



The Foundation of the
American Academy of Ophthalmology

Feast Your Eyes on This!

Summer Cookbook

Healthy Recipes That May Reduce Your
Risk of Age-related Macular Degeneration





The Foundation of the
American Academy of Ophthalmology

About EyeCare America

Established in 1985, EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, is committed to the preservation of sight, accomplishing its mission through public service and education. EyeCare America provides eye care services to the medically underserved and for those at increased risk for eye disease through its corps of 7,000 volunteer ophthalmologists dedicated to serving their communities. More than 90 percent of the care made available is provided at no out-of-pocket cost to the patients. EyeCare America includes programs for seniors, glaucoma, diabetes, Age-related Macular Degeneration and children, and is the largest program of its kind in American medicine. Since its inception, EyeCare America has helped more than 1 million people. EyeCare America is a non-profit organization whose success is made possible through charitable contributions from individuals, foundations and corporations. More information can be found at: www.eyecareamerica.org





Age-related Macular Degeneration EyeCare Program

The AMD EyeCare Program recommends that people 65 or older have their eyes examined every one to two years. If you have any symptoms of or a family history of eye disease, see your ophthalmologist as soon as possible.

It also raises awareness of AMD, provides the latest information about treatment options and low vision resources, offers free AMD educational materials and facilitates access to care at no out-of-pocket cost for those who qualify.

Qualifications

The AMD EyeCare Program is designed for individuals who have not been diagnosed with AMD and:

- Are age 65 and older
- Are U.S. citizens or legal residents
- Have not seen an ophthalmologist in three or more years
- Do not belong to an HMO or the VA

Benefits

People may call the toll-free helpline at 1-866-324-EYES (3937), anytime, for themselves and/or family members or friends to see if they qualify for an eye exam and care at no out-of-pocket cost or to request free AMD educational material.

Sponsors

The AMD EyeCare Program is co-sponsored by Alcon, Inc., Bausch & Lomb, Inc., Genentech, Inc., Novartis Ophthalmics and Pfizer Ophthalmics.





Healthy Eating Habits May Delay Age-related Macular Degeneration

Approximately 10 million Americans suffer from Age-related Macular Degeneration (AMD), a devastating eye disease and a leading cause of vision loss in people 65 years or older in the United States. Although there is no cure for AMD, recent studies show that eating foods rich in antioxidants such as lutein, zeaxanthin, omega-3 fatty acids, beta carotene, vitamin C, vitamin E and zinc, may reduce the risk of AMD, or slow its progression in some people.

So, what type of foods should you eat?

- Most fruits and vegetables contain Vitamin C including oranges, grapefruit, strawberries, papaya, green peppers and tomatoes.
- Vitamin E can be found in vegetable oils (safflower and corn oil), almonds, pecans, wheat germ and sunflower seeds.
- For beta-carotene, try deep orange or yellow fruits and vegetables such as cantaloupe, mangos, apricots, peaches, sweet potatoes and carrots.
- Dark green leafy vegetables such as broccoli, collard greens, asparagus and spinach are the primary sources of lutein and zeaxanthin.
- Good sources of zinc include beef, pork, lamb, oysters, eggs, shellfish, milk, peanuts, whole grains and wheat germ.
- Good sources of omega-3 fatty acids are leafy green vegetables, nuts, fish, and vegetable oils such as canola, soy, and especially flaxseed.

The medical research about links between certain foods and nutrients and the progression of age-related macular degeneration (AMD) is on-going. EyeCare America's recipes focus on whole foods, not supplements that contain nutrients research has shown may be helpful in slowing the progression of AMD and assisting in eye health. By providing these recipes, EyeCare America, FAO and the American Academy of Ophthalmology are not providing medical advice, prescribing treatment or projecting or guaranteeing any particular results, and each disclaims any liability. Regular eye exams by your ophthalmologist are the best way to diagnose eye diseases such as AMD in its early stages and to receive appropriate medical treatment.





As a nutritionist, a mom and a cook, I am always looking to include foods with powerful antioxidants, like almonds and strawberries, in my recipes. A one-ounce handful of almonds is an excellent source of vitamin E, which is a powerful eye-healthy antioxidant.

