



Macular
Disease
Foundation
AUSTRALIA



MACULA MENU E-COOKBOOK

Warming, winter meals for the whole family



Food for thought

Macular disease is one of the leading causes of blindness and severe vision loss in Australia. While research to find a cure is continuing, we do know that a few simple changes in lifestyle and diet can help support macular health.

Don't smoke; get regular exercise; eat a healthy, well-balanced diet: simple steps that are good for general wellbeing as well as eye health.

But many of us struggle for ideas to incorporate enough eye-healthy foods into our everyday diet so we've put together some of our favourite winter recipes that are both delicious and will also help to keep your eyes healthy.

Enjoy!



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Eating for eye health

The following advice can help keep your eyes healthy: eat dark green leafy vegetables and fresh fruit daily, eat fish two to three times a week, choose low glycemic index (GI) carbohydrates whenever possible, eat a handful of nuts a week, and limit your consumption of fats and oils. Recent Australian research indicates that regular consumption of eggs, which contain dietary lutein and zeaxanthin, could reduce the risk of developing AMD.



Do I need to be careful with leafy greens and medications?

Most of the best natural sources of lutein, including kale, spinach, silver beet, Brussels sprouts and broccoli, also contain high levels of vitamin K. This may interfere with some medications, including the blood thinner, warfarin. If you can't obtain enough lutein from your diet, a supplement may be appropriate. You must speak to your doctor before changing your diet if you take warfarin.



What about margarine, fats and oils? Are they bad for your eyes?

Although there is no definitive evidence for margarine, fats and oils and their association with AMD, research shows you should limit your consumption of these. Recent research shows that consuming one tablespoon of olive oil per day may reduce your risk of developing late stage AMD. More research is required in the area of fats and oils and AMD.



Which nuts should I eat?

Eat a handful of nuts each week – a few each day or crush and sprinkle them over your food. Choose raw, unsalted nuts and mix a selection such as almonds, walnuts, Brazil nuts, pine nuts, pecans and pistachios.



What about alcohol?

As part of a healthy diet, excessive consumption of alcohol should be avoided. You shouldn't consume more than two standard drinks per day.



Does food have to be fresh?

No. Frozen or tinned food, such as fish or vegetables, are very good options if fresh isn't readily available.



Should I eat seeds?

Seeds such as flax seeds (linseeds) are often recommended for their high essential fatty acid content. However, their relationship to AMD is not fully known.



Serves 4
Time to make
10 mins

Winter greens salad with walnuts and feta

A simple and warming salad packed with eye-healthy nutrients. Walnuts contain selenium while green, leafy vegetables contain lutein and zeaxanthin, which are all nutrients that are good for macular health.

Ingredients

- 1 small bunch chard, torn into small pieces
- 1 small bunch kale, torn into small pieces
- 1 lemon, juiced
- 2 to 4 tbsp olive oil
- salt and pepper, to taste
- 300g feta, cubed
- 60g walnut pieces

Instructions

- 1 Combine chard and kale in a large salad bowl.
- 2 Add lemon juice, olive oil and salt and pepper to taste.
- 3 Using both hands gently massage the leaves for a minute or so. Leaves should soften, but do not crush.
- 4 Top the salad with walnuts and feta cubes, then serve.

Variations

You can use silverbeet or mature spinach to replace the chard, also known as Swiss chard.

Lutein and zeaxanthin are found in particularly high levels in dark green leafy vegetables such as kale, spinach and silverbeet.

Serves 4

Time to make
15 mins

Potato and silverbeet frittata

Ingredients

1 bunch silverbeet (leaves separated, stalks reserved for another use)

25g butter

1/2 large onion, thinly sliced

2 garlic cloves, finely chopped

400g potatoes, thinly sliced

300ml chicken stock

200g Parmesan, finely grated

lemon oil

rocket

baby spinach leaves

Instructions

1 Preheat oven to 220C. Blanch silverbeet leaves (5-10 seconds), drain and refresh. Squeeze excess water from silverbeet, coarsely chop and set aside.

2 Heat butter in a 15cm-diameter cast-iron frying pan over medium-high heat.

3 Add onion and garlic, season generously to taste, stir frequently until caramelised (10-15 minutes), remove from pan.

4 Place alternate layers of potato and onion back into pan and add stock, pressing potato down gently with the back of a spoon to even out layers and ensure they are covered with the stock.

5 Cook until potato is just tender and stock is absorbed (8-10 minutes). Drain excess stock from pan if potato becomes tender before stock is absorbed.

6 Scatter silverbeet evenly over potatoes, then top evenly with the grated cheese and bake until golden and crisp on top and around edges (20-30 minutes).

7 Serve immediately with a lemon and olive oil-dressed rocket and spinach salad.



Tuna Nicoise spaghetti

Serves 4

Time to make 20 mins

Ingredients

- 230g spaghetti
- 230g green beans cut in half
- 3 tbsp extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- 1 cup cherry tomatoes, halved
- 200g canned tuna, drained
- 1/2 cup kalamata olives
- 1/2 cup freshly chopped basil
- 1 tsp sea salt
- freshly ground black pepper
- Parmesan cheese, finely grated

Instructions

- 1** Bring a large pot of salted water to boil. Add the spaghetti and cook for 8 minutes or until just about cooked.
- 2** Add the green beans to the pot and cook until the spaghetti is done, about 2 more minutes.
- 3** Scoop up $\frac{1}{2}$ cup of pasta water and set aside. Drain the pasta and beans in a colander.
- 4** Heat the olive oil in a large skillet over medium heat. Add the garlic and saute for about 1 minute, making sure it doesn't brown or burn.
- 5** Add the tomatoes, flake in the tuna, add the olives, basil, and pasta cooking water. Stir well. Add the cooked pasta and beans, salt, and several generous grinds of black pepper. Stir well.
- 6** Remove from heat and serve in bowls with Parmesan cheese over the top.

