Cooking Under Pressure
Great Nutrition Tips & Recipes for Seniors

www.foodsforseniors.com
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Healthy eating is essential for people of all ages, but for many seniors, a well-balanced diet is the key to feeling their best. In fact, nutrition experts consider good nutrition the first line of defense in the fight to stay healthy.

Research conducted by the Home Instead Senior Care® franchise network supports the important role healthy eating plays in successful aging. The caregiving network found that 62 percent of adult children in the U.S. and 57 percent in Canada caring for an older adult said their senior had three or more nutritional risks including:

1. Three or more prescribed or over-the-counter drugs per day
2. An illness or condition that made the senior change his or her diet
3. Having lost or gained more than 10 pounds in the past six months without trying

A variety of issues, from medications and illnesses to memory problems and physical constraints, can jeopardize a senior’s ability to maintain a balanced diet. Seniors may find grocery shopping difficult, feel uncomfortable in the kitchen or lack the skills necessary to maintain a well-balanced diet. Caregivers often want to help but may not have the time or ability to assist with daily meal planning. Factor in fixed incomes and a shaky economy, and it’s easy to see why achieving a healthy meal plan can be a pressure cooker of stress for seniors and caregivers alike.

With so many “cooks in the kitchen,” a senior’s diet is sure to suffer. This handbook is designed to help you understand the importance of senior nutrition and offer some no-nonsense ideas to transform mealtime into a healthy and pleasurable experience for everyone.

Poor Diet – A Recipe for Disaster
Seniors whose diets are lacking nutritionally are at an increased risk for a variety of health problems. That’s why the Home Instead Senior Care network partnered with the University of Maryland
and Duke Diet and Fitness Center (a part of Duke University Medical Center) to launch its *Cooking Under Pressure*^SM^ campaign.

This handbook is designed to help you plan nourishing and healthful menus that are easy to cook and pleasing to your senior’s palate. In this guide, you’ll learn:

- Signs that your senior’s diet needs a nutritional makeover
- Senior shopping tips
- Foods your senior shouldn’t live without
- Nutritious and delicious recipes

*Cooking Under Pressure* also features a Web site – www.foodsforseniors.com – with resources, recipes and other tools. The handbook is available on the Web site as well.

In addition to research conducted by Home Instead Senior Care, this handbook is based on information from two nutrition experts with experience in dietary issues unique to the senior population.

- Dr. Nadine R. Sahyoun, Associate Professor Nutrition and Food Science (NFSC) at the University of Maryland, has a Ph.D. in Nutritional Sciences and has extensively studied the topic of nutrition and aging. Her research focuses on assessing the nutritional needs of older adults and the relationship between nutritional risk factors and health status of seniors.
- Elisabetta Politi, RD, MPH, CDE, is nutrition director at the Duke Diet and Fitness Center. She has dedicated her career to the prevention of chronic diseases through diet and weight management. Elisabetta is a certified diabetes educator and a past president of the Durham–Chapel Hill chapter of the American Dietetic Association.

In today’s busy world, many seniors have limited access to healthy foods, which can be a recipe for disaster. Eating a healthy diet takes knowledge and planning, and much of this often falls on the family caregiver’s plate. Use the tips and suggestions presented here as a recipe to help you serve a meal plan to keep your senior physically and tastefully satisfied. And who knows? You may end up with a new recipe or two for your own recipe box!

1. *The Boomer Project* (www.boomerproject.com) completed online interviews with 1,279 U.S. and 407 Canadian adult caregivers, ages 35-62, with a parent, stepparent or older relative for whom they or someone in their household provides care. Questions regarding nutritional risk factors and stress adapted from Abbott Laboratories’ “Determine Your Nutritional Health” checklist. Used with the permission of Abbott Laboratories, copyright 2008.
Feeling the Heat

Seniors at Risk; Caregivers Under Pressure

As a family caregiver, you’re under plenty of pressure. A demanding job, a growing family, a busy household, financial obligations and volunteer commitments can leave you feeling frazzled. Then, add the task of caring for an aging relative, and you may often feel like you’re reaching the boiling point. With all of these responsibilities, mealt ime can become a real challenge. After all, who has time to plan healthy meals for one household, let alone two?

Home Instead Senior Care’s research reveals that the majority of family caregivers find themselves in this situation.