– Robin Miller

STRAWBERRY-CUCUMBER SALAD WITH ALMONDS AND MINT IN STRAWBERRY VINAIGRETTE

Serves 4

Active time: 10-15 minutes

Start to finish time: 10-15 minutes

INGREDIENTS:

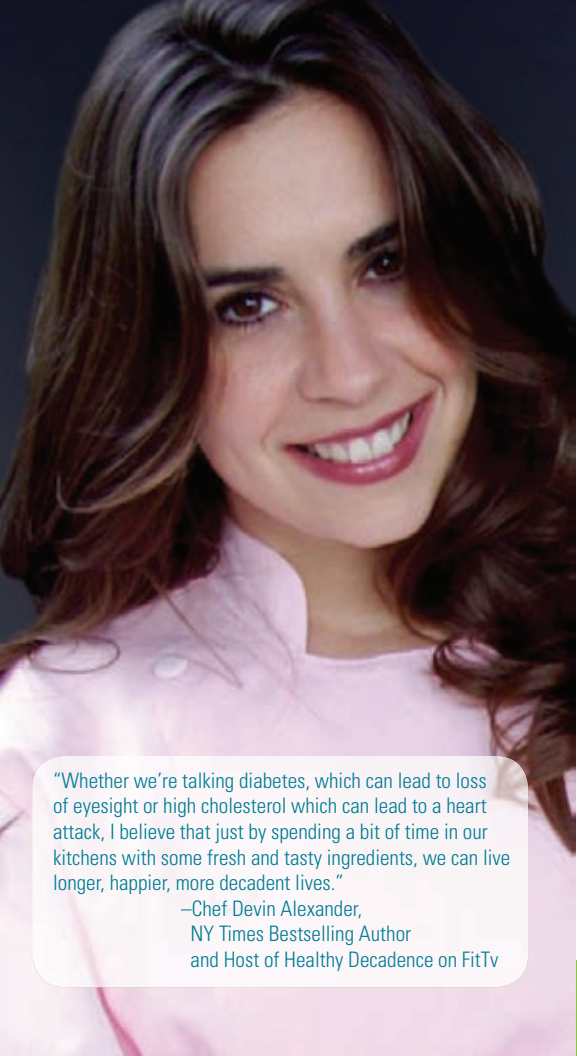
- $\frac{1}{3}$ cup slivered almonds
- 2 tablespoons seedless strawberry preserves or strawberry jam
- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 3 cups diced English (seedless) cucumber
(about 1 whole English cucumber, chopped)
- 1 cup sliced fresh strawberries (or frozen, thawed strawberries, halved)
- 2 tablespoons chopped fresh mint
- Salt and freshly ground black pepper
- Lettuce leaves for serving, such as Bibb, Romaine, or red leaf lettuce

COOKING INSTRUCTIONS:

Place almonds in a small, dry skillet and set pan over medium heat. Cook 3 to 5 minutes, until almonds are golden brown, shaking the pan frequently to prevent burning. Set aside

In a medium bowl, whisk together the preserves, olive oil, balsamic vinegar, and Dijon mustard. Add the cucumber, strawberries, mint, and toasted almonds and toss to combine. Season to taste with salt and black pepper. Serve inside lettuce leaves or over chopped lettuce.





“Whether we’re talking diabetes, which can lead to loss of eyesight or high cholesterol which can lead to a heart attack, I believe that just by spending a bit of time in our kitchens with some fresh and tasty ingredients, we can live longer, happier, more decadent lives.”

—Chef Devin Alexander,
NY Times Bestselling Author
and Host of Healthy Decadence on FitTV

CURRIED VEGGIE SKEWERS

INGREDIENTS:

- 24 zucchini rounds – 1/4 inch thick
- Eight 2-inch red onion squares
- 4 cherry tomatoes
- 4 small button mushrooms
- 1 teaspoon red curry paste
- 1/2 teaspoon extra virgin olive oil
- 2 metal skewers or 2 wooden skewers soaked in water for at least 1/2 hour

COOKING INSTRUCTIONS:

If you love kebabs and skewered veggies as much as I do, it’s worth purchasing metal skewers. You can get them at most cooking stores, in home improvement stores near the barbecue grills, and even at many grocery stores these days. Just be sure to get rustproof ones. If you prefer the wooden ones, they’ll need to be soaked in water for at least 1/2 hour so they don’t burn on the grill. The metal ones are good to go immediately.

Preheat a grill to high. Combine the zucchini, onion, tomatoes, mushrooms, curry paste, and olive oil in a medium bowl. Toss until the veggies are well coated. Skewer 2 zucchini rounds, leaving a little space between the pieces so they will cook evenly. Next, skewer 2 onion squares, followed by 2 zucchini rounds, 1 tomato, 2 zucchini rounds, and 1 mushroom. On the same skewer, repeat. Then follow the same procedure to create a second skewer. Turn the grill to low and place the skewers side by side on the grill. Grill for 5 to 6 minutes per side, or until some of the tomato skins begin to split and the other veggies are tender. Serve immediately.





"Making a choice to get healthier with your eating choices can have such a huge affect on every aspect of your life. My sister has cataracts and macular issues. The state of her eyes affects everything. Learning that something as simple and wonderful as cooking healthy food can actually help is truly empowering."

