg Sodium: 363 mg Total fiber: 1 g Protein: 28 g Carbohydrates: 10 g Potassium: 384 mg

**December 9, 2009**

Learning is physical. Learning means the modification, growth, and pruning of our neurons, connections - called synapses - and neuronal networks, through experience...we are cultivating our own neuronal networks. - Dr. James Zull, Professor of Biology and Biochemistry at Case Western University

#### **Train Your Brain**

There is considerable concern among Americans about the loss of cognitive health to disease or disability, a concern that seems to increase with age. Most older adults look forward to having a long life, and yet their greatest worries about living to age 75 revolve around memory loss. According to a recent survey, adults are more than twice as likely to fear losing their mental capacity (62%) as their physical ability (29%).

#### **Wellness Recipe: Quick Beef Casserole**

Drain fat from cooked beef to lower the amount of fat and calories.

1/2 pound lean ground beef  
1 cup onion, chopped  
1 cup celery, chopped  
1 cup green pepper without seeds, cubed  
3 1/2 cups tomatoes, diced  
1/4 teaspoon salt  
1/2 teaspoon black pepper  
1/4 teaspoon paprika  
1 cup frozen peas  
2 small carrots, diced  
1 cup uncooked rice  
1 1/2 cups water

1. In a skillet, brown the ground beef and drain off the fat. 2. Add the rest of the ingredients. Mix well. 3. Cook over medium heat and cover skillet until boiling. 4. Reduce to low heat and simmer for 35 minutes. Serve hot. Yield: 8 servings Serving size: 1 1/3 cups Calories 201 Total Fat 5 g Saturated Fat 2 g Cholesterol 16 g Sodium 164 mg Total Fiber 3 g Protein 9 g Carbohydrates 31 g Potassium 449 mg

**December 10, 2009**

**Exercising our brains systematically is as important as exercising our bodies. In my experience, "Use it or lose it" should really be "Use it and get more of it". - Dr. Elkhonon Goldberg, neuropsychologist at New York University School**

#### **Train Your Brain**

**Alzheimer's disease has been in the top ten leading causes of death since the 20th century. Notably, the mortality rates for Alzheimer's disease are on the rise — in contrast to the rates for heart disease and cancer, which are continuing to decline.**

#### **Wellness Recipe: Jamaican Jerk Chicken**

The spices and peppers in this dish will transport you to a whole new taste.

1/2 tsp cinnamon, ground  
1 1/2 tsp allspice, ground  
1 1/2 tsp black pepper, ground  
1 Tbsp hot pepper, chopped  
1 tsp hot pepper, crushed, dried  
2 tsp oregano, crushed  
2 tsp thyme, crushed  
1/2 tsp salt  
6 cloves garlic, finely chopped  
1 C onion, pureed or finely chopped  
1/4 C vinegar  
3 Tbsp brown sugar  
8 pieces chicken, skinless (4 breasts, 4 drumsticks)

1. Preheat oven to 350 °F. 2. Combine all ingredients except chicken in large bowl. Rub seasoning over chicken and marinate in refrigerator for 6 hours or longer. 3. Evenly space chicken on nonstick or lightly greased baking pan. 4. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30–40 minutes or until the meat can be easily pulled away from the bone with a fork. Yields: 6 servings Serving size: 1/2 breast or 2 small drumsticks Each serving provides: Calories: 199 Total fat: 4 g Saturated fat: 1 g Cholesterol: 81 mg Sodium: 267 mg Total fiber: 1 g Protein: 28 g Carbohydrates: 12 g Potassium: 338 mg

**December 11, 2009**

**Individuals who lead mentally stimulating lives, through education, occupation and leisure activities, have reduced risk of developing Alzheimer's symptoms. Studies suggest that they have 35-40% less risk of manifesting the disease - Dr. Yaakov Stern, College of Physicians and Surgeons of Columbia University**

#### **Train Your Brain**

**An estimated 4.5 million Americans have Alzheimer's disease. That number has doubled since 1980, and is expected to be as high as 16 million by 2050.**

#### **Wellness Recipe: Turkey Meatloaf**

Enjoy a healthier version of an old dinner favorite.