The research also found that caring for an older person who has three or more nutritional risk factors (such as illness, multiple medications and unexplained weight loss/gain) leads to increased stress levels for caregivers. Sixty-seven percent of the study participants in the U.S. and 63 percent in Canada who rated their lives as “extremely stressful” were caring for loved ones with three or more nutritional risk factors compared with 33 percent in the U.S. and 37 percent in Canada whose seniors had fewer than three nutritional risk factors.1, 2

An estimated 83 percent of family caregivers in the U.S. and 76 percent in Canada help with groceries or other errands; 65 percent in the U.S. and 53 percent in Canada assist with meal preparation.1

1, 2. The Boomer Project (www.boomerproject.com) completed online interviews with 1,279 U.S. and 407 Canadian adult caregivers, ages 35-62, with a parent, stepparent or older relative for whom they or someone in their household provides care. Questions regarding nutritional risk factors and stress adapted from Abbott Laboratories’ “Determine Your Nutritional Health” checklist. Used with the permission of Abbott Laboratories, copyright 2008.
Dietary issues are a real concern for caregivers and seniors alike. “Without good nutrition, health can deteriorate very quickly, making older adults more susceptible to disease and infection,” said Dr. Nadine Sahyoun, Associate Professor of Nutrition and Food Science at the University of Maryland College of Agriculture and Natural Resources.

According to family caregivers, 57 percent of seniors in the U.S. and 47 percent in Canada rarely cook for themselves. If your senior relies on you to stock his or her cupboard with healthy foods, make the most of it by adding some fun to the mix. “Make eating a happy event,” Dr. Sahyoun said. “Food is at the core of our lives – it’s the smell, color, feel, texture and social context. All of this is what makes a meal enjoyable.” You can also create a pleasing plate by incorporating a variety of colorful fruits and vegetables.

And don’t forget that all-important ingredient – companionship – which no senior should be without. A dining companion is the icing on the cake for an older adult who may eat many of his meals alone.
Warning Label
The 10 Warning Signs That Older Adults Are Not Eating Properly

So how do you know if your senior’s diet fits the bill? These 10 warning signs are red flags that may signal a potential problem:

1. **Loss of appetite** - If your senior has always been a hearty eater but no longer eats as he or she used to, it’s time to find out why. Underlying illness could be the root cause.

2. **Little to no interest in eating out** - If your loved one has always loved eating out at a preferred restaurant but no longer shows interest, dig deeper to determine the problem.

3. **Depression** - Change in appetite is a classic sign of depression. Be sure to follow up with a physician if you suspect depression may be a problem.

4. **Sudden weight fluctuation** - A weight change – losing or gaining 10 pounds in six months – is another sign that something could be amiss.

5. **Expired or spoiled food** - Check the refrigerator for expired or spoiled food. Seniors could be “saving” food until it’s no longer safe. Make sure that all food is labeled with the date in large letters and numbers.

6. **Skin tone** - Observe your senior’s skin tone. If your loved one is eating properly, her skin should look healthy and well-hydrated.

7. **Lethargy** - If your loved one has regularly been active and enjoyed taking walks but suddenly becomes lethargic, encourage a visit to the doctor. Poor nutrition could be to blame.

8. **Cognitive problems** - Seniors who live alone might forget to eat. Dementia and cognitive problems can lead to nutritional deficiencies. Quick intervention is vital.

9. **More than three medications** - Medication can influence both appetite and weight. Check with your senior’s doctor to find out if medications could be the culprit.

10. **A recent illness** - Illness or a hospital stay could make a senior stop eating. Keep tabs on your loved one’s recovery, making sure reliable help at home is available.
Senior Shopping Savvy

Before seniors and their family caregivers think about the types of healthy meals they need to prepare, they must first overcome the obstacles of shopping. Here are some tips to help make a caregiver’s next trip to the grocery store a successful one:

• **Make a list** - Sit down with your senior and make a list of what she wants to eat for the week. This pre-planning can cut down on the time and money you spend at the store.

• **Don’t shop hungry** - Shoppers are always tempted to buy more when hungry, so share a snack before hitting the aisles.

• **Review store ads, clip coupons and organize them at home** - You’ll save money, time and hassle at the checkout stand.

• **Invite a friend** - Have mom bring a friend along. The resulting companionship makes the task of grocery shopping easier and more fun. If a senior can’t shop alone, arrange for grocery delivery or a caregiver companion to go along for help.

• **Sign up for a grocer’s bonus/discount card** - Seniors can reap additional savings and take advantage of grocery store specials by signing up for special programs.

• **Try store brands** - The most costly brands are often placed at eye level. Store brands that may be cheaper and just as good are often placed higher or lower on the grocery shelves.

• **Think variety** - It’s easy to get in a rut. Encourage dad to try new foods or ethnic alternatives.

• **Shop the perimeter of the store** - That’s where most of the fresh, healthier foods are located.

• **Stock up on sale items** - Choose only as much as your senior can use in a timely manner. Buy in bulk for quality and value, but serve healthy portions.