—Chef Janette Barber

LUSCIOUS GRAPEFRUIT MERINGUE

INGREDIENTS:

- 3 egg whites
- 1 teaspoon vanilla extract
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon salt
- 1/4 cup confectionary sugar
- 2 large pink grapefruits, halved, sections pre-cut for easier eating.

COOKING INSTRUCTIONS:

Pre-heat oven to 350 degrees F. In a medium bowl, use an electric mixer to beat the egg whites with the vanilla cream of tartar and the salt until foamy. Gradually add the confectionary sugar and continue beating until the mixture is shiny and forms stiff peaks. Cover the surface of the each grapefruit half completely with generous gobs of meringue and bake for 15 or 20 minutes until lightly browned. Serve immediately.

Yield: 4 Servings





"As Hippocrates said, 'Let food be thy medicine'. For eye health, eat plenty of: Avocados, Carrots, Broccoli, Eggs, Spinach, Kale, Tomatoes, Sunflower Seeds, Garlic and Salmon."

Salud!

—Donna DeCunzo-Taddeo, RD, LD

"SAUCED" SUMMER SALMON

INGREDIENTS:

For the marinade:

- 6 ounces of fresh orange juice
- 3 teaspoons extra-virgin olive oil
- 6 ounces of Tequila
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons granulated garlic

8 salmon fillets (with skin), about 6 ounces each and 1 inch thick

COOKING INSTRUCTIONS:

Whisk together the marinade ingredients in a small bowl. Place the salmon fillets in a large, resealable plastic bag and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, refrigerate for 30 to 45 minutes (or overnight).

Grill the salmon, flesh side down, over medium heat about 7 to 8 minutes (or until you can lift the fillets without them sticking) Turn, skin side down, and finish cooking for 3 to 5 minutes more.

Slide a spatula between the skin and flesh and transfer the fillets to serving plates. Serve with grilled carrots (Wash and peel carrots, steam until semi-soft; brush lightly with olive oil, sprinkle with salt and pepper to taste and grill) and large leafy green salad. (Include lots of romaine lettuce, spinach, broccoli, fresh avocado, hard-boiled eggs, tomatoes and sprinkle with sesame seeds.)





Making healthy dietary choices that will far better maintain and even improve our eyesight shouldn't be "viewed" as a sacrifice, but instead should be "seen" as an opportunity to re-evaluate old, negative habitual patterns and begin to make wiser and even tastier decisions regarding what we enjoy eating!

—Rocco "Boss Hog" Loosbrock

BOSS HOG'S BROCCOLI BACON SALAD

Serves 8

SALAD INGREDIENTS:

- 8 slices of bacon
- 1 lb fresh broccoli
- ½ cup chopped onion
- ½ cup plump raisins

DRESSING INGREDIENTS:

- ½ cup light mayonnaise
- ¼ cup honey
- ¼ cup malt vinegar
- 1 teaspoon of sea salt

COOKING INSTRUCTIONS:

Chop bacon strips into ½ inch pieces. Cook bacon pieces over medium to medium high heat until evenly browned. Drain bacon pieces and set aside.

Make dressing by combining mayonnaise, honey, vinegar, and salt in a small mixing bowl. Stir until salt is dissolved. Set dressing aside in the refrigerator until ready to use.

Cut broccoli into bite-sized pieces. Chop onions. Place broccoli, onion, raisins, and bacon pieces in a large mixing bowl. Dress salad with just before serving to preserve the texture of the bacon pieces.





I am a very visual person and value my eyesight over all other senses combined. I try to make my raw food dishes appealing not only to the tongue, but also to the eye. This is easy to do because raw food is so colorful and beautiful!

—Susan Schenck

SUNFLOWER SEED PÂTÉ

INGREDIENTS:

- 1 cup sunflower seeds, soaked overnight, rinsed
- 1 cup pecans, soaked overnight, rinsed
- ½ cup pitted olives
- 2 red bell peppers
- ½ bunch cilantro or favorite fresh herb
- ¼- to ½ cup pure water
- 1 teaspoon of powdered sea vegetables or sea salt
- ½-1 cup sun-dried tomatoes, soaked for 30 minutes and cut into small pieces with scissors
- ½ cup shredded raw sweet potato
- raw corn chips (recipe follows)

COOKING INSTRUCTIONS:

Combine the seeds and make butter through the blank screen of a juicer. If you don't have such a juicer, mix in a food processor using the "S" blade. Combine the seed butter with all the other ingredients, and blend in either the Blend-Tec or Vita-Mix, or process in a food processor.

continued...



RAW CORN CHIPS

INGREDIENTS:

- 3 cups of frozen organic corn
- ½ red onion
- 1 red bell pepper
- ½ teaspoon of celtic sea salt
- ¾ to 1 cup flax seeds, ground in a coffee grinder or heavy duty blender

COOKING INSTRUCTIONS:

Mix everything in a food processor. Spread out on sheet of a temperature-controlled dehydrator and heat for 12 hours at 105 F. Flip over, and heat another 12 hours or until very dry. Break apart and serve with the sunflower pâté.





