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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

½ pound Brussels sprouts (2 cups)

1/2 cup dried cranberries

½ cup chopped **nuts** (any type)

## **Dressing Ingredients**

1/4 cup orange juice

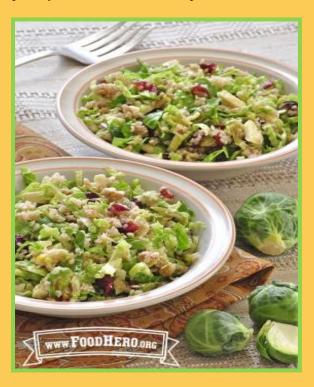
2 Tablespoons olive oil

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.



# The MIND Diet

Mediterranean-DASH diet Intervention for Neurodegenerative Delay

# **WHAT TO EAT**

Every day	<ul><li> 3 servings of whole grains</li><li> 1 serving of vegetables</li><li> 1 glass of wine (5 oz)</li></ul>
Most days	<ul><li>Leafy green vegetables (6x)</li><li>Nuts (5x)</li></ul>
Every other day	• Beans (3x)
Twice a week	<ul><li>Poultry</li><li>Berries</li></ul>
Once a week	• Fish

# **WHAT TO LIMIT**

WITH TO ENVIT	
Less than 1 T. a day	Butter and stick margarine
Less than 5x/week	Pastries and sweets
Less than 4x/week	Red meat
Less than 1x/week	<ul><li>Whole-fat cheese</li><li>Fried fast food</li></ul>