• **Use your food budget wisely** - For the price of a large bag of chips and a box of cookies, you can buy a good supply of apples, bananas, carrots, potatoes, peppers and other healthier foods.

For more information including shopping assistance, contact your local Home Instead Senior Care franchise office. (In Canada, log on to www.eatrightontario.ca.)
They may seem like common staples for any healthy diet, but the following 12 foods hold special nutritional value for seniors. These items are also versatile enough to be used in a variety of recipes.

1. **Oatmeal** - A great source of soluble fiber, oatmeal has been shown to help lower blood cholesterol and may reduce the risk of heart disease and stroke.

2. **Eggs** - With only 75 calories per serving, eggs contain 13 essential vitamins and minerals, including vitamin D, important to absorbing calcium needed for bone strength. Lutein and zeaxanthin found in egg yolks may reduce the risk of cataracts and help prevent macular degeneration.

3. **Yogurt** - Rich in calcium, yogurt can contribute to the calcium requirement needed to prevent osteoporosis. Good bacteria is added to some yogurt, which may help people with digestive problems that often accompany aging. Mixing yogurt with fortified cereal provides added vitamins, including vitamin B12, which many seniors have difficulty absorbing from foods that naturally contain that vitamin.

4. **Blueberries** - These blue beauties are among the top fruits and vegetables for antioxidants. Research on aging and Alzheimer’s disease reveals that blueberries may also improve memory and coordination.

5. **Apples** - The benefits of apples are too numerous to name. The pectin in apples supplies galacturonic acid to the body, which lowers the body’s need for insulin and may help in the management of diabetes.

6. **Fish** - Bluefish, mackerel, salmon, sardines, trout and tuna (bluefin and albacore) are a low-fat, high-protein source of nutrients. The American Heart Association recommends fatty fish twice a week to improve heart health.
7. **Chicken** - Poultry is an excellent source of protein that contains less fat than most meats. Chicken, especially breast meat, contains half the fat of a steak. Chicken also has niacin and selenium, which possess cancer-fighting properties.

8. **Broccoli** - A good source of multiple nutrients including vitamins K, C, E, B, and calcium and iron. Broccoli has been found to protect against cancer, heart disease, stroke and macular degeneration.

9. **Soy (Edamame)** - Nutritionists recommend consuming up to one serving a day of soy as a replacement for foods high in saturated fats. Some studies have shown that soy improves bone health. Be sure to consult your doctor before adding soy to a senior’s diet.

10. **Sweet Potatoes & Squash** - Sweet potatoes provide beta carotene and vitamins C and E, all of which promote healthy skin, hair and eyesight. Squash is a good source of beta carotene and vitamin C.

11. **Rice** - As a complex carbohydrate, rice digests slowly, allowing the body to utilize the energy released over a longer period, which is nutritionally efficient. Rice has low sodium content and contains useful quantities of potassium, the B vitamins, thiamin and niacin. Rice contains only a trace of fat, no cholesterol and is gluten free, so it’s suitable for people with celiac disease.

12. **Dark Chocolate** - Consumed in moderation, this high-calorie, high-fat food may contribute to health benefits such as boosting HDL cholesterol (known as good cholesterol) and lowering blood pressure.

**Please note:** Always consult a doctor before beginning any diet or nutrition program.
Variety is truly the spice of life. To keep meals interesting and healthy, many seniors enjoy mixing up their food choices – particularly within each food group – every day.

“We know that we really are what we eat,” said Elisabetta Politi, dietician director at the Duke Diet and Fitness Center. But each senior’s diet plan is individual, she noted. “If dad has reached age 75 and has not developed heart disease or cancer, you need not recommend any different food intervention than what he is already doing. Dad has found a meal plan that works.”

So what if your senior’s dietary plan leaves room for improvement? “Research shows that change is best done gradually. Encourage seniors to look at how they’re doing and focus on one thing to change,” Politi recommends. For example, varying vegetables not only adds variety, but it is also the best way to achieve a healthy diet. Eat more dark green vegetables, such as broccoli, kale and other dark leafy greens; orange vegetables, such as carrots, sweet potatoes, pumpkin and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils.

The following recipes from the Duke Diet and Fitness Center offer interesting and versatile choices which, when combined with fresh ingredients, will help lead to a well-balanced and healthy meal plan for many seniors. Consult your doctor if you have concerns about foods or ingredients, or if you or your senior loved one has special dietary needs due to medical conditions, such as diabetes, celiac disease or high blood pressure. (In Canada, log on to Dieticians of Canada at www.dieticians.ca.)
Apricot Cranberry Oatmeal
Servings: 4  Serving Size: 1 cup

Ingredients:
- 4 cups water
- 1 cup steel-cut oats
- 2 tablespoons dried cranberries
- 2 tablespoons dried apricots
- Dash salt

Directions:
*This breakfast dish needs to be started the night before you plan to serve it.

