



**Baycrest**

Innovations in aging

# MINDfull

## Over 100 Delicious Recipes for Better Brain Health

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What you eat, and when you eat, can help you protect your brain against inflammation, prevent disease and promote the growth of new brain cells.

100 brain-healthy recipes including contributions from Mark McEwan, Michael Smith and other Canadian celebrity chefs are illustrated with 39 colour photographs.

The recipes are paired with a wealth of practical information from Carol Greenwood, Canada's leading professor of nutrition and brain health. She debunks myths and tells us what to eat to promote optimal brain health and healthy aging - always ensuring that her advice can be easily adapted by the busy home cook.

Proceeds support the Baycrest Foundation.

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*Mindfull* is now available in trade paperback wherever books are sold.



## CURRIED LENTIL & WHEATBERRY SALAD WITH MANGO

Wheatberries are the whole, unprocessed wheat kernel. This means they contain all three parts of the grain: the germ, bran and starchy endosperm. Only the hull, the inedible outer layer of the grain, has been removed. Consequently, wheatberries retain all of the grain's vitamins, minerals and phytochemicals.

Wheatberries have an exceptional nutrient profile; they're high in fibre, low in calories, and packed with vitamins and minerals. A half-cup (125 mL) serving of cooked wheatberries is a great source of manganese, selenium, phosphorus and magnesium.

PREP TIME: 20 minutes  
COOK TIME: 70 minutes  
SERVES: 8 (1-1/3 cup each)

### INGREDIENTS

- 2/3 cup uncooked wheatberries
- 1/2 cup uncooked green lentils
- 1/3 cup uncooked orzo pasta
- 1/2 cup dried currants
- 6 green onions, sliced
- 1 ripe mango, peeled and diced
- 1 sweet red pepper, seeded and diced

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### DRESSING

- 1/4 cup cider vinegar
- 2 tsp honey
- 1-1/2 tsp ground cumin
- 1 tsp Dijon mustard
- 1/2 tsp each ground coriander and salt
- 1/4 tsp each paprika, turmeric and ground cardamom
- Pinch each cayenne and black pepper
- 1/3 cup canola oil

### DIRECTIONS

Add wheatberries to a large pot of boiling salted water. Boil for 40 minutes. Add lentils; cook for 20 minutes. Add orzo; cook for 10 minutes. Stir in currants. Drain well; transfer to a large mixing bowl. Cool slightly, about 10 minutes. Stir in green onions, mango and red pepper.

Meanwhile, in a small bowl, whisk together vinegar, honey, cumin, mustard, coriander, salt, paprika, turmeric, cardamom, cayenne and pepper. Gradually whisk in oil. Pour dressing over salad, tossing gently but thoroughly until well coated.

Salad can be covered with plastic wrap and refrigerated for up to 2 days. Bring to room temperature before serving.