



Recipes for Aging Gracefully

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Raspberry Panna Cotta

Ingredients:

- 1.5 cups raspberries
- ½ lemon, juiced (~1 Tbs)
- 1 13.5-ounce can full-fat coconut milk
- 1 Tbs gelatin
- 2 Tbs maple syrup

Directions:

1. Blend all ingredients in a high-speed blender for ~1 minutes.
2. Let mixture sit in the blender for 5 minutes to “bloom” the gelatin.
3. Blend for another minute, then pour mixture into glass jars with lids.
4. Refrigerate for at least 4 hours, or until gelatin sets, before enjoying.

Walnut-crusted salmon

Ingredients:

- 1/4 cup walnuts (very finely chopped)
- 1 stalk green Onion (very finely chopped)
- 1/4 tsp Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- ¼ Lemon (optional for serving, cut into wedges)

Directions:

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
3. Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
4. Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!



Turmeric Sauteed Greens

Ingredients:

- 1 Tbs olive oil
- 3 garlic cloves, minced
- 1-inch piece fresh turmeric, peeled & grated (or 1 tsp dried)
- 1 large bunch kale, swiss chard, or spinach, thinly sliced
- 1 tsp Braggs liquid aminos, more to taste
- ½ tsp gomashio, more to taste
- Pinch of black pepper

Directions:

1. Heat oil in a large saucepan over medium heat.
2. Add garlic and turmeric, and saute for 30 seconds.
3. Add greens, top with liquid aminos, gomashio, and pepper, and saute until wilted, stirring occasionally. Add a small amount of water if greens start to stick to the bottom of the pan.
4. Remove from heat, add more liquid aminos and/or gomashio as needed, and enjoy!