



We all need brainpower. Playing Sudoku, getting eight hours of sleep, exercising, and staying hydrated are all great habits that help recharge your brain. Additionally, eating the right foods can also help keep your mind sharp. These recipes feature foods rich in antioxidants and omega-3s—nutrients that love your brain almost as much as you do.

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Eating for Brainpower

Preparation time: 10 min Cooking time: 0 min Servings: 4



Spinach & Wild Greens Salad with Avocado

INGREDIENTS

- 1 avocado, sliced
- ½ red onion, sliced
- 4 cups spinach leaves, stemmed
- ½ cup bottled lime dill salad dressing
- 4 cups organic salad greens mix
- 1 orange, peeled and sectioned
- ¼ cup pine nuts

COOKING DIRECTIONS

Combine salad greens and spinach and place on plates. Assemble remaining ingredients on top and drizzle with dressing.

NUTRITION FACTS

Calories 230
% Calories From Fat 78.3%

Total Fat 20g
Saturated Fats 2.5g
Monounsaturated Fats 6.8g
Polyunsaturated Fats 7.4g

Cholesterol 20mg

Sodium 46mg

Total Carbohydrates 14g
Dietary Fiber 4.8g
Sugar 6.9g

Protein 3.7g

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Preparation time: 5 min Cooking time: 10 min Servings: 4



Salmon with Lemon Herb Mayonnaise

INGREDIENTS

- 2 tbsp parsley, minced
- ¼ cup fat-free mayonnaise
- 1 tsp lemon zest
- 1½ tbsp unsalted butter
- 4 salmon steaks, about 6 oz each
- Salt and pepper, to taste

COOKING DIRECTIONS

Prepare broiler or grill. Combine all ingredients, except salmon, in a bowl. Season with salt and pepper, to taste. Mix thoroughly and chill. Cook salmon 4-5 minutes per side, or until just cooked throughout. Serve salmon with a spoon of lemon mayonnaise.

NUTRITION FACTS

Calories 420

% Calories From Fat 32.1%

Total Fat 15g

Saturated Fats 4.3g

Monounsaturated Fats 4.3g

Polyunsaturated Fats 4.5g

Cholesterol 180mg

Sodium 340mg

Total Carbohydrates 2.7g

Dietary Fiber 0.4g

Sugar 1.7g

Protein 64g

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Preparation time: 15 min Cooking time: 10 min Servings: 2



Frittata Primavera

INGREDIENTS

- 1 tbsp olive oil
- ¼ cup onions, chopped
- 1 clove garlic, finely chopped
- ½ cup fresh asparagus, cut into pieces
- ½ cup artichoke hearts, canned or frozen, chopped
- ½ cup sugar snap peas, strings pulled and cut into ½ inch pieces
- ¼ tsp dried basil
- 3 eggs or equivalent egg substitute
- 1 tbsp plain lowfat yogurt
- 1 tbsp grated Parmesan cheese
- Salt and pepper, to taste

COOKING DIRECTIONS

Heat ⅓ of the oil in a skillet and cook the onion for 2 or 3 minutes, or until soft. Add garlic and cook for one minute more. Stir in the asparagus, artichoke hearts, peas, basil, and pepper. Cook, stirring occasionally until tender but still slightly crisp for 3-5 minutes. Set aside.

Preheat the broiler. Beat eggs with the yogurt and another pinch of pepper. Heat the remaining oil in a heavy bottom skillet. Pour in the egg mixture and cook until just set on the bottom, but still wet on the top, approximately 1 minute. Scatter the vegetables over the top and set in the oven to finish cooking, approximately 2 minutes.

Dust the top with the Parmesan cheese, cut into wedges; serve.

NUTRITION FACTS

Calories 270
% Calories From Fat 63.3%

Total Fat 19g
Saturated Fats 5g
Monounsaturated Fats 9.6g
Polyunsaturated Fats 2.8g

Cholesterol 330mg

Sodium 320mg

Total Carbohydrates 9.8g

Dietary Fiber 2.5g

Sugar 5.2g

Protein 14g

Eating for Brainpower

Preparation time: 5 min Cooking time: 10 min Servings: 4



Crispy Baked Tilapia

INGREDIENTS

- 1 tilapia fillet
- Pepper, to taste
- 1/3 cup seasoned breadcrumbs
- 2 tbsp vegetable oil

COOKING DIRECTIONS

Preheat oven to 500°F. Season fillets with pepper, to taste. Dip in oil and dredge in breadcrumbs to coat.