1 pound lean (7% fat) ground turkey  
1/2 cup regular oats, dry  
1 large egg  
1 tablespoon onion, dehydrated, or 1 small onion, minced  
1/4 cup ketchup  
2 celery stalks, chopped  
2 garlic cloves, minced  
1/2 green pepper, seeded and diced

Preheat oven to 350 °F. 1. Combine all ingredients and mix well. 2. Bake in loaf pan for 25 minutes to an internal temperature of 165 °F. 3. Cut into five slices and serve. 4. Yield: 5 servings Serving size: 1 slice (3 ounces) Calories 197 Total Fat 7 g Saturated Fat 2 g Cholesterol 103 mg Sodium 218 mg Total Fiber 2 g Protein 23 g Carbohydrates 11 g Potassium 336 mg

**December 14, 2009**

**What research has shown is that cognition, or what we call thinking and performance, is really a set of skills that we can train systematically. - Dr. Daniel Gopher, at Technion Institute of Science**

#### **Train Your Brain**

**Many adults appear to believe that aging is a time of irreversible mental decline, and that dementia is universal and inevitable. These myths persists even though recent research has shown that in the healthy aging brain, new synapses continue to form and nerve cells can regenerate.**

#### **Wellness Recipe: Italian Vegetable Bake**

Try this colorful, low-sodium baked dish, prepared without added fat.

1 can (28 oz) tomatoes, whole  
1 medium onion, sliced  
1/2 lb fresh green beans, sliced  
1/2 lb fresh okra, cut into 1/2-inch pieces (or 1/2 of 10-oz package frozen, cut)  
3/4 C green pepper, finely chopped  
2 Tbsp lemon juice  
1 Tbsp fresh basil, chopped, or 1 tsp dried basil, crushed  
1 1/2 tsp fresh oregano leaves, chopped (or 1/2 tsp dried oregano, crushed)  
3 medium (7-inch-long) zucchini, cut into 1-inch cubes  
1 medium eggplant, pared, cut into 1-inch cubes  
2 Tbsp Parmesan cheese, grated

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes, reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325 °F for 15 minutes. 2. Mix in zucchini and eggplant. Continue baking, covered, 60–70 minutes more or until vegetables are tender. Stir occasionally. 3. Just before serving, sprinkle top with Parmesan cheese. Yield: 18 servings Serving Size: 1/2 cup Each serving provides: Calories: 27 Total fat: less than 1 g Saturated fat: less than 1 g Cholesterol: 1 mg Sodium: 86 mg Total fiber: 2 g Protein: 2 g Carbohydrates: 5 g Potassium: 244 mg

**December 15, 2009**

**Elite performers are distinguished by the structuring of their learning process. You need to protect and optimize that practice, learning time. It is important to understand the role of emotions: they are not “bad”. They are very useful signals. It is important to become aware of them to avoid being engulfed by them, and learn how to manage them. - Dr. Brett Steenbarger, Associate Professor of Psychiatry and Behavioral Sciences, SUNY Medical University**

#### **Train Your Brain**

**Based on several surveys, men and women in this country are willing to take important steps to improve their cognitive health. Nearly 9 of 10 people reported that they thought it is possible to improve cognitive fitness.**

#### **Wellness Recipe: Veggie Wrap**

This tasty wrap is chock-full of yummy beans and vegetables and provides a great source of fiber.

1 medium red bell pepper, seeded and sliced  
1 medium yellow pepper, seeded and sliced  
1 onion, sliced  
1 teaspoon canola oil  
1 can (15 ounces) low-sodium black beans, drained and rinsed  
1/2 avocado, peeled and diced  
juice from 1 lime  
1/2 cup chopped fresh cilantro  
1 teaspoon chili powder (optional)  
1 cup fat-free sour cream  
4 8-inch whole-wheat tortillas  
8 tablespoons Fresh Salsa

1. In a nonstick pan, saute the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside. 2. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping. 3. Add sour cream to beans and mix well. 4. Warm tortillas in the microwave or in a pan on the stovetop. 5. Fill a warmed tortilla with ¼ bean mixture and ¼ avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture. 6. Fold ends of the tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps. Yield: 4 servings Serving size: 1 wrap Calories 367 Total Fat 6 g Saturated Fat 1 g Cholesterol 5 mg Sodium 318 mg Total Fiber 14 g Protein 16 g Carbohydrates 66 g Potassium 976 mg

**December 16, 2009**

**We have shown that working memory can be improved by training. - Dr. Torkel Klingberg, Professor at Karolinska Institute**

#### **Train Your Brain**

**More survey results from men and women across the country: six of ten stated that they felt they should have their cognitive health checked routinely, much like a regular physical checkup.**

#### **Wellness Recipe: Southern Banana Pudding**

This traditional dessert with a healthy twist will please your entire family.

