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Brussel Sprout Cranberry Salad Prep Time 20 minutes Serves 6-8

Recipe taste tested by kids and adults with frequent requests for seconds and the recipe.

Ingredients

- 1/3 cup dried **bulgur**
- 1 cup boiling **water**
- 1/2 pound **Brussels sprouts** (2 cups)
- 1/2 cup **dried cranberries**
- 1/4 cup chopped **nuts** (any type)

Dressing Ingredients

- 1/4 cup **orange juice**
- 2 Tablespoons **olive oil**
- 2 Tablespoons **vinegar**
- 1/4 teaspoon **salt**

Directions

1. Wash hands with soap and water.
2. Cover bulgur with boiling water and let stand until soft, about 30 minutes. Pour off any excess water.
3. Rinse and trim Brussels sprouts. Cut in half lengthwise then slice crosswise into thin strips.
4. In a large bowl combine bulgur, Brussels sprouts, cranberries and nuts.
5. In a small bowl or jar with a lid, combine orange juice, oil, vinegar, salt and pepper. Mix or shake well. Pour dressing over salad and serve.



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The MIND Diet

Mediterranean-DASH diet Intervention for
Neurodegenerative Delay

WHAT TO EAT

Every day	<ul style="list-style-type: none">• 3 servings of whole grains• 1 serving of vegetables• 1 glass of wine (5 oz)
Most days	<ul style="list-style-type: none">• Leafy green vegetables (6x)• Nuts (5x)
Every other day	<ul style="list-style-type: none">• Beans (3x)
Twice a week	<ul style="list-style-type: none">• Poultry• Berries
Once a week	<ul style="list-style-type: none">• Fish

WHAT TO LIMIT

Less than 1 T. a day	<ul style="list-style-type: none">• Butter and stick margarine
Less than 5x/week	<ul style="list-style-type: none">• Pastries and sweets
Less than 4x/week	<ul style="list-style-type: none">• Red meat
Less than 1x/week	<ul style="list-style-type: none">• Whole-fat cheese• Fried fast food