

Switched On Seniors



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Switched on Seniors

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switchedonseniors.com

Thursdays 10:00-11:30, St. Andrew's
Presbyterian Church, 143 Main St N
Markham

It's always on Thursday.
It's always senior driven.
It's always FREE.
All seniors are always welcome



Greetings from Switched on Seniors and welcome to spring!

It's finally here with some warmer weather and longer days. Here at Switched on Seniors, we have been organizing our schedule for the next few weeks. Here are some of the things you have to look forward to.

1. Shelley Baker is coming back with her therapy dogs Tilley and Max. They created a hit on their last visit and we look forward to seeing them soon
2. Jackie Lee from The Markham Public Library is also coming back with more information about library services and how to access them.
3. The Police will be here in May! With all of the scams going around it will be timely to here about the measures being taken to keep us all safe.
4. The last Thursday of the month is always Chair Yoga-nothing too strenuous – just enough activity to loosen up the joints.

This is just a sample of what's coming-every week we plan to have something different and something stimulating.

Each week we are pleased to welcome new members and that's because you are spreading the word. Many thanks for all that you are doing to encourage your family, friends and neighbours to join us on Thursday.

We hope that you are enjoying Switched on Seniors and we always welcome your feedback.

Enjoy the Spring!

Recipe of the Month - Chicken Vegetable Soup

A twist on a classic chicken soup - this one is filled with loads of delicious vegetables, and is a great way to use up any left over chicken you may have!

Prep Time: 10 minutes / Cook Time: 35 minutes / Makes: 6 servings

Ingredients:

- 1 tbsp oil
- ½ c finely diced onions
- 2 carrots halved lengthwise & sliced
- 2 stalks thinly sliced celery
- 2 tsp minced garlic
- 6 c chicken broth
- 3 c cooked chicken shredded or cubed
- 1 can of tomato sauce
- 1 can of undrained diced tomatoes (preferably Italian seasoned)
- 1 tsp Italian seasoning
- 1 large russet potato peeled & cut into ½ inch cubes
- salt & pepper
- ½ c frozen corn
- ½ c diced green beans (fresh or frozen)

Directions:

1. Heat oil on medium heat.
2. Add onion, carrots and celery. Cook 5 – 6 mins until softened but not browned.
3. Add garlic cook ½ minute more
4. Add diced tomatoes, tomato sauce, Italian seasoning, chicken, chicken broth & potato
5. Bring to a boil then simmer until potatoes are tender about 20 – 25 mins.
6. Check seasoning add salt and pepper as desired.
7. Add corn and green beans cook 5 mins more.
8. Serve & enjoy!



Upcoming Meetings

- April 6 - Hearing Care of York Region - Lunch & Mingle following
- Apr 13- My childhood in an internment camp with Gillian Harding - followed by our soup & sandwich lunch
- Apr 20- Therapy dogs Tilley & Max are coming for a visit
- Apr 27 - Gentle Stretch & Strengthen class with Christina DeFranco

New! On our website - www.switchedonseniors.com we have a community calendar of events from other organizations that might be of interest to our Switched on Seniors

Coping & Caring - Mental Health & Awareness

Recent news headlines have told many tragic stories from mass shootings in the States, police shootings in our own country, to more stabbings and attacks on TTC property much nearer home. Fortunately while there have not been any of these tragic happening in our immediate area – there have been in the past. Always the call goes out as a follow-up to these headlines that draws attention to mental health and to a need to develop awareness and strategies to coping and caring.

For that reason Mental Health and Awareness is the topic for this month's contribution.

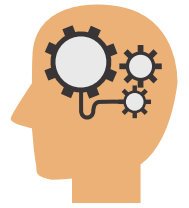
We are never going to become 'first responders' and hopefully we may not have to deal with these issues close to home, but we should all be aware of measures we can all take to help maintain our own mental health. This listing comes from a Government published listing about Self-Care:

1. Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health.
2. Eat healthy, regular meals and stay hydrated.
3. Make sleep a priority.
4. Try a relaxing activity.
5. Set goals and priorities.
6. Practice gratitude.
7. Focus on positivity.
8. Stay connected.

