

Brain Healthy Foods 2026

Roasted Poblano Enchilada Sauce

3 large poblano peppers, roasted, seeded, peeled, and chopped

1 Tbsp neutral oil, water, or broth for sautéing

1 medium onion, diced small

2-3 tsp chili powder

1 ½ tsp ground cumin

1 tsp marjoram or Mexican oregano

1 28 oz can diced tomatoes

1 tsp sugar

1 ½ to 2 tsp salt.

To roast the peppers-

Preheat oven to 425 degrees. Line a cookie sheet with parchment paper. Cut the peppers in half lengthwise and remove the seeds. Place the cut side down on your prepared cookie sheet. Bake for 20-25 minutes, until the skin is dark brown in spots. Immediately place the roasted peppers into a paper bag and fold over the top to seal. Cool for 30 minutes, peel off the skins, and chop.

In a large saucepan, heat the oil and sauté the onions until softened. Add the remaining ingredients and simmer for a couple of minutes. Remove from the heat and cool enough to blend in a blender or with an immersion blender until smooth.

Potato Kale Enchilada Casserole

2 pounds waxy potatoes (red or Yukon gold)

1 pound kale, finely chopped

1 Tbsp neutral oil, water, or broth

8 cloves of garlic, minced or pressed

1 tsp ground cumin

½ cup vegetable broth or water

1/3 cup lime juice

½ cup toasted pumpkin seeds, coarsely chopped

2 tsp salt, to taste

14 small (taco-sized) flour or corn tortillas

Peel and dice the potatoes. Place in a pot, cover with water, and boil until tender, about 15-20 minutes. Drain and set aside. Heat the oil in a saucepan over medium-low heat and add the garlic. Cook until slightly brown. Add the kale, sprinkle with a little salt, and raise the heat to medium. Stir constantly to coat the kale with the garlic. Cover the pot to

steam the kale until it has wilted, 4-6 minutes. Remove the lid and add the potatoes, cumin, veggie broth, lime juice, pumpkin seeds, and salt. Use the back of a wooden spoon to mash some of the potatoes. Cook until the broth is absorbed. Adjust salt to taste.

Preheat oven to 375 degrees. Spray a 9x13-inch baking dish with nonstick spray. Place about ¾ cup of the enchilada sauce in the bottom of the pan. Take 4 of your tortillas and arrange them on the bottom, tearing as necessary to cover most of the pan. Spoon a little more sauce over the tortillas and spread it around. Put half of your potato mixture over the tortillas and another ¾ cup of sauce. Repeat the layers, ending with tortillas on top and sauce on top. Cover tightly with aluminum foil and bake for 30 minutes. Remove the foil and bake for an additional 15 minutes. Let rest for a few minutes and serve.

Blueberry Cobbler

5 cups blueberries or a mix of berries, fresh or frozen

¾ cup thawed apple juice concentrate

3 Tbsp cornstarch or arrowroot powder

¼ cup water

2 Tbsp maple syrup or agave nectar

Spray an 8x8-inch baking dish with nonstick cooking spray. Preheat oven to 350 degrees.

Dissolve the cornstarch in the water and set aside. Place the berries and juice concentrate in a saucepan on the stove. Cook over medium heat until it comes to a boil, stirring occasionally. Stir in the cornstarch slurry and maple syrup and cook until thickened. Pour into the prepared pan.

Topping-

1/3 cup nondairy milk

1 ½ tsp fresh lemon juice

¼ cup unsweetened applesauce

1 cup oat flour

1 ½ tsp nonaluminum baking powder

¼ tsp salt

½ tsp cardamom or coriander

3 Tbsp dry sweetener

Combine the wet ingredients and set aside. Combine the dry ingredients in a bowl. Add the wet ingredients and stir until just mixed. Spoon over the top of the berries and bake for 20-25 minutes, until just starting to brown on top.

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Roasted Chickpeas

1 15 oz can chickpeas, drained and rinsed
2 tsp nutritional yeast flakes
1 tsp onion powder
½ tsp paprika
¼ tsp garlic powder
¼ tsp salt
1 Tbsp extra virgin olive oil

Preheat oven to 375 degrees. Line a cookie sheet with parchment paper. Spread out the chickpeas on the parchment and bake for 30 minutes.

In a bowl large enough to hold the chickpeas, mix together the nutritional yeast through salt. After the thirty minutes, remove the chickpeas from the oven and place them in the bowl with the seasoning. Drizzle with the extra virgin olive oil and toss well with the seasoning. Pour back out onto the cookie sheet and spread out. Bake for 10 more minutes. Store in an airtight container. Best if eaten within 2 days.

Cesar Salad Dressing

½ cup raw cashews
½ cup water
2 Tbsp extra virgin olive oil
2 Tbsp nutritional yeast flakes
1 Tbsp fresh lemon juice
1 tsp vegan Worcestershire sauce
1 clove garlic, minced or pressed
Salt to taste

Place all ingredients in a blender and blend until smooth. Store in the fridge.

Kale Cesar Salad

2 bunches of kale, tough stems removed, chopped
1 recipe Cesar salad dressing
1 recipe roasted chickpeas

In a bowl, massage the dressing into the kale for a few minutes to tenderize the kale. Add the chickpeas just before serving for the most crunch. Store leftovers in the fridge.

Easy Beans and Greens Soup

1 large onion, chopped
1 cup chopped celery
1 cup chopped carrots
3 cloves of garlic, minced or pressed
4 cups vegetable broth
2 cups water
2-4 tsp Old Bay Seasoning, to taste
2 15 oz cans cannellini beans, drained and rinsed
6 cups chopped greens (spinach, kale, swiss chard, etc.)
Salt to taste

Sauté the onion in a large pot with some water or extra virgin olive oil until soft. Add the celery, carrots, and garlic and sauté for about 3 minutes. Pour in the broth, water, Old Bay seasoning, and beans. Stir in the greens and bring to a boil. Reduce heat, and simmer for 20 minutes. Salt to taste.

Southwest Style Salad

Avocado Dressing-

1 ripe Hass avocado
½ cup water
2 Tbsp lime juice
1 tsp onion powder
1 clove of garlic, minced or pressed
½ tsp salt
Place the ingredients in a blender and blend until smooth.1

Salad-

1 heart of romaine, finely chopped
1 cup of red cabbage, finely chopped
1 sweet bell pepper, finely chopped
1 bunch green onions, sliced
1 small bunch cilantro, chopped
1 can black beans, drained and rinsed
1 cup frozen corn, thawed
Optional: vegetarian chicken substitute, crushed tortilla chips

Toss the veggies in a large bowl. Add the avocado dressing and toss again. Top with the optional ingredients if desired and serve.