Arrange in a single layer in a lightly oiled shallow baking dish. Bake 10 minutes until golden, without turning or basting.

NUTRITION FACTS

Calories 150
% Calories From Fat 46.2%

Total Fat 7.7g
Saturated Fats 0.6g
Monounsaturated Fats 1.2g
Polyunsaturated Fats 5.4g

Cholesterol 25mg

Sodium 210mg

Total Carbohydrates 6.8g
Dietary Fiber 0.5g
Sugar 0.6g

Protein 12g

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Preparation time: 15 min Cooking time: 5 min Servings: 6



Asparagus, Orange, and Endive Salad

INGREDIENTS

- 2½ cups fresh asparagus, diagonally sliced
- 2 cups endive leaves, torn
- 2 small oranges, peeled, sliced into rings, and seeded
- 1 small red onion, very thinly sliced
- ⅓ cup raspberry vinegar
- 1 tbsp sugar
- 1 tbsp salt and pepper, to taste
- 2 tbsp canola oil
- 1 tbsp orange juice

COOKING DIRECTIONS

Add asparagus to a large pot of boiling water and blanch for 1 minute. Drain and plunge asparagus into bowl of cold water. Drain again. Dry the asparagus. Combine with endive, oranges, and red onion. Whisk together raspberry vinegar, sugar, salt, pepper, canola oil, and orange juice.

Add dressing to asparagus-endive mixture, toss well, and serve.

NUTRITION FACTS

Calories 89

% Calories From Fat 49.6%

Total Fat 4.9g

Saturated Fats 0.4g

Monounsaturated Fats 2.7g

Polyunsaturated Fats 1.5g

Cholesterol 0mg

Sodium 14mg

Total Carbohydrates 11g

Dietary Fiber 2.9g

Sugar 6.8g

Protein 2.5g

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Preparation time: 20 min Cooking time: 120 min Servings: 4



Whole Roast Chicken

INGREDIENTS

1 chicken, approximately 5 lbs
1/8 tsp black pepper
1/8 tsp salt
2 tbsp butter, divided in half
1/2 tsp ground cinnamon, divided
1/2 tsp cumin seed, divided
1/2 tsp coriander seed, divided
1 cup chicken broth, divided
1 medium onion, finely chopped
1/2 lb fresh mushrooms, finely chopped
1 cup parsnips, coarsely grated
1 cup carrots, grated
1/2 cup hazelnuts, chopped and lightly toasted
1 cup breadcrumbs, lightly toasted
1/4 tsp black pepper
1/4 tsp salt
Butcher's string
3/4 cup dry sherry
1 tbsp flour

COOKING DIRECTIONS

Preheat oven to 400°F. Rinse chicken under cold running water and drain. Season inside of chicken cavity with 1/4 tsp of both salt and pepper. Melt 1 tbsp butter and add 1/4 tsp each of cinnamon, cumin, and coriander. Brush mixture over chicken. Tie up legs securely with butcher's string. Set chicken on rack that has been placed in a roasting pan with 1/2 cup chicken broth.

Roast for 30 minutes. While chicken is roasting, melt 1 tbsp of butter in a large saucepan over medium heat. Stir in onion and saute for 5 minutes, until translucent. Stir in remaining spices and let them cook for about 1 minute, until aroma is released. Add the mushrooms, parsnips, and carrots; cook until all vegetables are tender and any excess liquid has evaporated, about 6 minutes. Remove from heat and stir in hazelnuts, bread crumbs, and remaining chicken broth; add salt and pepper. Place in ceramic or glass casserole dish.

Reduce oven temperature to 350°F. Place stuffing in oven and continue to roast chicken for another hour and 15 minutes, until meat thermometer registers 180°F when inserted between thigh and breast. Check the roasting pan periodically as the chicken cooks; if pan becomes dry, add water, several tablespoons at a time. When done, remove the chicken to a serving platter and cover with foil. Skim the fat off the juices left in roasting pan. Set pan over low heat on hot plate, add sherry, stirring to scrape off any bits of chicken stuck to the pan. Stir in flour to slightly thicken; simmering for about 1 minute.