TIP

Save the pasta water

The starchy water can be amazing in sauces, to either bind the sauce and pasta together, or to thin down thicker sauces so they'll coat the noodle.

Warm Brussels sprouts salad

Ingredients

1/2 baguette cut into large cubes
500g Brussels sprouts
2/3 cup golden raisins
1/4 cup mayonnaise
4 garlic cloves
1 lime
1/8 tsp cayenne pepper
1/4 cup olive oil
3 tbsp olive oil for the skillet
salt and pepper to taste

Instructions

- 1** Pulse the Brussels sprouts in a food processor until roughly chopped.
- 2** Heat a tablespoon or two of olive oil in a large skillet over medium heat and cook the sprouts, tossing occasionally, until bright green and cooked through (about 6-8 minutes).
- 3** During the last few minutes of cooking, toss in the raisins.
- 4** While the sprouts cook, combine the mayonnaise, garlic and juice from the lime in food processor. Pulse the ingredients together until well combined.
- 5** With the processor still running, drizzle in 1/4 cup olive oil. Add salt and pepper.
- 6** Toss the bread cubes in a few tablespoons of olive oil. Spread in one layer on a baking sheet and season with a little salt and pepper. Bake at 190C until brown and crispy (8-10 minutes).
- 7** Toss the sprouts with the dressing. Add in the croutons and toss it all together and serve.



**THE FIRST WEALTH
IS HEALTH**

RALPH WALDO EMERSON

Creamy garlic, lemon and spinach salmon



Serves 2
Time to make
15 mins

Who doesn't love creamy mash? Add eye-healthy salmon and spinach, you have a delicious, homely and healthy meal that is packed with Omega-3, lutein and zeaxanthin.

Ingredients

- 2 sweet potatoes
- 1 tbsp olive oil
- 2 salmon fillets, skin removed
- 2 garlic cloves, thinly sliced
- 170g baby spinach
- 1 lemon (½ zested and juiced, ½ thinly sliced)
- 75g mascarpone cheese
- 5 tbsp milk

Instructions

- 1** Heat oven to 200C. Pierce the sweet potatoes a few times each and microwave on high for 5 mins until soft (alternatively, bake for 35-40 mins). Keep warm until ready to serve.
- 2** Heat half the oil in a frying pan and lightly brown the salmon on both sides – don't worry about it being cooked through at this point. Transfer the salmon to a plate, wipe out the pan and heat the remaining oil.
- 3** Cook the garlic for 30 seconds, without letting it brown, then add the spinach, lemon zest and juice and some seasoning. Stir in the mascarpone and 2 tbsp of the milk and cook until the spinach has wilted.
- 4** Tip the spinach mix into an ovenproof dish and top with the lemon slices and salmon fillets. Bake for 5-8 mins until the salmon is cooked through.
- 5** Meanwhile, scoop the sweet potato flesh from the skins and mash with the remaining milk and some seasoning. Serve the sweet potato mash alongside the salmon and creamy spinach.



**COOKING
WELL DOESN'T
MEAN COOKING
FANCY**

JULIA CHILD

Mediterranean sardine dip



Feeling like a healthy snack? This dip contains Omega-3 rich sardines, which are great for eye-health. Whip up this dip and keep it in the fridge for when hunger strikes and you need an eye-healthy snack. Serve with sliced vegetables to help reach your five serves of vegetables a day.

Serves 4

Time to make
25 mins

Ingredients

100g sardines in oil, drained
110g soft cream cheese
30g chopped celery
40g red onion, chopped
1 tsp dried dill
2 tbsp prepared mustard
whole wheat crackers or
vegetables to serve

Instructions

- 1** In a medium bowl, combine sardines, cream cheese, celery, onion, dill, and mustard. Mix well.
- 2** Refrigerate, covered for up to two days.
- 3** To serve, add to a bowl and surround with vegetables to dip or whole wheat crackers.

Variations

Use vegetables to dip into the spread for a healthy snack. Choose sardines with bones to increase your calcium.

One-pan eggs and capsicum



Serves 4

Time to make
35 mins

No mess, no hassle! This one pan dish is perfect for breakfast, brunch, lunch or dinner. Red capsicum are high in vitamin C and eggs contain lutein and zeaxanthin.

Ingredients

2 tbsp olive oil
2 onions, sliced
1 capsicum deseeded and sliced
1-2 red deseeded chillies, optional
400g can chopped tomatoes
1-2 tsp caster sugar
4 eggs
small bunch parsley, roughly chopped
6 tbsp thick, creamy yoghurt
2 garlic cloves, crushed
salt and pepper to taste

Instructions

- 1** Heat the oil in a heavy-based frying pan. Stir in the onions, capsicum and chillies.
- 2** Cook until they begin to soften. Add the tomatoes and sugar, mixing well. Cook until the liquid has reduced, season with salt and pepper.
- 3** Using a wooden spoon, create 4 pockets in the tomato mixture and crack the eggs into them.
- 4** Cover the pan and cook the eggs over a low heat until just set.
- 5** Beat the yoghurt with the garlic and season with salt and pepper.
- 6** Sprinkle with parsley and serve from the frying pan with a dollop of the garlic-flavoured yoghurt.



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