

# A feast for the eyes

## Tasty, no-trouble recipes for vision health

We're about to serve up a big helping of vision health. This collection of favorite recipes is packed with delicious, eye-strengthening nourishment. Beta carotene for extra sharpness, zeaxanthin to fight UV damage, nutrients for night vision—plus flavonoids, antioxidants and an alphabet of vitamins that protect eyes from disease like cataracts, glaucoma and macular degeneration.

So, pull up a chair and dig in. It's good seeing you.


**SERVES** 5+


**TIME** 30 min

**DIFFICULTY** Easy

**EYE-FRIENDLY  
INGREDIENTS**

Carrots, Kale

 Kale's nutrients help reduce the risk of macular degeneration.<sup>1</sup>

 Carotenoids make carrots orange and improve visual acuity.<sup>2</sup>

## Ingredients

### WREATH

1/2 kale bunch  
8 cups broccoli florets  
3 cups trimmed brussels sprouts  
3 cups trimmed green beans  
1 cup snap peas  
2 cups cauliflower florets  
9 grape tomatoes

### DIP

2 cups sour cream  
1 tsp garlic powder  
1 tsp onion powder  
1/4 tbsp dried dill  
1/4 cup finely grated carrots  
1/4 cup broccoli floret tips  
Pinch of salt (to taste)  
Parsley garnish (optional)



# Holly jolly holiday wreath platter

A carrot-sprinkled dip, infused with beta carotene and encircled in a potpourri of fresh vegetables.

- 1 Fill a large pot with water and bring to a boil. Next to the stove, prepare an ice bath.
- 2 In boiling water, blanch broccoli for 1–2 minutes, remove with a draining spoon and chill in the ice bath. Repeat with brussels sprouts, green beans and snap peas.
- 3 Once all blanched veggies are chilled, set them aside and let dry.
- 4 On the platter, arrange kale in a full circle around the edges, with the stems pointing in.
- 5 Top the kale with broccoli in a full circle, followed by the brussels sprouts, green beans, snap peas and cauliflower.
- 6 Use the grape tomatoes to create small garnishes that resemble holly.

### DIP

1. Grate a peeled carrot into fine shreds.
2. Cut tips of broccoli florets.
3. In a medium-sized bowl, combine sour cream, carrots, broccoli and spices, mixing well. Add seasoning to taste.
4. Place in a covered container overnight to allow flavors to set.
5. Serve dip in a small bowl in the center of the wreath. Garnish with parsley.

### WATCH VIDEO

<sup>1</sup>American Optometric Association, Lutein and Zeaxanthin—Eye-Friendly Nutrients. <https://www.aoa.org/>. Accessed June 1, 2018. <sup>2</sup>US National Library of Medicine National Institutes of Health, Dietary Sources of Lutein and Zeaxanthin Carotenoids and Their Role in Eye Health. <https://www.ncbi.nlm.nih.gov/>. Accessed June 1, 2018.

SERVES 1

TIME 15 min

DIFFICULTY Easy

EYE-FRIENDLY  
INGREDIENTS

Almond milk, orange  
juice, pineapple



Almonds are full of vitamin E, an antioxidant shown to reduce the risk of cataracts.<sup>1</sup>



Flavonoids in orange juice help slow down age-related macular degeneration.<sup>2</sup>

## Ingredients

1/2 cup almond milk  
1 cup orange juice  
1 cup raspberry yogurt  
1 cup frozen raspberries  
1/4 cup frozen pineapple  
1/4 cup frozen mango  
2 tsp honey  
1/8 tsp chia seeds  
(optional)



# Health nut smoothie

Here's a simple combination health nuts will love: almond milk, mangoes, raspberries and other natural goodness that packs a punch.

- 1 In a blender, combine ingredients one at a time, in this order: almond milk, orange juice, raspberry yogurt, raspberries, pineapple, mango and honey.
- 2 Put the lid on and pulse blend until all ingredients are mixed well and smooth.
- 3 Pour into a glass and enjoy.
- 4 (Optional) Sprinkle a few chia seeds on top as a garnish, along with a few frozen raspberries.