Pour the pan juices into a gravy boat or small pitcher. Uncover chicken; remove string from legs; carve and serve with gravy and stuffing.

NUTRITION FACTS

Calories 430

% Calories From Fat 46%

Total Fat 22g

Saturated Fats 6.2g

Monounsaturated Fats 11g

Polyunsaturated Fats 3.1g

Cholesterol 54mg

Sodium 600mg

Total Carbohydrates 29g

Dietary Fiber 5.9g

Sugar 6.8g

Protein 20g

Eating for Brainpower

Preparation time: 20 min Cooking time: 15 min Servings: 6



Coconut-Almond Cookie Cups with Raspberries

INGREDIENTS

1 tbsp butter, softened for cookie sheet
1 tbsp flour, for cookie sheet
1 egg white, room temperature
1 tbsp sugar
1 tbsp flour
1/8 tsp salt
3 tbsp unsalted butter, melted then cooled
1/3 cup sliced almonds
1/4 cup sweetened shredded coconut, lightly packed
3/4 cup whipped cream, or raspberry ricotta dip, strawberries
1/4 cup superfine sugar
2 cups raspberries, quartered or halved

COOKING DIRECTIONS

Pre-heat oven to 325°F. Butter the cookie sheet thoroughly with soft butter. Flour the sheet and tap out excess. Set aside. Put the egg white in a mixing bowl and beat it with a fork until frothy. Add sugar and mix in well. Stir in the flour and a pinch of salt. Stir in the melted, cooled butter and incorporate. Stir in the almonds and the coconut and incorporate well. Drop a generous tablespoon of cookie mixture onto the cookie sheet and gently spread it out into a 4 inch circle with the back of a fork. Continue in this same manner five more times, separating the cookie circles by 2 inch.

NUTRITION FACTS

Calories 190

% Calories From Fat 61.6%

Total Fat 13g

Saturated Fats 7g

Monounsaturated Fats 4.1g

Polyunsaturated Fats 1.1g

Cholesterol 26mg

Sodium 93mg

Total Carbohydrates 17g

Dietary Fiber 3.7g

Sugar 10g

Protein 2.9g

Bake the cookies in a pre-heated 325°F oven for 12-14 minutes. The cookies are done when golden, but still have some white splotches. Immediately lift each cookie with a spatula and turn it over onto the back of an upside down coffee cup. Cool completely. Set aside until ready to serve or store three days in an air-tight container.

To Serve: Gently stir cut strawberries with the sugar. Cover and let sit at least 15 minutes in order to juice. (Raspberries do not get this treatment.) Spoon the strawberry whipped cream or raspberry ricotta dip into the cookie cups and top with the berries. Serve.

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Preparation time: 10 min Cooking time: 15 min Servings: 4



Fruit Bake with Frozen Yogurt

INGREDIENTS

- 2/3 cup blueberries, picked over
- 1 cup strawberries, hulled and halved
- 2 bananas, cut into 1 inch pieces
- 1 apple, peeled, diced
- 1 tbsp sugar
- 1/2 cup sweet white wine or apple cider
- 2 cups vanilla frozen yogurt

COOKING DIRECTIONS

Preheat oven to 350°F. Place fruit in a baking dish. Sprinkle with sugar. Pour wine over fruit and bake 15-20 minutes or until fruit is tender. Cool slightly and serve with a scoop of frozen yogurt.

NUTRITION FACTS

Calories 270
% Calories From Fat 15%

Total Fat 4.5g
Saturated Fats 2.5g
Monounsaturated Fats 1.2g
Polyunsaturated Fats 0.3g

Cholesterol 1.4mg

Sodium 67mg

Total Carbohydrates 50g
Dietary Fiber 3.4g
Sugar 38g

Protein 4.1g

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Preparation time: 5 min Marinate time: 1 hour Cooking time: 10 min Servings: 4



Swordfish Steaks Dijon

INGREDIENTS

- 1⅔ cups chicken stock
- ⅛ tsp pepper
- 1 tsp lemon juice
- 1 tbsp Dijon mustard
- 1 lb swordfish, about 1 inch thick
- 1 tbsp cornstarch

COOKING DIRECTIONS

Combine chicken stock, pepper, lemon juice, and Dijon mustard in a bowl. Pour one cup of mixture into a shallow nonmetallic dish. Add fish and turn to coat. Cover and marinate 1 hour in refrigerator, turning fish occasionally. Combine cornstarch and remaining stock mixture in a saucepan. Mix until smooth. Set aside.