CITRUS AND SESAME GRANOLA

INGREDIENTS:

- 2 lemons, zested
- ½ lemon, juiced
- 1½ oranges, zested and juiced
- 1/3 cup of extra virgin olive oil
- ½ cup pure maple syrup
(or ¼ cup maple and ¼ cup honey)
- 2 egg whites
- 1 tablespoon vanilla extract
- 4 cups organic rolled oats
- 1 cup raw cashews
- ½ cup raw almonds or pecans
- ½ cup raw sunflower seeds
- ¼ cup raw sesame seeds
- ½ cup unsweetened dried coconut
- ¼ cup flaxseed, ground
- ¼ cup wheat germ
- 1 cup dried fruit (preferably peaches, apricots, and papaya)
- ½ cup plain or flavored organic kefir

COOKING INSTRUCTIONS:

Heat oven to 350 degrees. Stir zest, juice, extra virgin olive oil, syrup, egg whites and vanilla together in a medium sized bowl. In a large bowl mix the oats, ½ of the nuts, ½ the sunflower seeds, all the sesame seeds and the coconut. Stir in syrup mixture. Spread thinly on two cookie sheets covered in parchment paper or tinfoil for easy cleanup. Bake for 15 minutes then stir granola on trays with a wooden spoon. Continue to bake for seven more minutes or until golden brown. Remove and cool. Stir in remaining nuts, flax seed, wheat germ and dried fruit. When completely cooled, store in airtight containers and enjoy for up to a month, or keep in freezer for up to six months. Serve with organic kefir and enjoy!

"I recently had the privilege of participating in a charity event to help further the research for optic nerve hyperplasia. As a long time advocate and teacher for children's health and nutrition, I was moved to hear that many of the foods that I champion are critical for optic health. The following recipe incorporates many of the foods recommended for building and maintaining eye health."

—Chef Domenica Catelli





BANANA BLOSSOM SALAD WITH CHICKEN AND GRAPEFRUIT

INGREDIENTS:

- 2 small banana blossoms
- 2 tablespoons white vinegar
- 4 tablespoons white vinaigrette
- 2 cups shredded poached chicken breast
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons fresh lime juice
- 2 teaspoons chopped rau ram (Vietnamese mint)
- 6 tablespoons chili fish sauce
- 4 tablespoons crispy shallot flakes
- 4 tablespoons chopped roasted peanuts

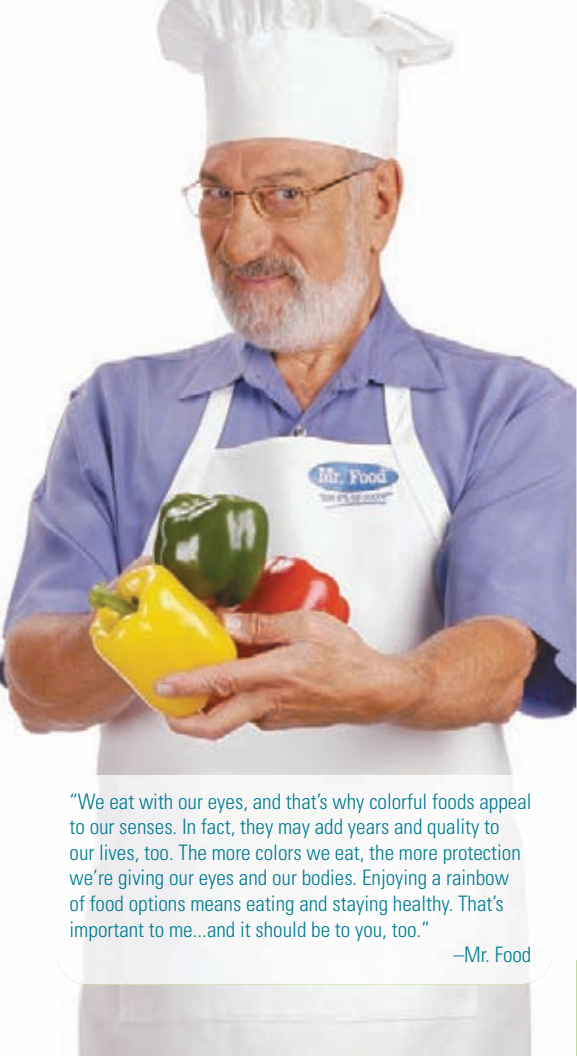
COOKING INSTRUCTIONS:

Peel off and discard the touch, old outer layers (called bracts) of the banana blossom. Use a Japanese mandolin with the thinnest setting and cut into fine julienne strips. Immediately plunge into large bowl of cold water with the white vinegar. Remove the julienne strips and shake off the tiny white buds (chopped up baby buds). Rinse and drain. Squeeze dry of the excess water. Put 4 cups, well packed, strips into a bowl and toss with the white vinaigrette for a few seconds. Pour off the excess liquid. In a separate bowl, toss the shredded chicken with salt, pepper and lime juice. Add the grapefruit, rau ram, and the chili fish sauce; mix together thoroughly. To serve, divide equally and mound the salad onto 4 separate plates. Top each with 1 tablespoon of crispy shallot flakes and 1 tablespoon of the chopped peanuts. Serve immediately.