In a large bowl, combine water, oats, dried cranberries, dried apricots and salt in a bowl and stir well. Cover the bowl and leave overnight in the refrigerator or on the kitchen counter. In the morning, stir the contents of the bowl and pour into a pot. Over high heat, bring to a boil, then reduce the heat to a simmer and cook for about 30 minutes or until the oats have absorbed all of the water. If you prefer dry oatmeal, use about ¼ cup less water. If you prefer your oatmeal very moist, add ¼ cup more water.

Nutritional Analysis per Serving:
Calories: 200  Fat: 3 g
Carbohydrate: 37 g  Protein: 6 g

Banana Oatmeal Creme Brulee
Servings: 4  Serving Size: ¾ cup

Ingredients:
- ⅔ cup plain quick oats (2 cups cooked)
- 1 teaspoon cinnamon
- ⅓ cup fat-free vanilla yogurt
- 3 bananas, cut ¼ inch thick at an angle
- 1 teaspoon brown sugar
- 1 teaspoon white sugar

Directions:
Cook oats according to package directions with cinnamon added. In a 1-quart casserole dish coated with cooking spray, spread the cooked oats evenly. Using a spatula, spread the vanilla yogurt evenly over the oats. Next, layer the banana slices on top of the yogurt. Combine both sugars and sprinkle over bananas. Caramelize the sugar on top of bananas until it is brown and bubbly. Be careful not to burn the sugar.

Nutritional Analysis per Serving:
Calories: 185  Fat: 1 g
Carbohydrate: 40 g  Protein: 6 g
Spinach Florentine Omelet
Servings: 1 Serving Size: 1 omelet

Ingredients:
¼ cup plus 2 tablespoons Egg Beaters® or similar egg substitute
1 tablespoon shredded cheddar cheese
¼ cup low-fat cottage cheese
1 teaspoon Parmesan cheese, grated
¼ cup spinach, chopped
¼ cup tomato, diced

Directions:
Apply cooking spray to a sauté pan and set over medium heat. Cook the tomatoes for 2-3 minutes, then add the spinach. Stir the vegetables until the spinach is wilted. Spoon the vegetables onto a plate and set aside. Spray the pan again, return to the heat and pour the eggs evenly over the bottom. Shake the pan periodically, and when the egg starts to slide freely, the bottom side is done. If the omelet looks like it is cooking but not sliding from the pan, use a spatula to loosen the bottom as needed. As the top begins to become firm, place cheese in the center and allow to melt. Then add the vegetables over the cheese and fold the egg over to form the omelet. Slide the omelet from the pan onto a serving plate.

Nutritional Analysis per Serving:
Calories: 115 Fat: 2 g
Carbohydrate: 5 g Protein: 19 g
Sodium: 500 mg

Whole Wheat Blueberry Pancakes
Servings: 6 Serving Size: 2 pancakes

Ingredients:
⅔ cup unbleached flour
½ cup whole wheat pastry flour (whole wheat flour will also work)
2 tablespoons yellow cornmeal
¼ cup rolled oats (ground fine in food processor or blender)
½ teaspoon baking soda
1 teaspoon baking powder
¼ teaspoon salt
2 tablespoons sugar
1 egg
1 tablespoon canola oil
¾ cup low-fat buttermilk
1 cup blueberries (fresh or frozen)

continued...
Directions:
In a large mixing bowl, combine the flours, cornmeal, oats, baking soda, baking powder, salt and sugar and stir until uniformly blended. In a separate bowl, whisk the egg and oil together and then stir in buttermilk. Pour the egg mixture into the flour blend and stir together - do not over-mix. Add the blueberries and fold into batter. In a large sauté pan or griddle, apply a light coating of cooking spray. Pour ¼ cup of batter for each pancake into the pan. Turn the pancakes when bubbles form around the edges and on top. Cook until golden brown on both sides.

Nutritional Analysis per Serving:
Calories: 180
Fat: 4 g
Carbohydrate: 30 g
Protein: 6 g
Sodium: 290 mg

Chicken Salad
Servings: 5
Serving Size: ½ cup

Ingredients:
1½ pounds raw chicken breasts, cooked and diced
4 tablespoons light mayonnaise
¾ cup celery, diced
¾ cup red onion, diced
½ teaspoon pepper
½ teaspoon dried rosemary
½ teaspoon dried thyme
½ teaspoon dried parsley
⅛ teaspoon salt (optional)

Directions:
After chicken is cooked, combine all ingredients and mix well. Refrigerate until ready to serve. Serve cold on top of a bed of romaine lettuce.

