

# Great eating for eye health



If you are keen to give your eyes a healthy boost, try these delicious and simple recipes. They mostly serve 4 people and you can adjust them for smaller or larger numbers. Bon Appetit and Enjoy!

## BREAKFAST

### Bright Eye Muesli

A good quality store purchased or homemade muesli with low sugar and low salt. When you open the muesli you should add 8-10 brazil nuts and 75g cashew nuts, both roughly chopped. LSA can also be added to your muesli serving on a daily basis. Serve the muesli with fresh fruit including strawberries, papaya or orange – fruits high in Vitamin C.

### LSA

3 parts linseed (flaxseed)  
2 parts sunflower seeds  
1 part almonds

Put the seeds into your blender or food processor and blend for 10-20 seconds or until finely ground. You may need to stop and give it a stir. Store in a sealed jar in the refrigerator. Add LSA to porridge, smoothies, yoghurt and muffins.

## LUNCH

### Frittata with Spinach and Leafy Green Salad

4 large Free Range eggs  
Salt and black pepper  
2 tbsp water  
10 g butter  
½ cup cooked/frozen spinach, drained  
2 spring onions, chopped  
1 ripe tomato, sliced  
½ tsp dried thyme leaves  
50g grated cheddar cheese  
Potatoes or other leftover cooked vegetables (optional)

Place the eggs, salt and pepper in a bowl with 2 tbsp water, beat lightly with a fork until just combined.

Melt the butter in a small frying pan over



medium heat and pour in the egg mixture, the spinach and the left over vegetables if you are using them. As the eggs begin to cook, place the spring onions on top followed by the sliced tomato and the grated cheese. Continue to cook for 2-3 minutes. Place the pan under a preheated grill to finish cooking the eggs to melt the cheese. Serve piping hot with salad and good quality chutney or relish.

## Leafy Greens Salad

200g salad leaves, include cos, baby spinach and assorted other greens, sliced into strips  
1 medium cucumber deseeded and cubed  
1 avocado, cut into chunks  
3 sprigs of fresh mint, leaves picked off  
Walnuts dry roasted in a pan, chopped

Mix the greens together, add the cucumber, avocado and tomato, toss lightly, top with nuts and dressing just prior to serving.

## French Dressing

¼ clove garlic, crushed  
1 tsp Dijon mustard  
2 tbsp white or red white vinegar  
6 tbsp extra virgin olive oil

Mix ingredients together in a small jar and give a good shake.

## DINNER



### Broccoli with Almonds

1 Head of broccoli (approx. 225g), cut into florets including some of the stem  
3 tbsp flaked almonds, toasted in a dry pan  
Extra virgin olive oil (lemon infused if on hand)

Steam or blanch the broccoli until just cooked. Drain and place on a serving dish then add 1 tbsp extra virgin olive oil and lightly toss. Season with sea salt and black pepper. Sprinkle with the roasted almonds.

### Mashed Pumpkin or Squash

400g Pumpkin/Squash, peeled and cubed  
20g Butter  
Grated nutmeg

Steam or boil the pumpkin until cooked. Drain. While still hot, add the butter and mash until smooth. Add salt and black pepper and a shake of nutmeg.

### Salmon with Lemon Dill and Nuts with Roasted Vegetables

2 capsicums, preferably red, yellow or orange chopped into large pieces  
2 courgettes, roughly sliced  
2 small red onions, chopped into wedges  
Salt and pepper  
Drizzle of olive oil  
1 small egg  
Zest of 1 lemon  
Handful of fresh dill, finely chopped (or 1 tsp dried dill)  
1 tbsp walnuts, crushed  
2 tbsp ground almonds  
4 salmon fillets

Preheat the oven to 180C. Put capsicums, onion and courgettes in a baking dish. Season, and drizzle with olive oil. Vegetables should not be too crowded in the pan so that they cook evenly. Place vegetables in the oven to roast while you prepare the crust. Beat the egg, then add zest, dill and nuts. Mix well. Season with a pinch of salt and plenty of black pepper.

After the vegetables have cooked for 15 minutes, remove from the oven and place the salmon in the dish around the vegetables, leaving a gap between each fillet. Spoon the nut mixture over each fillet and return the dish to the oven for 10-12 minutes (don't overcook the fish as it will dry out). Rest a few minutes before serving with broccoli and pumpkin.

For further information contact MDNZ

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