How many did you score from the possibly 8 ? If you are short of perfection try to do one better next month – and may be one more the following month. And if you want, or need, a number 9 for your list let it be to encourage someone else to embrace the programme. And let "Switched on Seniors" be part of both of your programmes too!



Let's hope Renata never had to deal with this kind of nightmare! Can you sort out this logic puzzle?



Recipe Nightmare Logic Puzzle



Jenna had one week before a large gathering she had been chosen to cook for. She was given a list of recipes which included the baking time, the temperature and how many servings of each would be served. Help her get her recipes straightened out.

- The baked chicken doesn't bake for 45 minutes.
- The recipe that bakes for 45 minutes cooks at 375 degrees.
- Of the dish that serves 8 people and the dish that cooks at 325 degrees, one is the Cordon Bleu and the other bakes for 40 minutes.
- The Turkey Cajun call for a somewhat longer baking time than the recipe that serves 13 people.
- The Turkey Cajun is either the recipe that serves 12 people or the dish that cooks at 360 degrees.
- The dish that serves 9 people bakes somewhat longer than the Turkey Cajun.
- The dish that serves 8 people bakes 5 minutes longer than the recipe that cooks at 360 degrees.

		Dish				Temperature				Servings			
		Baked Chicken	Cordon Bleu	Roast Beef	Turkey Cajun	325 Deg	350 Deg	360 Deg	375 Deg	8	9	12	13
Cooking Time	30 Min												
	35 Min												
	40 Min												
	45 Min												
Servings	8												
	9												
	12												
	13												
Temperature	325 Deg												
	350 Deg												
	360 Deg												
	375 Deg												
		30 Min	35 Min	40 Min	45 Min	Dish	Temperature	Servings					

Play This Logic Puzzle
ahapuzzles.com/x/jp/85

Switched on Seniors in Action



Keeping our brains sharp with the Alzheimer's society



Our talented March soup & sandwich lunch crew



Learning all about New Zealand with our own Leslie W

Renata's Recipes



Did you get to enjoy Renata's delicious treats? She's shared her recipes with us, so you can cook up a storm at home too!

Renata provided us the recipes to all the dishes she made when she visited us in March, and they can be found in the following pages. For even more of her delicious recipes, check out her website - www.RenataCollective.com

- [Breakfast Cookies](#)
- [Risotto Primavera](#)
- [Maple Mustard Vinaigrette](#)
- [Home made Veggie Bouillon](#)
- [Herbed Seasoned Sea Salt](#)
- [Chickpea Blondies](#)



Renata's Recipes

Apricot and Craisin Breakfast Cookies

Here is a healthy, nutritious, delicious recipe for a Breakfast Cookie. These gluten and dairy free Breakfast Cookies have oats for heart health and fiber, fresh and dried fruits for energy, a bit of maple syrup for just the right amount of sweetness, nut butter adds healthy fat, pecans for crunch and ground almonds to add tenderness. These are a great quick way to start your day and are easy to take along when you are out and about and need an on-the-go snack. Don't let the longer list of ingredients scare you – most are small amounts that come together quickly and the one bowl recipe makes for easy clean-up!

Prep Time: 10 Minutes / Bake Time: 20 minutes / Makes: 24 Cookies

Ingredients

- 2 Eggs – Alternate: flax or chia eggs
- 1 Large Banana
- 1/3 Cup Unsweetened Applesauce
- ½ Cup All-Natural Smooth Peanut Butter – Alternate: any other nut butter of your choice
- 2 Tablespoons Vegan Butter – melted. Alternate: coconut oil or dairy butter, melted
- 3½ Tablespoons Maple Syrup
- 1 teaspoon Vanilla
- 1 teaspoon Fresh Lemon Juice
- 2 teaspoons Fresh Lemon Zest
- 1½ Cups large Flake Oats
- ½ Cup Ground Almonds / Almond Flour
- ½ Cup Oat Flour - oats ground in your food processor to a flour like consistency
- 1/3 Cup Quick Oats
- ½ teaspoon Baking Powder
- ½ teaspoon Baking Soda
- 1 pinch Sea Salt - optional
- 1/3 Cup Chopped Pecans – alternate: other nuts of your choice
- ¼ Cup Dried Apricots – chopped
- ¼ Cup Craisins