Nutritional Analysis per Serving:
Calories per serving: 200
Fat: 7 g
Carbohydrate: 4 g
Protein: 28 g
Sodium: 220 mg
Broccoli Slaw
Servings: 6 Serving Size: ½ cup

Ingredients:
2 tablespoons crumbled veggie bacon
¾ pound broccoli florets or slaw (bagged)
2 tablespoons plain low-fat yogurt
2 tablespoons mayonnaise
1½ tablespoons apple cider vinegar
1 teaspoon granulated sugar
¼ teaspoon table salt
¼ teaspoon black pepper
½ cup water chestnuts, chopped
¼ cup red onion, chopped

Directions:
Cook bacon in a large skillet over medium heat, turning frequently until crisp.
Chop coarsely. Whisk yogurt, mayo, vinegar, sugar, salt and pepper in a large bowl. Add water chestnuts, onion, bacon, and broccoli and toss or stir to coat evenly.

Nutritional Analysis per Serving:
Calories: 70  Fat: 2 g
Carbohydrate: 10 g  Protein: 3 g

Tuna Melt on English Muffins
Servings: 4 Serving Size: ½ muffin

Ingredients:
2 English muffins, 100% whole-wheat
8 ounces light tuna, packed in water, drained
4 tablespoons celery, minced
4 tablespoons red onion, minced
1 teaspoon flat-leaf parsley, minced
3 tablespoons light mayonnaise
1 tablespoon whole grain mustard
Freshly ground black pepper, to taste
Freshly squeezed lemon juice, to taste
2 ounces sharp cheddar cheese

Directions:
Preheat the broiler and set the rack about 4-5 inches from the heat source. In a small mixing bowl, break up the tuna with a fork. Toss with the celery, onion, and parsley. Add the mayonnaise and mustard, and stir to combine. Season with the pepper and lemon juice to taste. Spread the muffins out on a baking sheet and continued...
toast under the broiler for 2 minutes. Top the toasted muffins with tuna salad and cheese. Place the baking sheet under the broiler and heat for 3-5 minutes until the cheese has melted. Serve immediately.

*Serving Suggestion: Serve with sliced tomatoes, coleslaw, and fruit for a complete meal.

Nutritional Analysis per Serving:
Calories: 240 Fat: 10 g
Carbohydrate: 18 g Protein: 21 g

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Chicken Caesar Wrap
Serving: 4 Serving Size: ½ wrap

Ingredients:
½ pound roasted chicken breast, boneless, thinly sliced
¼ cup low calorie Caesar salad dressing (~15 calories per tablespoon)
2 tablespoons grated Parmesan cheese
2 spinach or whole-wheat tortillas, large (10-12”)
4 cups romaine lettuce, chopped

Directions:
In the center of a tortilla, place 2 cups lettuce, 1 tablespoon Parmesan cheese, 2 tablespoons dressing and 4 ounces of chicken. Fold in the sides and roll up. Cut in half. Each wrap makes 2 servings.

Nutritional Analysis per Serving:
Calories: 300 Fat: 10 g
Carbohydrate: 30 g Protein: 23 g
Sodium: 450 mg

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Rice Pudding
Servings: 7 Serving Size: ⅓ cup

Ingredients:
½ cup brown rice
1 cup water
1 whole clove
1 cinnamon stick
½ cup evaporated milk
1½ cup skim milk
2-3 tablespoons sugar (to taste)
¼ - ½ teaspoon ground cinnamon (to taste)

continued...
Directions:
Cook rice in water in a saucepan on low heat with the cinnamon stick and whole clove in the water. When rice is done, add both milks and bring to a simmer on low heat, stirring constantly. Continue to cook until the mixture reaches desired consistency; the rice will break down and the liquid will start to thicken. Remove the cinnamon stick and clove, and add the sugar and ground cinnamon to taste just before serving. Serve immediately or refrigerate to serve cold later.

Nutritional Analysis per Serving:
Calories: 110 Fat: 1.5 g
Carbohydrate: 20 g Protein: 4 g
Sodium: 50 g

Whole-Wheat Pecan Muffins
Servings: 4 Serving Size: 1 muffin

Ingredients:
⅓ cup whole-wheat flour
2 tablespoons all-purpose flour
2 tablespoons stone-ground yellow cornmeal
½ teaspoon baking powder
⅛ teaspoon baking soda
⅛ teaspoon salt
6 tablespoons low-fat buttermilk
2 tablespoons packed brown sugar
2 teaspoons butter, melted
⅛ teaspoon almond extract
1 large egg white
Cooking spray
2 tablespoons chopped pecans

Directions:
Preheat the oven to 375ºF.