Remove fish from marinade and place on a lightly oiled skillet over medium-high heat. Cook uncovered 10 minutes, or until fish flakes easily when tested with a fork, turning once and brushing often with marinade. Discard marinade.

Heat cornstarch mixture over medium heat until mixture boils and thickens, stirring constantly. Serve with fish.

NUTRITION FACTS

Calories 220
% Calories From Fat 28.6%

Total Fat 7g
Saturated Fats 1.9g
Monounsaturated Fats 2.8g
Polyunsaturated Fats 1.6g

Cholesterol 60mg

Sodium 270mg

Total Carbohydrates 5.5g

Dietary Fiber 0g

Sugar 1.6g

Protein 31g

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Preparation time: 5 min Cooking time: 10 min Servings: 4

Avocado Salmon Pasta Salad with Toasted Bagels

INGREDIENTS

- ¼ lb shell macaroni
- ½ avocado, chopped
- 2 tbsp black olives, chopped
- ¾ cup tomatoes, chopped
- ½ red onion, thinly sliced
- ½ cup fat-free Italian dressing
- 6 oz canned salmon, drained, picked over and flaked
- 4 green lettuce leaves
- 4 bagels, toasted

COOKING DIRECTIONS

Cook pasta in a large pan of boiling water 8-10 minutes, or until al dente. Drain. Combine avocado, black olives, tomatoes, onions, dressing, and salmon in a bowl.

Combine pasta with salmon mixture. Add dressing and mix gently until well coated. Serve on lettuce leaves with bagels.

NUTRITION FACTS

Calories 520
% Calories From Fat 14.9%

Total Fat 8.6g
Saturated Fats 1.7g
Monounsaturated Fats 3.3g
Polyunsaturated Fats 2.2g

Cholesterol 49mg

Sodium 1100mg

Total Carbohydrates 84g
Dietary Fiber 5.7g
Sugar 5g

Protein 25g

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Preparation time: 15 min Cooking time: 20 min Servings: 4



Ravioli and Vegetable Stew

INGREDIENTS

- 1 tbsp virgin olive oil
- 1 leek, thinly sliced
- 3 cloves garlic, crushed
- 2 carrots, diced
- 1¾ cups vegetable broth or other broth
- ¾ cup water
- 4 cups broccoli florets, chopped
- 4 plum tomatoes, chopped
- 10 oz frozen cheese ravioli
- 1 tsp dried rosemary
- 2 tbsp grated Parmesan cheese

COOKING DIRECTIONS

Heat olive oil in a saucepan over medium heat. Add leek, garlic, and carrots and cook for 5-7 minutes, or until tender. Add vegetable broth and water, and bring to a boil. Add broccoli, tomatoes, ravioli, and rosemary.

Return to a boil, then reduce heat and simmer for about 7-9 minutes, or until broccoli and ravioli are tender. Stir in Parmesan cheese and serve.

NUTRITION FACTS

Calories 130
% Calories From Fat 35.3%

Total Fat 5.1g
Saturated Fats 1.2g
Monounsaturated Fats 2.8g
Polyunsaturated Fats 0.7g

Cholesterol 2.7mg

Sodium 540mg

Total Carbohydrates 19g

Dietary Fiber 6.6g

Sugar 5.2g

Protein 5.7g

Eating for Brainpower

Preparation time: 5 min Cooking time: 5 min Servings: 4



Cinnamon Chocolate Coffee

INGREDIENTS

- ½ cup ground coffee
- 4 whole cloves
- 1 cinnamon stick
- 1½ quarts water
- ½ cup low fat milk
- ¼ lb fine dark chocolate, chopped
- 2 tsp orange zest

COOKING DIRECTIONS

Combine coffee, cloves, and cinnamon. Brew coffee according to desired method. Heat milk and chocolate in a heavy saucepan over low heat. Stir until mixture is smooth.

Stir in hot coffee, a little at a time, whisking until mixture is frothy. Serve coffee sprinkled with orange zest. Sweeten to taste.