3 3/4 cups cold, fat-free milk  
2 small packages (4 serving size) of fat-free, sugar-free instant vanilla pudding and pie-filling mix  
32 reduced-fat vanilla wafers  
2 medium bananas, sliced  
2 cups fat-free, frozen whipped topping, thawed

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes. 2. Fold 1 cup of the whipped topping into the pudding mix. 3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding. 4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding. 5. Refrigerate for at least 3 hours before serving. Yield: 10 servings Serving size: ¾ cup Calories 143 Total Fat 2 g Saturated Fat 1 g Cholesterol 2 mg Sodium 329 mg Total Fiber 1 g Protein 4 g Carbohydrates 29 g Potassium 237 mg

**December 17, 2009**

I don't see that schools are applying the best knowledge of how minds work. Schools should be the best place for applied neuroscience, taking the latest advances in cognitive research and applying it to the job of educating minds. - Dr. Arthur Lavin, Associate Clinical Professor of Pediatrics at Case Western School of Medicine

#### **Train Your Brain**

Survey results from men and women across the country indicated that more than 8 of 10 (84%) reported that they took some time nearly every day to engage in activities that may be associated with improved cognitive health: engaging in art or creative projects, reading, keeping physically active, playing games or doing puzzles, working, or spending time with family and friends.

#### **Wellness Recipe: Limas and Spinach**

Your family will love vegetables cooked this way.

2 C frozen lima beans  
1 Tbsp vegetable oil  
1 C fennel, cut in 4-oz strips  
1/2 C onion, chopped  
1/4 C low-sodium chicken broth  
4 C leaf spinach, washed thoroughly  
1 Tbsp distilled vinegar  
1/8 tsp black pepper  
1 Tbsp raw chives

1. Steam or boil lima beans in unsalted water for about 10 minutes. Drain. 2. In skillet, sauté onions and fennel in oil. 3. Add beans and stock to onions and cover. Cook for 2 minutes. 4. Stir in spinach. Cover and cook until spinach has wilted, about 2 minutes. 5. Stir in vinegar and pepper. Cover and let stand for 30 seconds. 6. Sprinkle with chives and serve. Yield: Makes 7 servings Serving size: 1/2 cup Each serving provides: Calories: 93 Total fat: 2 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 84 mg Total fiber: 6 g Protein: 5 g Carbohydrates: 15 g Potassium: 452 mg

**December 18, 2009**

**Cognitive training rests on solid premises, and some programs already have very promising research results. Some of the most promising areas are: neurofeedback, which as a whole is starting to present good research results, and working memory training. - Professor David Rabiner, at Duke University**

#### **Train Your Brain**

**Survey results from men and women across the country indicated that more than half anticipated a major medical breakthrough in discovering a cure for Alzheimer's disease within the next 20 years.**

#### **Wellness Recipe: Quinoa and Black Bean Salad**

This delightful chilled salad could be a great main entree or side dish.

1/2 cup dry quinoa  
1 1/2 cups water  
1 1/2 tablespoons olive oil  
3 tablespoons lime juice  
1/4 teaspoon cumin  
1/4 teaspoon ground coriander (dried cilantro seeds)  
2 tablespoons cilantro, chopped  
2 medium scallions, minced  
1 can (15 ounces) black beans, rinsed and drained  
2 cups tomato, chopped  
1 medium red bell pepper, chopped  
1 medium green bell pepper, chopped  
2 fresh green chilis (or to taste), minced black pepper (to taste)

1. Rinse the quinoa in cold water. Boil water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes. 2. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside. 3. Combine chopped vegetables with the black beans in a large bowl, and set aside. 4. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve. Yield: 6 servings Serving size: 1 cup Calories 208 Total Fat 5 g Saturated Fat 1 g Cholesterol 0 mg Sodium 284 mg Total Fiber 7 g Protein 9 g Carbohydrates 34 g Potassium 619 mg

