



## Recipes Handout

Class: Food and Mood

### Jerk Marinade

Makes 1/4 cup

*\*This recipe requires marinating for 24 hours or more.*

*\*\*Not all soy sauces are gluten free, so check the label. Tamari is usually safe.*

#### Ingredients:

- 1 1/2–2 tablespoons fresh lime juice
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon pure maple syrup
- 1 teaspoon tomato paste
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- Pinch ground cloves
- Pinch red pepper flakes (optional)
- 2 sliced portobello mushroom caps or 1 15-ounce can chickpeas, drained and rinsed

#### Directions:

Whisk all ingredients in a small bowl.

Usage Tip: Marinate 2 sliced portobello mushroom caps, stems removed, or 1 can chickpeas (drain and rinse first) in marinade for 24 hours (or longer). Cook in marinade until marinade has evaporated.

Serve over rice, as a burrito filling in tortillas, as tacos with corn tortillas, tomatoes, and guacamole, or on a salad with mixed greens, red onion, and pineapple.

*Per tablespoon:* 13 calories, 0.5 g protein, 3 g carbohydrate, 1 g sugar, 0.1 g total fat, 5% calories from fat, 0.5 g fiber, 145 mg sodium

### Chipotle Slaw

Makes 3 servings

#### Ingredients:

- 1/4–1 chipotle chili in adobo sauce (optional)
- 1/2 cup red wine vinegar
- 1/3 cup agave nectar (or maple syrup)
- 1–2 tablespoons adobo sauce (from the can of chipotle chilies)
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 10- to 14-ounce bag shredded cabbage or coleslaw mix

#### Directions:

Combine all ingredients, except cabbage, in a blender and blend until smooth. Toss with cabbage just before serving.

For a meal, serve with avocado (or guacamole) plus black beans or refried beans over cooked rice, or in corn tortillas for tacos.

Note: Look for “chipotle chilies in adobo sauce,” a canned item, in the international section of a grocery store.

*Per serving (1/3 of recipe):* 156 calories, 2 g protein, 36 g carbohydrate, 30 g sugar, 0.3 g total fat, 2% calories from fat, 2 g fiber, 68 mg sodium



## **Warm Apple Cherry Compote**

*Makes 4 servings*

### **Ingredients:**

- 3 apples, cored and chopped
- 1 cup fresh or frozen and thawed pitted cherries
- 1/4 cup apple juice
- Pinch sea salt
- 2 tablespoons maple syrup
- 1 1/2 tablespoons cornstarch diluted in 2 tablespoons cold water
- 1/2 teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract
- Low-fat granola for topping, optional

### **Directions:**

Combine the apples, cherries, apple juice, salt, and maple syrup in a medium saucepan. Cover and bring to a gentle boil over medium-high heat. Reduce the heat to low and simmer, covered, for 5 minutes, or until the fruit is soft. Slowly add the diluted cornstarch, stirring constantly to prevent lumping, until the mixture becomes thick. Stir in the cinnamon and vanilla and turn off the heat. Serve warm (or refrigerate and serve chilled). Option to top with low-fat granola.

Note: Kudzu root starch can be used in place of the cornstarch for an even healthier dessert. Kudzu is known for its alkalizing effects.

*Per serving (1/4 of recipe):* 144 calories, 0.8 g protein, 37 g carbohydrate, 27 g sugar, 0.4 g total fat, 2% calories from fat, 4 g fiber, 77 mg sodium



## Quiz

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1. Depression is:
  - a. Being down in the dumps for a day or two
  - b. Not dangerous
  - c. A condition in which a depressed mood persists for two weeks or more
  - d. Solely a reaction to life events
2. Studies have shown the more fiber people ate, the less likely they were to be depressed. This may be because:
  - a. Fiber helps absorb vitamin B12
  - b. Fiber tastes good
  - c. Fiber fosters healthy gut bacteria
  - d. Fiber is filling
3. Which of the following is viewed by many scientists as a major contributor to depression:
  - a. Antioxidants
  - b. Chemical changes of inflammation
  - c. Short-chain fatty acids
  - d. Regular exercise
4. If concerned about moodiness and sleep, you may want to avoid the following:
  - a. Chocolate
  - b. Sugar
  - c. Alcohol
  - d. Caffeine
  - e. All the above
5. In addition to prescribed medical treatment, all of the following may help with combating depression, except:
  - a. Avoiding animal products
  - b. Getting regular exercise
  - c. Avoiding vitamin B12
  - d. Getting plenty of sleep