NUTRITION FACTS

Calories 160
% Calories From Fat 56.2%

Total Fat 10g
Saturated Fats 5.9g
Monounsaturated Fats 3.3g
Polyunsaturated Fats 0.3g

Cholesterol 1.2mg

Sodium 35mg

Total Carbohydrates 19g
Dietary Fiber 1.7g
Sugar 15g

Protein 2.2g

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Preparation time: 5 min Cooking time: 10 min Servings: 4



Cajun-Style Broiled Alaska Halibut

INGREDIENTS

- 4 halibut steaks, thawed if frozen, about 4 oz each
- ½ tsp cayenne
- 1½ tsp dried oregano
- 2 tbsp paprika
- 1 tsp salt (optional)
- 1 tsp garlic powder
- 1½ tsp dried thyme

COOKING DIRECTIONS

Prepare broiler. Combine all ingredients, except halibut, in a bowl and mix well. Sprinkle about ½ tsp spice mixture over each halibut steak.

Broil 10 minutes per inch of thickness or until fish flakes when tested with a fork. Save remaining spice mixture in an airtight container for future use.

NUTRITION FACTS

Calories 460
% Calories From Fat 19.4%

Total Fat 9.9g
Saturated Fats 1.4g
Monounsaturated Fats 3.1g
Polyunsaturated Fats 3.3g

Cholesterol 130mg

Sodium 810mg

Total Carbohydrates 3.3g
Dietary Fiber 1.9g
Sugar 0.6g

Protein 86g

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Preparation time: 10 min Cooking time: 10 min Servings: 6



Skillet Tuna and Pasta Casserole with Spinach

INGREDIENTS

9 oz fresh pasta, fettuccine
2 tsp olive oil
2 cloves garlic, crushed
1 lb spinach, shredded
1 cup heavy cream
¾ cup milk
1½ tsp dried basil
6½ oz canned water-packed albacore tuna, flaked
⅓ cup grated Parmesan cheese
2 tbsp breadcrumbs
Salt and pepper, to taste

COOKING DIRECTIONS

Turn on broiler. Cook pasta in a large pan of boiling water 3 minutes, or until just cooked through. Drain well. Heat oil in a nonstick ovenproof skillet over medium high heat.

Sauté garlic and spinach about 2 minutes. Add cream, raise heat to high and cook 4-6 minutes, until reduced to about ¾ cup. Stir in milk, basil, and salt and pepper to taste. Cook one minute, until hot. Add cooked pasta and toss to combine. Stir in tuna.

Combine cheese and breadcrumbs in a bowl and sprinkle evenly over pasta. Broil 4 inches from heat source 1-2 minutes, until crumbs are browned. Serve from skillet, cut into wedges.

NUTRITION FACTS

Calories 320

% Calories From Fat 39.4%

Total Fat 14g

Saturated Fats 7g

Monounsaturated Fats 4.4g

Polyunsaturated Fats 1.6g

Cholesterol 80mg

Sodium 320mg

Total Carbohydrates 30g

Dietary Fiber 3g

Sugar 2.1g

Protein 19g

Eating for Brainpower

Preparation time: 5 min Cooking time: 10 min Servings: 6



Baked Trout with Bay Leaves

INGREDIENTS

- 1 clove garlic, crushed
- 1 tsp dried thyme, or 2 tsp fresh, finely minced
- 6 whole trout, pan dressed, about 6 oz each
- 6 bay leaves
- ¼ cup unsalted butter, melted
- 2 lemons, juiced
- ¼ cup parsley, finely minced

COOKING DIRECTIONS

Preheat oven to 400°F. Combine garlic, thyme, and black pepper to taste in a bowl. Spread mixture on trout. Place one whole bay leaf into cavity of each fish.

Arrange fish in an oiled baking dish in a single layer. Pour melted butter over and bake 10-12 minutes, basting once or twice with butter. Sprinkle with juiced lemon and parsley. Remove bay leaves and serve.

NUTRITION FACTS

Calories 76

% Calories From Fat 92.4%

Total Fat 7.8g

Saturated Fats 4.9g

Monounsaturated Fats 2g

Polyunsaturated Fats 0.3g

Cholesterol 20mg

Sodium 3mg

Total Carbohydrates 2.3g

Dietary Fiber 0.7g

Sugar 0.5g

Protein 0.4g