“Vietnamese food is naturally fresh and rich in antioxidants. The Southern region of Vietnam where my home of Nha Trang is located is rich with tropical fruits such as papayas and mangoes, the seafood and shellfish are abundant. At Ana Mandara restaurant we recreate these ingredients in dishes such as the Banana Blossom Salad with peanuts and fresh grapefruit, our Green Papaya Salad, and my signature Mango Soup with Durian Sorbet.”

—Chef Khai Duong





"We eat with our eyes, and that's why colorful foods appeal to our senses. In fact, they may add years and quality to our lives, too. The more colors we eat, the more protection we're giving our eyes and our bodies. Enjoying a rainbow of food options means eating and staying healthy. That's important to me...and it should be to you, too."

—Mr. Food

CAESAR PASTA PRIMAVERA

Serving Size: 1/6 recipe, Total Servings: 6

INGREDIENTS:

- 1 (12-ounce) package regular or multi-grain bow-tie pasta
- 2 tablespoons olive oil
- 1/4 pound asparagus, cut into 1-1/2-inch pieces
- 1/4 pound snow peas, trimmed
- 2 medium carrots, thinly sliced
- 1 medium-sized yellow or red bell pepper, cut into 1-inch chunks
- 3 medium plum tomatoes, cut into thin wedges
- 3 garlic cloves, minced
- 1 (14-1/2-ounce) can ready-to-serve reduced-sodium chicken or vegetable broth
- 1 (1.2-ounce) package dry Caesar dressing mix
- 2 tablespoons grated Parmesan cheese (optional)

COOKING INSTRUCTIONS:

- 1.** Cook pasta according to package directions, omitting the salt; drain. Meanwhile, in a large skillet, heat olive oil over medium heat and sauté asparagus, snow peas, carrots, and bell pepper 2 minutes. Stir in tomatoes and garlic.
- 2.** In a small bowl, combine broth and dressing mix; pour over vegetables and bring to a boil. Reduce heat to low and simmer 5 to 7 minutes, or until vegetables are crisp-tender, stirring occasionally.
- 3.** In a large bowl, combine hot pasta and vegetable mixture; add Parmesan cheese, if desired, and toss until well coated. Serve immediately.





"Keeping your eyes healthy and strong is essential at any age. You can provide extra protection by eating healthy. Age-related macular degeneration is the leading cause of vision loss in people 65 years or older in the United States. Although there is no cure, following a healthy eating program is an excellent preventive measure to maintaining good eyesight throughout one's life."

—Chef Jyl Steinback

GRILLED TUNA WITH PINEAPPLE-ORANGE SALSA

INGREDIENTS:

- 1 cup pineapple chunks, drained
- ¼ cup orange juice
- 1 tbsp. chopped sweet onion (e.g. Vidalia, Walla Walla)
- ½ cup chopped red bell pepper
- 24 oz. tuna steaks
- 2 tsp. garlic powder
- 2 tbsp. low-sodium teriyaki sauce

COOKING INSTRUCTIONS:

Combine pineapple, orange juice, onion, and red pepper in a medium bowl and mix well; cover and refrigerate until ready to serve. Sprinkle tuna steaks on both sides with garlic powder. Brush generously with teriyaki sauce. Heat broiler or grill to medium-high heat. Cook (grill or broil) tuna 5 minutes; turn tuna, brush with teriyaki sauce, and cook an additional 5 minutes. Serve with pineapple salsa.

Serves: 4

Shopping List:

24 oz. tuna steaks, 8 oz. can pineapple chunks, orange juice, sweet onion, red bell pepper, teriyaki sauce, garlic powder

Copyrighted by Family Fit Lifestyle, Inc.





"I try not to use fat as flavor like many chefs do; I think there are health alternatives to bringing out the true essence of items we cook without adding all the fat. Finishing sauces, salads and grilled or roasted vegetables with a touch of vinegar or white wine really makes a difference in seasoning. Balsamic, rice and sherry vinegar are my favorite and we use them a lot at The Beehive."