**December 21, 2009**

**Today, thanks to fMRI and other neuroimaging techniques, we are starting to understand the impact our actions can have on specific parts of the brain. - Dr. Judith S. Beck, Director of the Beck Institute for Cognitive Therapy and Research**

### **Train Your Brain**

**Research suggests the following factors may be associated with the maintenance of cognitive health: 1) preventing or controlling high blood pressure, cholesterol, diabetes, overweight, and obesity; 2) preventing or stopping smoking; and 3) being physically active.**

### **Wellness Recipe: Garden Potato Salad**

Lowfat cottage cheese is the secret ingredient in this delicious dish.

6 (about 3 lb) large potatoes, boiled in jackets, peeled, cut into 4-inch cubes  
1 C celery, chopped  
1/2 C green onion, sliced  
2 Tbsp parsley, chopped  
1 C lowfat cottage cheese  
3/4 C skim milk  
3 Tbsp lemon juice  
2 Tbsp cider vinegar  
1/2 tsp celery seed  
1/2 tsp dill weed  
1/2 tsp dry mustard  
1/2 tsp white pepper

1. In large bowl, place potatoes, celery, green onion, and parsley. 2. Meanwhile, in blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour. 3. Pour chilled cottage cheese mixture over vegetables and mix well. Chill at least 30 minutes before serving. Yield: 10 servings Serving size: 1 cup Each serving provides: Calories: 145 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 2 mg Sodium: 122 mg Total fiber: 3 g Protein: 6 g Carbohydrates: 29 g Potassium: 543 mg

**December 22, 2009**

**It is hardly deniable that brains enchant Japanese people. We love brain training. - Go Hirano, Japanese executive, founder of NeuWell**

### **Train Your Brain**

**Evidence exists to indicate that cumulative risks for vascular disease increase the risk for stroke and cognitive decline.**

### **Wellness Recipe: Brazilian Rice**

nonstick vegetable oil spray  
2 12-ounce boxes of frozen spinach, thawed  
1 cup cooked brown rice  
2 tablespoons olive oil  
1 cup liquid egg-white substitute  
3/4 cup shredded fat-free mozzarella cheese  
1 cup fat-free milk  
1/2 medium onion, chopped  
1/2 tablespoon low-sodium Worcestershire sauce  
1/4 teaspoon dried marjoram  
1/4 teaspoon dried thyme  
1/4 teaspoon dried rosemary

1. Preheat oven to 350 °F. 2. Spray a 2-quart baking dish with vegetable oil spray. 3. Place thawed spinach in a colander and press to remove excess water. 4. Place the spinach in a large mixing bowl and add remaining ingredients. Mix until combined. 5. Transfer the mixture to the baking dish and place in the preheated oven. Bake for 30 minutes. 6. Cut the casserole into eight squares and serve. This casserole can be prepared 1 day in advance and refrigerated. Yield: 8 servings Serving size: 3/4 cup Calories 137 Total Fat 6 g Saturated Fat 2 g Cholesterol 6 mg Sodium 186 mg Total Fiber 3 g Protein 10 g Carbohydrates 12 g Potassium 309 mg

December 23, 2009

**Most people's idea of fitness stops at the neck, but the brain is the CPU of our body, and most people don't do much to keep it as fit as possible.**  
- Patti Celori, Executive Director New England Cognitive Center

### **Train Your Brain**

**Growing evidence exists that physical activity may maintain or improve some aspects of cognitive function in the short term, but further research is needed both to determine long term outcomes and the nature of recommendations (e.g., the amount of physical activity).**

### **Wellness Recipe: Apricot-Orange Bread**

This bread is low in all the right places— saturated fat, cholesterol, and sodium— without losing any taste and texture.