WATCH VIDEO

<sup>1</sup>American Optometric Association, Diet, Nutrition and Eye Health. <https://www.aoa.org/>.

Accessed June 1, 2018. <sup>2</sup>Review of Optometry, *Orange You Glad a Fruit Can Protect Against AMD?* <https://www.reviewofoptometry.com/>. Accessed August 20, 2018.


SERVES 1


TIME 25 min

DIFFICULTY Easy

EYE-FRIENDLY  
INGREDIENTS

Black beans, carrots

 Packed full of protein, black beans support growth for your eye muscles.<sup>1</sup>

 Carrots burst with vitamin A, which reduces the risk of cataracts and vision loss.<sup>2</sup>

## Ingredients

3 tbsp black beans drained  
1 tbsp shredded cheddar cheese  
1/4 cup brown rice, cooked and drained  
1/4 avocado  
2 tbsp shredded carrots  
1/4 cup chopped romaine lettuce  
1 8" whole wheat tortilla  
Squeeze of lime juice



# Black bean and rice burrito

A back-to-school lunch that's easy for you, healthy for your child and wonderful for classroom vision.

- 1 Cut open the avocado and remove the pit. Cut out 1/4 of the avocado flesh, place it in a bowl and add 1 tsp of lime juice.
- 2 Mash the avocado with a fork until it's spreadable.
- 3 Lay out the tortilla and cover with the avocado spread, leaving a 1-inch border around the edges.
- 4 In the bottom third of the tortilla, lay out a log-shaped portion of rice, beans, carrots, cheese and romaine.
- 5 Fold tortilla once over the mix and fold in outer edges, then continue to roll the burrito.
- 6 Cut burrito in half.

WATCH VIDEO

<sup>1</sup>healthychildren.org, *Making Sure Your Child is Eating Enough*. <https://www.healthychildren.org/>. Accessed February 4, 2018. <sup>2</sup>"Do Carrots Really Help Your Vision?"; Natalie Jacewicz, *npr.org*, June 2, 2017

SERVES 1

TIME 15 min

DIFFICULTY Easy

EYE-FRIENDLY  
INGREDIENTS

Black beans, bell peppers



Bell peppers are high in vitamin A, which helps with night and color vision.<sup>1</sup>



Packed full of protein, black beans support growth for your eye muscles.<sup>2</sup>

## Ingredients

1/2 cup black beans  
1/2 cup diced tomatoes  
1/4 cup fresh cilantro  
1 1/2 tbsp lime juice  
1 tbsp olive oil  
1/4 cup corn  
1/8 cup chopped bell pepper  
1 1/2 tsp chili powder  
1 1/2 tsp cumin  
3 oz tortilla chips



# Black bean salad with tortilla chips

Make it in minutes and enjoy it all afternoon while watching the big game. A tailgating favorite.

- 1 Dice tomato and bell pepper.
- 2 Chop cilantro into small fine pieces.
- 3 Drain the black beans.
- 4 In a medium-sized bowl, combine all of your ingredients and toss them together.
- 5 Pour on top of tortilla chips or serve chips on the side.

WATCH VIDEO

<sup>1</sup>healthychildren.org, Vitamin Supplements and Children. <https://www.healthychildren.org/>. Accessed February 4, 2018. <sup>2</sup>healthychildren.org, *Making Sure Your Child is Eating Enough*. <https://www.healthychildren.org/>. Accessed February 4, 2018.

SERVES 4

TIME 30 min

DIFFICULTY Easy

EYE-FRIENDLY  
INGREDIENTS

Apples, carrots, walnuts,  
almonds



Carrots burst with vitamin A, which reduces the risk of cataracts and vision loss.<sup>1</sup>



Apples are high in antioxidants that help prevent dry eyes.<sup>2</sup>



Almonds are full of vitamin E, an antioxidant shown to reduce the risk of cataracts.<sup>3</sup>

## Ingredients

### SALAD

1 medium green apple  
1 medium red apple  
3 large carrots  
2 cups cabbage leaves  
(about 2-4 leaves)  
1-2 radishes, thinly sliced  
4 tbsp raisins  
2 tbsp dried cranberries  
1/4 cup walnuts  
1/4 cup sliced almonds  
1 tbsp raw pumpkin seeds  
1/8 tsp chia seeds

### DRESSING

2 tbsp honey  
1 1/2 tbsp walnut oil  
2 tbsp lemon juice



# Apple and carrot salad

What better way to celebrate long, warm days than with this fresh, crisp and refreshing springtime medley.

