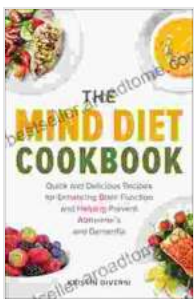


# Quick and Delicious Recipes for Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia

Your brain is the command center of your body, controlling everything from your thoughts and emotions to your physical movements. As we age, our brains naturally decline, but there are things we can do to slow down this process and maintain our cognitive health. One of the most important things we can do is eat a healthy diet.



## The MIND Diet Cookbook: Quick and Delicious Recipes for Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia by Kristin Diversi

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1133 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 171 pages
Lending	: Enabled



Certain foods have been shown to be particularly beneficial for brain health. These foods are rich in antioxidants, omega-3 fatty acids, and other nutrients that help to protect and nourish brain cells. In this article, we will share some quick and delicious recipes that are packed with these brain-boosting nutrients.

## Recipes

### 1. Salmon with Roasted Vegetables



#### Ingredients:

- 1 pound salmon fillet
- 1 tablespoon olive oil

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup broccoli florets
- 1 cup carrots, sliced
- 1 cup zucchini, sliced
- 1 tablespoon lemon juice

### **Instructions:**

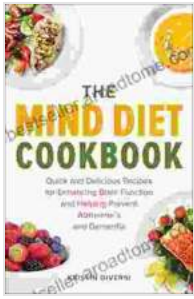
1. Preheat oven to 400 degrees F (200 degrees C).
2. Line a baking sheet with parchment paper.
3. Place salmon fillet on the prepared baking sheet.
4. Drizzle salmon with olive oil and season with salt and pepper.
5. In a separate bowl, combine broccoli, carrots, and zucchini.
6. Toss vegetables with olive oil and season with salt and pepper.
7. Spread vegetables around the salmon on the baking sheet.
8. Bake for 15-20 minutes, or until salmon is cooked through and vegetables are tender.
9. Drizzle with lemon juice and serve.

## **2. Lentil Soup**



### **Ingredients:**

- 1 cup dried lentils, picked over and rinsed
- 1 tablespoon olive oil
- 1 onion, chopped



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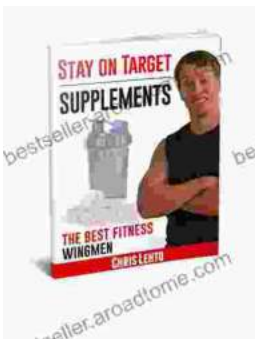
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