1 package (6 oz) dried apricots, cut into small pieces  
2 C water  
2 Tbsp margarine  
1 C sugar  
1 egg, slightly beaten  
1 Tbsp orange peel, freshly grated  
3 1/2 C all-purpose flour, sifted  
1/2 C fat free dry milk powder  
2 tsp baking powder  
1 tsp baking soda  
1 tsp salt  
1/2 C orange juice  
1/2 C pecans, chopped

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans. 2. Cook apricots in water in covered medium-size saucepan for 10–15 minutes or until tender but not mushy. Drain and reserve 3/4 cup liquid. Set apricots aside to cool. 3. Cream together margarine and sugar. By hand, beat in egg and orange peel. 4. Sift together flour, dry milk, baking powder, soda, and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice. 5. Stir apricot pieces and pecans into batter. 6. Turn batter into prepared pans. 7. Bake for 40–45 minutes or until bread springs back when lightly touched in center. 8. Cool for 5 minutes in pans. Remove from pans and completely cool on wire rack before slicing. Yield: 2 loaves Serving size: 1/2-inch slice Each serving provides: Calories: 97 Total fat: 2 g Saturated fat: less than 1 g Cholesterol: 6 mg Sodium: 113 mg Total fiber: 1 g Protein: 2 g Carbohydrates: 18 g Potassium: 110 mg

December 24, 2009

**If you want to know if your brain is flabby, feel your legs. - Bruce Barton**

### **Train Your Brain**

**Strong evidence exists to support the relationship between physical activity and emotional well-being.**

### **Wellness Recipe: Classic Honey Flan**

A heart healthy twist to a classic dessert.

1 large whole egg  
1/2 cup egg substitute  
nonstick vegetable oil spray  
1 1/2 cups fat-free milk  
1/4 cup plus 3 tablespoons honey  
1 teaspoon vanilla  
1/2 teaspoon grated lemon zest  
1/2 teaspoon ground cinnamon

1. Preheat oven to 325 °F. 2. Place saucepan with water on stove over medium-high heat and allow to come to a boil. 3. Spray four ovenproof custard cups with vegetable oil spray. 4. Combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed, but not foamy. 5. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend. 6. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup. 7. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until a knife blade comes out clean when inserted. 8. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates. Yield: 4 servings Serving size: 1/2 cup Calories 199 Total Fat 2 g Saturated fat 1 g Cholesterol 55 mg Sodium 114 mg Total fiber 0 g Protein 8 g Carbohydrates 40 g Potassium 235 mg

**December 28, 2009**

**Today, when we look at a brain, we see an intricate network of billions of neurons in constant, crackling communication, a chemical labyrinth that senses the world outside and within, produces love and sorrow, keeps our hearts beating and lungs breathing, composes our thoughts, and constructs our consciousness. - Carl Zimmer**

#### **Train Your Brain**

**Additional factors that may be associated with maintaining cognitive function include social engagement, a “heart-healthy” diet, and emotional supports.**

#### **Wellness Recipe: Rainbow Fruit Salad**

You can't go wrong with this salad— it's juicy, fresh, naturally low in fat and sodium, and cholesterol free. Enjoy it as a salad or a dessert.

##### **FOR FRUIT SALAD**

- 1 large mango, peeled, diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

##### **FOR HONEY–ORANGE SAUCE**

- 1/3 C unsweetened orange juice
- 2 Tbsp lemon juice
- 1 1/2 Tbsp honey
- 1/4 tsp ground ginger
- dash nutmeg

1. Prepare the fruit. 2. Combine all ingredients for sauce and mix. 3. Just before serving, pour honey–orange sauce over fruit. Yield: 12 servings Serving Size: 4-oz cup Each serving provides: Calories: 96 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 4 mg Total fiber: 3 g Protein: 1 g Carbohydrates: 24 g Potassium: 302 mg

**December 29, 2009**

**As we begin the 21st century, the Hubble space telescope is providing us with information about as yet uncharted regions of the universe and the promise that we may learn something about the origin of the cosmos. This same spirit of adventure is also being directed to the most complex structure that exists in the universe - the human brain. - Floyd E. Bloom, Fundamental Neuroscience**

#### **Train Your Brain**

**Higher household and community socioeconomic levels in early life are associated with higher levels of cognition in late life but not with the risk of Alzheimer's disease or rate of cognitive decline.**

#### **Wellness Recipe: Cherry Pineapple Delight**

This refreshing dessert will satisfy any sweet tooth.