—Chef Rebecca Newell

SPICY PICKLED VEGGIES

- 6 zucchini
- 6 summer squash
- 10 cherry Pepper
- 8 carrots
- 8 parsnips
- 4 head cauliflower

*Veggies, all Battonet cut except the pepper, sliced

In a large pot, seasoned with siracha, vinegar and salt and pepper. Blanch and shock all of the vegetables, except for the squashes. Those can just be added to the finished veggies.

In a large bowl, season veggies heavily with vinegar, sugar, salt, pepper and siracha. Put in cambro and serve after two days.





"Everyone really takes their eyes for granted until problems arise. You really need to take preventative care of your eyes so that no problems arise. And if you are more predisposed to eye problems because of family history you will lessen your chances of developing those very same problems. 'Feeding your eyes' by giving them all the nutrients they need is a great way to do that."

—Chef Maria Liberati

INSALATA PROFUMATA DI MARE

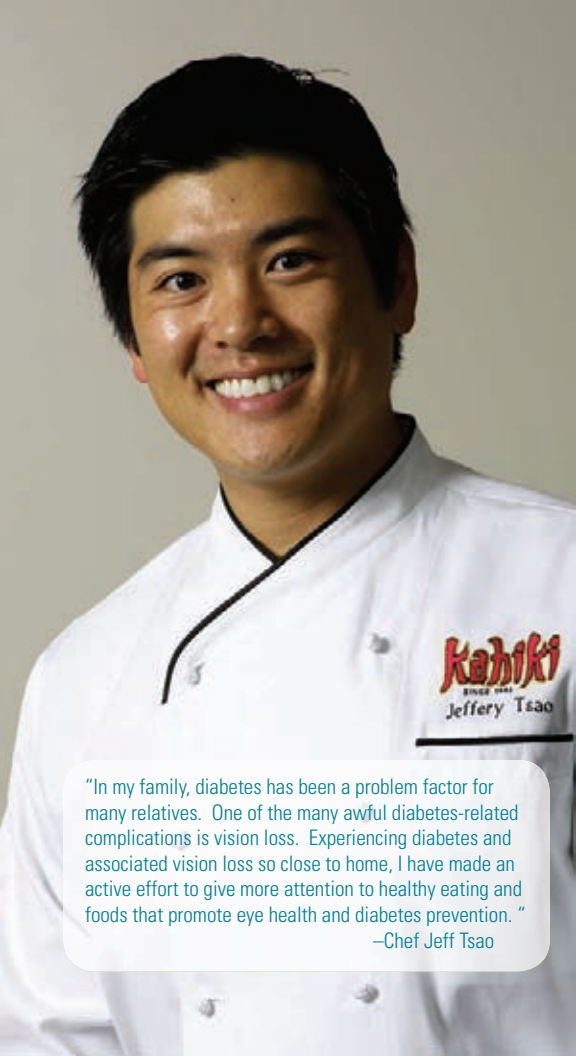
INGREDIENTS:

- 1 lb of steamed, cleaned shrimp
- 1/4 pound cleaned, steamed mussels-shelled
- 1/3 lb of calamari-cleaned and cooked
- 1 red onion
- 2 red, ripe tomatoes
- 4 parsley sprigs chopped finely
- 1 tablespoon of olive oil
- 1 fresh lemon
- salt and white pepper to taste

COOKING INSTRUCTIONS:

Clean and slice the onion into round slices. Separate slices into separate rings. Wash and clean the tomatoes, cut in slices. Clean and chop parsley finely. Wash and cut lemon in half. Squeeze lemon with juice squeezer, remove seeds. Place fish in bowl and dress with lemon juice olive oil and pinch of salt and pepper. Sprinkle chopped parsley on top and stir. Cover with plastic wrap and set aside for 30 minutes in refrigerator. On a large plate, arrange tomato slices. Place marinated fish on top and then top off with onion rings.





VIETNAMESE-STYLE SALMON SUMMER ROLL

SUMMER ROLL INGREDIENTS:

- 1 pack of rice paper wrappers
- 1 large bowl filled with very warm water (for soaking rice paper wraps)
- 1 dozen large peeled and deveined shrimp – well seasoned and grilled
- 1 green papaya or mango – grilled and sliced (semi-ripe peaches can be used as a substitute)
- 1 bunch asparagus – stemmed and grilled
- 1 small bag shoestring carrot
- 1 bunch red leaf lettuce – shred cut (butter, romaine or green leaf lettuce can be used as substitute)
- ½ cup mint sprigs
- ½ cup thai basil sprigs (regular Italian or sweet basil can be used as a substitute)
- ½ cup cilantro sprigs

DIPPING SAUCE INGREDIENTS:

- ½ cup chunky peanut butter
- 1/3 cup water
- 1 Tablespoon lime juice
- 1 Tablespoon fish sauce
- 1 Tablespoon brown sugar
- 1 tsp chili garlic sauce
- Optional: 1 Tablespoon roughly chopped cilantro

Combine all and stir together until fully combined.