In a medium bowl, combine flours, cornmeal, baking soda, baking powder and salt and stir until evenly blended. In a separate bowl, combine the buttermilk, sugar, melted butter, almond extract and egg white. Stir well with a whisk. Add the buttermilk mixture to the flour blend, and stir until all of the flour is moistened. Do not over-mix.

Spoon the batter into 4 muffin cups coated with cooking spray or lined with paper muffin cups. Sprinkle with nuts and bake at 375ºF for 20 minutes or until muffins spring back when touched lightly in the center. Remove from pans immediately.

Nutritional Analysis per Serving:
Calories: 145 Fat: 5 g
Carbohydrate: 22 g Protein: 4 g
Almond Crusted Salmon
Servings: 4 Serving Size: 4 ounces salmon

Ingredients:
1 tablespoon canola oil
4 salmon fillets, about 4 ounce each
4 tablespoons sliced almonds
¼ cup Egg Beaters® or similar egg substitute
4 teaspoons all purpose flour

Directions:
Preheat the oven to 350°F.

Place flour, egg substitute and almonds in separate shallow bowls. Place one side of each salmon fillet in flour, followed by egg substitute. Press almond mixture into the salmon. Set the salmon aside, nut side up, and repeat for other fillets. Heat the oil in a large sauté pan over medium heat. Place almond side of each salmon fillet down in sauté pan and cook until the nuts are browned. Flip fillet and cook 1 minute. Remove from pan and place on a sheet tray coated with cooking spray. Repeat process for remaining fillets. Finish in oven at 350°F for 15-20 minutes or until the salmon is flaky and opaque and the internal temperature reaches 145°F.

Nutritional Analysis per Serving:
Calories per serving: 300 Fat: 16 g
Carbohydrate: 3 g Protein: 34 g

Chicken Cannelloni
Servings: 8 Serving Size: 2 cannelloni

Ingredients:
2 pounds chicken breasts, raw, trimmed (or 2 pounds ground chicken breast)
¾ pound frozen spinach, thawed, squeezed (to get water out)
1 cup plus 2 tablespoons Parmesan cheese
2 pounds nonfat ricotta cheese
2 egg whites
1 teaspoon fresh garlic, minced
½ teaspoon black pepper
½ teaspoon nutmeg
8 lasagna noodles, cooked and cut in half
4½ cups marinara sauce
½ cup part-skim mozzarella cheese, shredded
4 teaspoons oregano

continued...
**Directions:**
Cook chicken in the oven or on the grill until done. Grind in a food processor.

In a large bowl, combine ricotta, egg whites, garlic, Parmesan, nutmeg, and pepper. Add spinach and chicken and mix well. Cut lasagna noodles in half and arrange on a clean countertop or wax paper. Place ¼ cup of filling on the end of each lasagna piece and form a log. Roll pasta with filling into neat tubes and place in a baking pan on a layer of marinara sauce. On each roll, spread on another portion of sauce. Sprinkle with shredded mozzarella and oregano. Cover with foil and bake in oven at 300ºF for about 25-35 minutes. Return to oven uncovered to lightly brown cheese. Let rest 5 minutes.

**Nutritional Analysis per Serving:**

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**Tandoori Chicken**

*Servings: 4  Serving Size: 4 ounces cooked*

**Ingredients:**
- 25 ounces raw chicken breasts
- 1 cup plain nonfat yogurt
- 1 small onion, minced
- 2 cloves garlic
- 1½ tablespoons lemon juice
- 1 teaspoon fresh cilantro
- ½ teaspoon ground paprika
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon cinnamon
- Dash ground cloves

**Directions:**

Stir together yogurt, onion and garlic in a shallow glass dish. Add lemon juice and the rest of the spices; mix. Add chicken and coat well. Cover and marinate in the refrigerator for at least 2 hours or overnight. Preheat oven to 500ºF. Coat a wire rack with cooking spray and set it over a foil-covered baking sheet. Place the chicken on the prepared rack. Bake the chicken until browned and no trace of pink remains in the middle, 25-30 minutes. Serve hot.