- 2 cups boiling water
- 1 package (8-serving size) sugar-free cherry gelatin
- 1/2 teaspoon cinnamon
- 1 20-ounce can pineapple chunks in juice, not drained
- 1 11-ounce can mandarin oranges in juice, drained
- 16 large ice cubes

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved. 2. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1½ cups. Add the gelatin mixture and stir until the ice is completely melted. 3. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white). 4. Reserve ¼ cup each of the pineapple and orange. Add remaining pineapple and oranges to gelatin. Pour into 1½-quart serving bowl. 5. Refrigerate for 4 hours or until firm. Garnish with the reserved pineapple and oranges. Yield: 12 servings Serving size: ½ cup Calories 41 Total Fat 0 g Saturated Fat 0 g Cholesterol 0 mg Sodium 23 mg Total Fiber 1 g Protein 1 g Carbohydrates 10 g Potassium 94 mg

December 30, 2009

**Your brain never stops developing and changing. It has been doing it from the time you were an embryo, and will keep on doing it all your life. And this ability, perhaps, represents its greatest strength. - James Trefil**

### **Train Your Brain**

**The audience of adults aged 42-60 years, also known as baby boomers, belongs to the biggest generation in American history. Cognitive health issues profoundly affect their parents now, and they will touch the boomers in huge numbers as they grow older.**

### **Wellness Recipe: Banana Mousse**

This creamy dessert is a dream—yet low in saturated fat, cholesterol, and sodium.

2 Tbsp lowfat milk  
4 tsp sugar  
1 tsp vanilla  
1 medium banana, cut in quarters  
1 C plain lowfat yogurt  
8 slices (1/4 inch each) banana

1. Place milk, sugar, vanilla, and banana in blender. Process for 15 seconds at high speed until smooth. 2. Pour mixture into small bowl and fold in yogurt. Chill. 3. Spoon into four dessert dishes and garnish each with two banana slices just before serving. Yield: 4 servings Serving size: 1/2 cup Each serving provides: Calories: 94 Total fat: 1 g Saturated fat: 1 g Cholesterol: 4 mg Sodium: 47 mg Total fiber: 1 g Protein: 1 g Carbohydrates: 18 g Potassium: 297 mg

December 31, 2009

**Iron rusts from disuse; stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigor of the mind. - Leonardo da Vinci**

### **Train Your Brain**

**Eat right, stay active, don't smoke, and maintain a lifelong learning attitude to maximize your cognitive fitness.**

To prepare bread pudding: 1. Preheat oven to 350 °F. 2. Spray 8- by 8-inch baking dish with vegetable oil spray. Lay slices of bread in baking dish in two rows, overlapping like shingles. 3. In medium bowl, beat together egg, egg whites, milk, the 1/4 cup of white sugar, brown sugar, and vanilla. Pour egg mixture over bread. 4. In small bowl, stir together cinnamon, nutmeg, clove, and the 2 teaspoons of white sugar. 5. Sprinkle spiced sugar mix over bread pudding. Bake pudding for 30–35 minutes, until it has browned on top and is firm to touch. Serve warm or at room temperature with warm apple-raisin sauce. To prepare apple-raisin sauce: 1. Stir all ingredients together in medium saucepan. 2. Bring to simmer over low heat. Let simmer for 5 minutes. Serve warm. Yield for bread pudding: 9 servings Yield for apple-raisin sauce: 2 cups Serving size: 1/2 cup Each serving (with apple raisin sauce) provides: Calories: 233 Total fat: 3 g Saturated fat: 1 g Cholesterol: 24 mg Sodium: 252 mg Total fiber: 3 g Protein: 7 g Carbohydrates: 46 g Potassium: 390 mg

### **Wellness Recipe: Old-Fashioned Bread Pudding With Apple-Raisin Sauce**

This old fashioned treat has been updated with a healthy spin. The sweet but healthy apple-raisin sauce makes a perfect topping—try it on fruit too.

#### **FOR BREAD PUDDING**

10 slices whole wheat bread  
3 egg whites  
1 1/2 C skim milk  
1/4 C white sugar  
2 tsp white sugar  
1/4 C brown sugar  
1 tsp vanilla extract  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp clove  
as needed vegetable oil spray

#### **FOR APPLE-RAISIN SAUCE**

1 1/4 C apple juice  
1/2 C apple butter  
2 Tbsp molasses  
1/2 C raisins  
1/4 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/2 tsp orange zest (optional)