“In my family, diabetes has been a problem factor for many relatives. One of the many awful diabetes-related complications is vision loss. Experiencing diabetes and associated vision loss so close to home, I have made an active effort to give more attention to healthy eating and foods that promote eye health and diabetes prevention.”

–Chef Jeff Tsao

continued...

VEGETABLE PREPARATION TIPS:

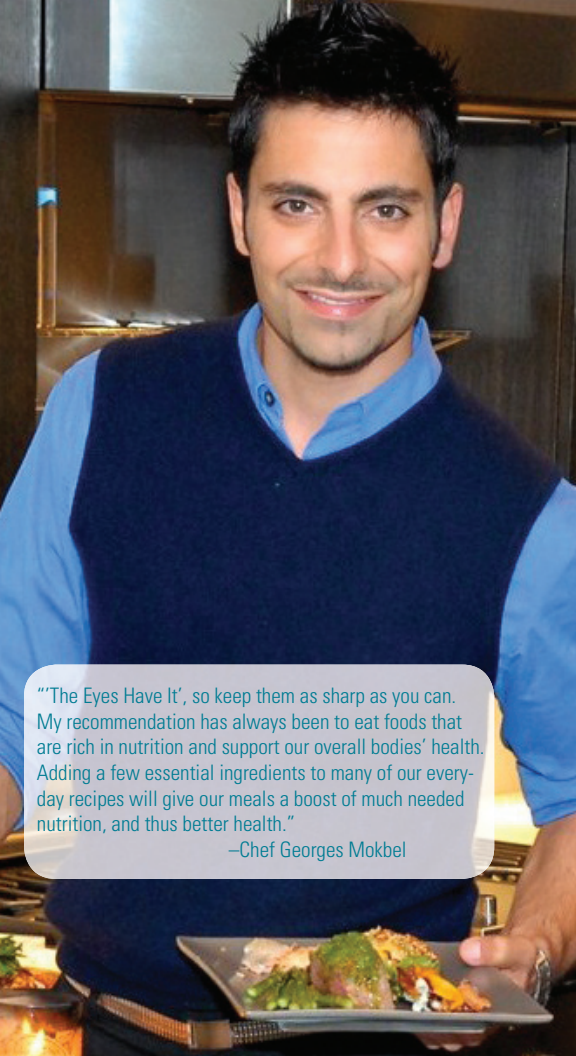
- The papaya or mango that you choose should be firm to squeeze and should not give much to the thumb. To prepare a green or semi-ripe papaya or mango for grilling you will need to first peel the soft skin off with a regular vegetable peeler. Then cut the papaya in half vertically to remove the seeds, for a mango, make two vertical slices into the mango on both sides of the flat mango pit in order to cut the flesh away from the pit. Lightly oil the outside of the papaya or mango and carefully position it in a medium hot pre-heated grill. Allow grill marks to develop on one side before turning the grilling fruit to create grill marks on the other side. Once properly grilled, thinly slice the fruit and set aside.
- Thin or thick asparagus can be used but it may be easier to grill thick asparagus. After properly rinsing the asparagus, trim the bottom of the stems off, leaving only about 4" of the top for grilling (the remainder of the asparagus can be used for a delicious cold soup). Lightly oil the asparagus and arrange on the grill perpendicular to the grill grates and allow to cook for only about 3 minutes or until slight char marks develop. You will not need to turn thin asparagus but will need to turn the thick asparagus over for even cooking.

SUMMER ROLL ASSEMBLY INSTRUCTIONS:

- Make sure to wash your hands before making these as you will not be cooking them again before eating.
- Carefully place an individual rice paper wrapper into the bowl of very warm water, being careful not to scald your fingers. The rice paper wrapper is ready when it becomes soft and pliable enough to roll around food. It is important to work with individual sheets as they become sticky when they are rehydrated.

- Place individual rice paper wraps on a cutting board or a plate in preparation for rolling. There is no need to dry the wrapper as a little extra moisture will make it easier to work with.
- Create a neat rectangular shaped pile of summer roll filling in the middle of the prepared rice paper wrapper in the following order:
 - a. Two pieces grilled shrimp
 - b. An equal amount of lettuce and carrot (about 3 tablespoons combined)
 - c. 2-3 each, mint and basil sprigs
 - d. 1-2 pieces of grilled asparagus placed lengthwise
 - e. Finish with placing 2 to 3 slices of grilled mango, papaya or peach on top
- Rolling the wrapper is similar to rolling a burrito or egg roll. Identify a bottom edge by rotating the plate so that the long side of the rectangle is facing you. By now the skin will be somewhat tacky so it will stick when it touches itself. Grasp the bottom edge of the rice paper wrapper and pull it over the pile of filling and rolling it tightly back over the filling to ensure a tight roll. Then take each side and fold it over the center to create a "pocket" of filling. Now gently roll the edge facing you towards the unrolled end of the wrapper, making sure that the ingredients are tightly rolled within and being sure that the end of the wrapper sticks to itself to seal the roll.
- Once wrapped, the rolls are ready to eat.