**Nutritional Analysis per Serving:**

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Recipe adapted from www.eatingwell.com
Penne Alfredo with Salmon
Servings: 6  Serving Size: 1 cup pasta and 2 ounces salmon

Ingredients:
1 pound salmon fillet
Vegetable cooking spray
⅛ teaspoon freshly ground pepper
2 tablespoons reduced-calorie margarine
3 cloves garlic, minced
2 tablespoons all-purpose flour
2 cups skim milk (hot)
¾ cup grated fresh Parmesan cheese, divided
6 cups hot cooked penne pasta, cooked without salt or fat

Directions:
Place salmon, skin side down, on a broiler rack coated with cooking spray; place rack on broiler pan. Sprinkle with pepper. Broil 6 inches from heat for 11 minutes or until salmon flakes easily when tested with a fork. Flake salmon into bite-sized pieces, set aside and keep warm. Melt margarine in a medium saucepan over medium heat; add garlic and sauté for 1 minute. Add flour, cook 1 minute, stirring constantly with a wire whisk. Gradually add hot milk, stirring constantly. Cook an additional 8 minutes or until slightly thickened and bubbly, stirring constantly. Add ½ cup plus 2 tablespoons of Parmesan cheese; stir until cheese melts. Pour over pasta and toss well. Top with salmon, sprinkle with remaining 2 tablespoons cheese.

Nutritional Analysis per Serving:
Calories: 380  Fat: 11 g
Protein: 28 g  Carbohydrate: 42 g

Tiramisu
Servings: 16  Serving Size: 1 piece (1/16 of pan)

Ingredients:
9 ounces fat-free sour cream
9 ounces low-fat cream cheese
½ cup sugar
3 tablespoons skim milk
½ teaspoon vanilla extract
6 ounces light frozen whipped topping
1 cup brewed coffee
10½ ounces ladyfinger cookies
1½ tablespoons unsweetened cocoa powder

continued...
**Directions:**
In a large mixing bowl with an electric mixer, beat cream cheese and sour cream together until smooth. While mixing, add sugar, milk and vanilla and blend until smooth. Fold in frozen whipped topping gently with a spatula. Dip ladyfingers in coffee and layer half of them in bottom of a 10½” x 12½” or similar size pan. Layer half of the cream cheese mixture onto ladyfingers. Repeat with the rest of the coffee-dipped ladyfingers and cream cheese mixture. Dust cocoa powder on top and refrigerate 4-16 hours. Serve with fresh berries and mint.

**Nutritional Analysis per Serving:**
- Calories per serving: 160
- Fat: 6 g
- Carbohydrate: 23 g
- Protein: 5 g
- Sodium: 90 mg

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**Chocolate Tofu Parfait**
Servings: 16  
Serving Size: ½ cup

**Ingredients:**
- 1 (12-ounce) package chocolate chips
- 1/3 cup coffee, regular or decaf
- 1 (16-ounce) package tofu, silken
- 1 tablespoon honey
- 12 ounces frozen light whipped topping

**Directions:**
Over a double boiler, melt chocolate in a medium bowl. Process the coffee, tofu and honey in a blender. When smooth, slowly add melted chocolate. Process until smooth and fully incorporated. Pour mixture into a large bowl and refrigerate until firm (about 3 hours) or place in freezer for 45 minutes. Remove from refrigerator or freezer and gently fold in whipped topping with a spatula. Serve chilled.

Tip: You can freeze this in individual portions for a quick dessert treat!

**Nutritional Analysis per Serving:**
- Calories per serving: 170
- Fat: 10 g
- Carbohydrate: 20 g
- Protein: 3 g
- Sodium: 20 mg
Apple Crumble
Servings: 12 Serving Size: ½ cup apple mixture, 1 tablespoon topping

Ingredients:
6 medium Granny Smith apples
2 tablespoons sugar
1 tablespoon brown sugar
2 tablespoons all-purpose flour
½ teaspoon ground cinnamon
Juice from 2 lemons

Topping:
3 tablespoons flour
5 tablespoons oats
1½ tablespoons brown sugar
2½ tablespoons cold butter

Directions:
Preheat oven to 350ºF. Peel, core and slice apples into ¼-inch slices. Place apples in a large mixing bowl and toss with sugar, lemon juice, flour and cinnamon. Pour into a baking dish sprayed with cooking spray and spread out into an even layer.* Set aside.

For topping, mix flour, oats and brown sugar in a separate bowl. Use a pastry cutter or your fingers to work in the cold butter until pea-sized lumps are formed. Top apples with mixture; bake 45 minutes or until apples are bubbly and topping is golden brown. Rotate pan once halfway through cooking.

*Note: You can also place ½ cup apple mixture with 1 tablespoon topping in individual ramekins before baking for easier portion control or serving later. Bake ramekins all together on a cookie sheet.