1 Drizzle a teaspoon of oil in a small skillet. Toast walnuts and almonds over medium heat for 1-2 minutes tossing them frequently for an even toasting. Remove from pan and chop into smaller pieces. Set aside to cool.

2 Peel one apple in a circular motion and set to side for garnish. Core both apples and slice into thin bite-size strips.

3 Peel one carrot into long, thin ribbon strips and set to side for garnish. Chop and grate the other two carrots.

4 Chop cabbage into bite-size strips.

5 Combine apples, carrots, cabbage and dressing in a large bowl. Mix together until fully coated.

6 Garnish with roasted nuts, raisins, dried cranberries, pumpkin seeds, radish slices, carrot ribbons and apple peel. Sprinkle with chia seeds, cinnamon and dressing.

### DRESSING

1. In a small bowl, combine honey, oil and lemon juice.
2. Whisk together until consistent.

### WATCH VIDEO

<sup>1</sup>"Do Carrots Really Help Your Vision?"; Natalie Jacewicz, npr.org, June 2, 2017 <sup>2</sup>"10 Cool Health Benefits of Apples"; Ashley Henshaw, symptomfind.com, May 7th 2016 <sup>3</sup>"7 Best Foods for Healthy Eyes"; healthline.com, reviewed by Natalie Butler, RD, LD on February 9, 2017.

SERVES 1


TIME 20 min

DIFFICULTY Easy

EYE-FRIENDLY  
INGREDIENTS

Eggs, strawberries

 Strawberries help protect eyes from age-related diseases like cataracts.<sup>1</sup>

 Egg yolks help fight macular degeneration, the leading cause of legal blindness.<sup>2</sup>