“The Eyes Have It’, so keep them as sharp as you can. My recommendation has always been to eat foods that are rich in nutrition and support our overall bodies’ health. Adding a few essential ingredients to many of our everyday recipes will give our meals a boost of much needed nutrition, and thus better health.”

—Chef Georges Mokbel

SALMON AND HORSERADISH MARINATED VEGETABLE SUMMER ROLL

INGREDIENTS:

- 1 ½ pound of skinless salmon filet cut, horizontally into 1 inch strips
- 2 Tablespoons of olive oil for cooking plus an additional 2 Tablespoons for the salad
- Juice of one lemon
- 1 Tablespoon of grated horseradish
- 2 medium carrots peeled, sliced julienne
- 1 large English cucumber (discard the seeds), sliced julienne
- 1 large stalk of celery, sliced julienne
- 1 granny smith apple, sliced julienne
- bunch of mint leaves finely sliced
- ½ teaspoon of salt and fresh ground pepper plus additional for seasoning the salmon strips
- 4 dried rice papers
- black sesame seeds for garnish (optional)

continued...

COOKING INSTRUCTIONS:

Heat the olive oil in a large nonstick pan on high heat. Season the salmon with salt and fresh ground pepper. When the oil is very hot, place the salmon strips in the pan and cook for 2 minutes. Using a spatula carefully turn the salmon on the other side and sear for another minute on low heat. Remove salmon. In a medium salad bowl, whisk the remaining olive oil, lemon juice, horseradish, and ½ teaspoon of salt and freshly ground pepper. Add the julienned vegetables and the sliced mint leaves. Toss to coat. Soak the dry rice paper in a large bowl filled with room temperature water for 10 seconds. Then lay it flat on a clean kitchen towel. Place the julienned vegetables in the center of the rice paper forming a thin line leaving a 1 inch border on each end. Add the salmon on top of the vegetables then roll tightly. Slice at an angle and serve. Sprinkle with the black sesame seeds.

Difficulty: Easy

Prep Time: 12 minutes

Cook Time: 6 minutes

Yield: 4 servings





The Foundation of the
American Academy of Ophthalmology

How You Can Help Support EyeCare America

EyeCare America's goal is to work toward eliminating avoidable blindness and severe visual impairment and to serve as a valued partner in reducing the number of people who needlessly become blind each year. Your financial support will bring us one step closer to achieving that goal.

Lack of awareness about eye disease and cost, including co-payments and deductibles, are the main reasons that the medically underserved do not receive the care they need. EyeCare America, founded in 1985, helps bridge these gaps by increasing awareness of eye disease and its risk factors and by providing access to medical eye exams and free eye health information. More than 90 percent of the care provided through our program has no cost to the patients – effectively eliminating cost as a barrier to receiving sight-saving eye care.

Our success is made possible by the over 7,000 U.S. ophthalmologists nationwide who donate their services. Because of this volunteer support and the financial contributions we receive from our donors, EyeCare America has been able to help over 1 million people receive the services and resources they need to preserve their sight. Your contribution, no matter the size, can help preserve eye sight. One generous gift from you not only provides medical and surgical eye care to those most in need, but it also has the potential to reach thousands of people with eye health messages and disease prevention.

To make a gift, see next page.

Giving is easy

Gifts of any amount are appreciated and help EyeCare America fulfill its goal.

To make a secure gift online, please visit: www.eyecareamerica.org and click “Donate”

To make a check or credit card gift, please fill out the following and mail to:

EyeCare America
P.O. Box 7309
San Francisco, CA 94109-9833

- Enclosed is a check payable to: **EyeCare America.**
- Charge my credit card for \$_____.
- Visa MasterCard American Express Discover

Donor name (Name on credit card) – please print _____ Card Number _____ Exp. Date _____

Card holder's Billing Address, City, State, Zip code _____ Signature _____

If you have any questions regarding making a donation,
please contact our Development Office at 415.447.0356
or development@aao.org.

The estimated fair market value of this cookbook is \$10.

Charitable donations to EyeCare America are tax deductible as provided by law. EyeCare America is a public service program of the Foundation of the American Academy of Ophthalmology. It is the policy of the Foundation that a portion of the gifts and/or income therefrom is used to defray the costs of raising and administering the funds. The Foundation has been established as a 501(c)(3) not-for-profit organization.

ECA-PMO-0810



The Foundation of the
American Academy of Ophthalmology