Nutritional Analysis per Serving:
Calories: 100 Fat: 2.5 g
Carbohydrate: 18 g Protein: 1 g
Sodium: 0 mg
Sweet Potato Pie with Almond Crust

Servings: 16  Serving Size: 1/16 pie

Almond Crust Ingredients:
2½ cups almond flour
¼ cup egg whites
2 packets Splenda®
1 tablespoon melted butter

Directions:
Preheat oven to 325°F. Coat a 9-inch round, deep-dish pie pan with cooking spray. In a bowl, combine flour, egg whites and Splenda®. Slowly add butter and form dough into a smooth ball. Roll dough to about ⅛” and press into pan. Fold uneven edges under and pinch all around the top to form an even edge.

Sweet Potato Mix Ingredients:
2 cups mashed sweet potatoes
2 large eggs, beaten
¼ cup skim milk
1 tablespoon brown sugar
¼ teaspoon cinnamon
½ teaspoon nutmeg
1½ teaspoons Splenda®

Directions:
Mix mashed sweet potatoes, eggs and milk in a medium bowl. In a separate bowl, combine all of the seasonings. Combine seasonings with pie mixture and pour into pie shell spreading evenly. Bake the pie until light golden and set, about 20 to 25 minutes. Let cool slightly, cut into wedges and serve.

Nutritional Analysis per Serving:
Calories: 140  Fat: 9 g
Carbohydrate: 11 g  Protein: 4 g
About the Experts

Dr. Nadine Sahyoun

Dr. Nadine R. Sahyoun, Associate Professor Nutrition and Food Science (NFSC) at the University of Maryland, has a Ph.D. in Nutritional Sciences and has extensively studied the topic of nutrition and aging.

Dr. Sahyoun’s research is in nutritional epidemiology with an emphasis on chronic disease prevention and health promotion among older adults and on program evaluation of food assistance programs.

Her research interests focus on assessing the nutritional status of the older adult population and on using epidemiological methods to study the relationship between nutrition risk factors and health status of this population.

Elisabetta Politi

Elisabetta Politi, RD, MPH, CDE, is nutrition director at the Duke Diet and Fitness Center. She has dedicated her career to the prevention of chronic diseases through diet and weight management. Elisabetta is also a certified diabetes educator and a past president of the Durham–Chapel Hill chapter of the American Dietetic Association. As the Duke Diet and Fitness Online nutrition expert, she provides information and answers members’ questions about food choices and meal planning.
Resources

For more information about *Cooking Under Pressure*, visit the Web site [www.foodsforseniors.com](http://www.foodsforseniors.com).

Additional support can be found at:

- [www.caregiverstress.com](http://www.caregiverstress.com)
- [www.4070talk.com](http://www.4070talk.com)
- [www.drheatherkeller.com](http://www.drheatherkeller.com) (a Canadian Web site)

To learn more about Home Instead Senior Care, visit [www.homeinstead.com](http://www.homeinstead.com).

**Stages of Senior Care – Your Step-by-Step Guide to Making the Best Decisions**  
by Lori and Paul Hogan

Sorting through the surprisingly complex world of senior care can be overwhelming. That’s why Lori and Paul Hogan wrote *Stages of Senior Care – Your Step-by-Step Guide to Making the Best Decisions*, a practical, comprehensive guide to help you make senior care decisions for your aging loved ones based on their current needs and future desires. *Stages of Senior Care* provides tools to assess your loved ones’ care requirements and illustrates how to calculate costs, avoid pitfalls, identify scams, and choose the right options now and into the future. Lori and Paul Hogan are Founders of the Home Instead Senior Care network, one of the world’s largest providers of non-medical, in-home care for seniors.
About Home Instead Senior Care

The Home Instead Senior Care network is one of the world’s largest providers of non-medical home care and companionship services for seniors, with more than 850 independently owned and operated franchises in the United States, Canada, Japan, Portugal, Australia, Ireland, New Zealand, the United Kingdom, Taiwan, Spain, Switzerland, Germany, South Korea, Finland, Austria and Puerto Rico. Non-medical services include companionship, meal preparation, medication reminders, light housekeeping and transportation for errands and shopping.

Services are available at home or in care facilities for a few hours per week or as many as 24 hours a day, seven days a week, including holidays. Family members can’t always be there for senior parents and relatives, so Home Instead CAREGivers℠ are the next best thing.

The Home Instead Senior Care network’s 60,000+ CAREGivers complete a multi-phased safety and caregiving education program. They are screened, trained, bonded, insured and have successfully passed thorough criminal background checks. The training program features case studies, senior illness information, stimulating activities, nutritional recipes and tips for coping with stress. In addition, Home Instead Senior Care offers an industry-leading Alzheimer’s training program to CAREGivers, the first of its kind in North America for non-medical caregivers.

To find a franchise office near you, visit www.homeinstead.com.