

Sweet Potato Chowder

3 cups frozen corn kernels
½ cup carrots, diced
½ cup onion, diced
½ cup sweet potato, diced
½ cup tomato, chopped
¼ cup green bell pepper, diced
¼ cup red bell pepper, diced
1 ½ quart water
2 ½ tablespoon soy sauce
¼ teaspoon black pepper
1 teaspoon thyme, dried
3 bay leaves
¼ cup arrowroot
¼ cup water
1 cup spinach, chopped

Place the vegetables and water in a large soup pot. Add the soy sauce and other seasonings. Bring to a boil, reduce the heat, cover, and simmer for about 45 minutes.

Mix the arrowroot with the cold water and add to the soup, stirring. Add the spinach, stir, and cook another 5 minutes.

Servings: 6

Recipe created by April P. Popejoy, MS, RD



American Optometric Association

Tip: Vitamin A is essential to proper functioning of the eye's retina. Vitamin A is found in a variety of foods including sweet potatoes, carrots, spinach, mangos, and cantaloupe. Choose these foods often.



Stir-Fried Beef With Peppers and Snow Peas

1 pound lean flank steak, cut into thin strips
6 teaspoons soy sauce
2 tablespoons peanut oil
2 garlic cloves, minced
1 sweet red pepper, cut into strips
1 green pepper, cut into strips
30 (4 ounces) fresh snow peas, tops and strings removed
2 tablespoons oyster sauce

Toss steak strips with 2 teaspoons soy sauce and let stand for 20 minutes.

Heat a large skillet or wok on high for 1 minute. Add the oil and swirl to coat pan. Add garlic and sauté until fragrant (about 20 seconds). Add the beef and fry until lightly browned. Add the pepper strips and snow peas and fry until peppers wilt. Stir in remaining soy sauce and oyster sauce. Cook and stir until meat is cooked through. Serve with rice.

Servings: 4

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Tip: Not all fats are created equal. Choose healthier fats more often such as olive oil and peanut oil. Limit your intake of saturated fat and trans fat. Read the Nutrition Facts Label to see which foods are high in saturated fat.



Salmon With Vegetables

4 wild Alaskan salmon filets
½ -inch chunk fresh ginger
1 lemon, zest and juice
1 bulb fennel, sliced
1 zucchini, cut in rounds
1 carrot, sliced
½ cup broccoli, cut in pieces
1 large tomato, peeled and chopped
12 large basil leaves, finely chopped
Coarse salt
Black pepper
Cooking spray
Aluminum foil

Place 2 cookie sheets in the oven and preheat to 400°F.

Place salmon filets in baking dish and season with salt, black pepper, chopped ginger, lemon zest, and lemon juice. In a large bowl, mix the fennel, zucchini, tomato, and chopped basil and season with salt and pepper.

Cut 6 sheets of aluminum foil approximately 10 X 16 inches. Spray each sheet with cooking spray. Distribute vegetable mixture on one half of each foil sheet. Top with salmon filets and any remaining lemon juice. Fold the foil into rectangular envelopes, crimping all the edges. Place foil packets on cookie sheets and bake for 20 minutes. Serve with spinach salad.

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Tip: Two yellow pigments found in the eye, known as lutein and zeaxanthin, are thought to protect the eye from damage. Lutein and zeaxanthin are found in dark green leafy and yellow vegetables. Eating large quantities of these vegetables may help to slow or prevent the progression of age-related macular degeneration.



Low-Fat Blueberry Cobbler

Cooking spray
¾ cup sugar
2 tablespoons cornstarch
Grated zest of 1 large orange
2 pint boxes blueberries, washed
Batter:
2 tablespoons butter
½ cup sugar
Pinch salt
1 large egg
½ cup skim milk
1 ½ cups sifted cake flour
2 tablespoons baking powder

Preheat oven to 425°F. Spray a 9 X 12 inch baking dish with cooking spray. Mix together the sugar, cornstarch, and orange zest. Toss in the berries and put in baking dish

Cream together the margarine and sugar. Add a pinch of salt and blend in the egg. Add milk and mix well. Stir in flour and baking powder, beat briefly to make a thick, soft batter. Spoon batter over berries, leaving about a 1-inch border of berries visible. Bake in the oven for 20 to 25 minutes, or until top is slightly golden. Serve warm.

Serves 6-8.

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Tip: Antioxidants help prevent many diseases, including diseases of the eye. Good sources of antioxidants are found in fruits and vegetables, such as blueberries. Produce with high pigmentation has a higher concentration of antioxidants. When picking fruits and vegetables notice the pigment and choose the ones with the most color.