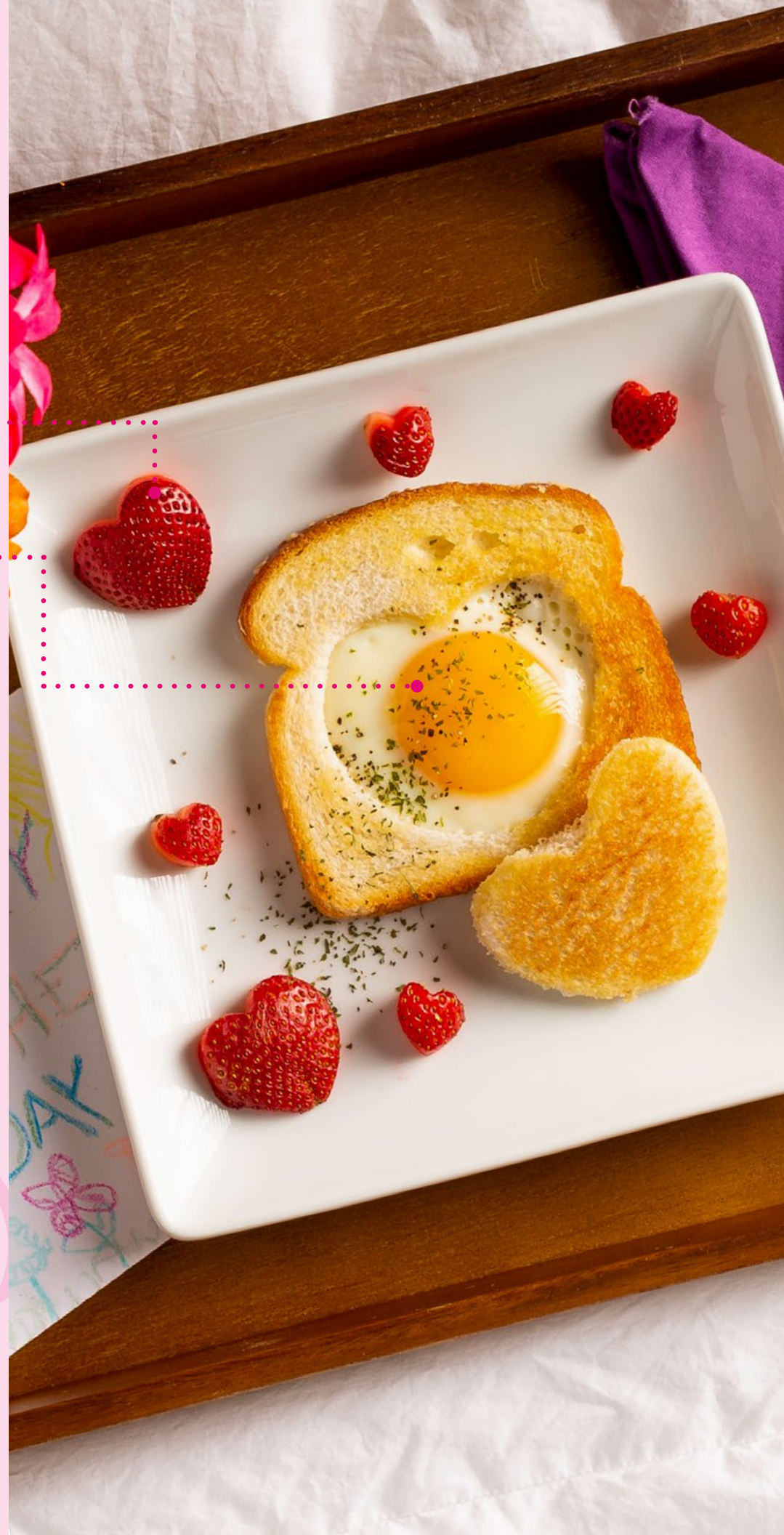
## Ingredients

### EGG IN A BASKET

1 egg  
1 slice of bread  
1/2 tbsp of butter  
Salt and pepper  
Parsley  
3" heart-shaped cookie cutter

### STRAWBERRY HEARTS

Strawberries  
1 1/2" heart-shaped  
cookie cutter  
3/4" heart-shaped  
cookie cutter



# Eggs in a basket with strawberry hearts

Treat your significant other, your mom or the whole family to a special breakfast that shows their eyes some love.

- 1 With a heart shaped cookie cutter, cut out the center of the bread (if you don't have one, a cup can be used to create curved shapes).
- 2 Warm a skillet on medium heat. Once warm, coat the entire skillet with a layer of butter. Place both pieces of bread in the skillet, letting them absorb the butter.
- 3 After 2-3 minutes, or when evenly toasted, flip both pieces of toast over and lower the heat to medium-low.
- 4 Crack open egg and carefully let it drop into the heart-shaped hole in your toast.
- 5 Cover with a lid and allow to cook for 2-4 minutes, or until egg white becomes vibrant and white.
- 6 Remove from skillet. Sprinkle with parsley, salt and pepper.

### STRAWBERRY HEARTS

1. Pluck all leaves off and slice strawberries in half.
2. Using either cookie cutter, push the cutter all the way through the strawberry pieces, starting seed side up, and remove the excess.
3. Pop the strawberry pieces out of the cutter and use them to surround your egg basket.

### WATCH VIDEO

<sup>1</sup>Academy of Nutrition and Dietetics, *5 Top Foods for Eye Health*. <https://www.eatright.org/health/wellness/preventing-illness/5-top-foods-for-eye-health> . Accessed April 4, 2017. <sup>2</sup>YourSightMatters. or, *Move Over Carrots: Eggs for Eye Health* <http://yoursightmatters.com/move-over-carrots-eggs-for-eye-healthcid20130325ysmtz1/> . Accessed May 1, 2018.

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