How It's Made

- Preheat your oven to 350°F.
- In a large bowl, whisk eggs until frothy.
- Add in the banana and mash with a fork, then whisk with the eggs to mix together.
- Add the applesauce, peanut butter, vegan butter, maple syrup, vanilla, lemon juice and lemon zest and whisk until smooth. baking powder, baking soda, and salt and whisk thoroughly.
- Add the oats, ground almonds, oat flour, quick oats, baking powder, baking soda and the pinch of sea salt (if using) and whisk until combined.
- Add the nuts and the apricots and craisins and whisk until combined into the batter.
- Pop the bowl into the fridge for 10 minutes to let the oats absorb some of the wet ingredients.
- Prepare your cookie sheet by covering it with a silicon baking sheet or parchment paper.

Risotto Primavera

Risotto Primavera

Prep time: 10 Minutes / Cook Time: 30-40 Minutes / Number of Servings: 4-6

Ingredients

- 1 Bunch Asparagus – ends snapped and cut into 2-inch pieces
- 1 Cup Fresh Peas – Alternate: frozen peas
- 1 Cup Packed Baby Spinach – torn into pieces
- 2 Tablespoon Olive Oil
- 1 Tablespoon Butter
- 3 Cloves of Garlic – sliced – let sit for 10 minutes
- 1 Cooking Onion - diced
- 2 Cups Arborio Rice
- 1 Cup Dry White Wine
- 4 cups Veggie Bouillon or Chicken Bouillon
- Herbed Seasoned Sea Salt – to taste
- Grinds of Fresh Black Pepper
- ¾ - 1 Cup Parmesan Cheese – grated – Alternate: Vegan Parmesan

How It's Made:

- Rinse the asparagus and snap the ends by holding the stalk in both hands and bending it. It will snap where the stalk becomes tough. Discard the end piece. Fill a medium skillet half full with water, add a teaspoon of salt and bring to a boil. When boiling, add the asparagus pieces and let simmer for 5 minutes until a sharp knife easily pierces the stalk. Remove from heat, drain and immediately rinse with very cold water to stop further cooking of the asparagus. Set aside.
- If using frozen peas, measure 1 cup and let thaw. If using fresh peas, let them sit in very hot water while you prepare the risotto. Wash and dry the baby spinach leaves. Remove any stalks to just have the leaves and tear the large leaves in half. Set aside.
- Next, heat the bouillon to boiling and then reduce heat to keep it gently simmering.
- In a medium-large pot, over medium heat, add the olive oil & butter. Add the onion & cook, stirring for 2-3 minutes until it becomes soft, but not browned. Add the garlic & stir for at the most 1 min – don't let it brown.
- Add the rice and stir until it becomes glassy - about 1 minute.
- Add the wine & stir, bring the mixture to a simmer & let this cook down as the rice absorbs the wine. This will take 2-3 minutes.
- With a ladle, add 1 cup or so of the hot bouillon. Season with 1 teaspoon of salt and a few grindings of pepper, stir and let the rice mixture simmer until the liquid has almost been all absorbed. Repeat with the remaining stock, adding 1 cup at a time. Stir after each cup is added. As you get to the last cup of bouillon, take a clean spoon and taste the rice for doneness – it should have some bite to it and not be too soft. Season with more salt. Add the last cup of bouillon, stir and simmer for a minute longer to let some of the liquid absorb into the rice but leave some liquid in the mixture.
- Drain the peas if you used fresh. They should be softer now having sat in the hot water for the 30 minutes.
- Gently add the veggies, stirring to include them in this glorious mixture allowing them to heat through.
- Remove from the heat. Add ½ cup of the grated parmesan (I like lots of parmesan so I add ¾ cup) and a few more grindings of pepper. Taste and adjust the salt to your preference. Serve with more sprinkles of parmesan on top

Maple Mustard Vinaigrette

Maple Mustard Vinaigrette Salad Dressing

Making your own salad dressing takes minutes to do and allows you to use the best ingredients, reduce the amount of salt, and is preservative free. Salads are so versatile and can be made to suit everyone's tastes. A side salad or leafy greens or a hearty salad for lunch or dinner, by adding protein (left over chicken, pan seared tempeh or tofu, white beans or chickpeas) are so satisfying and delicious and the ingredients are fresh, a salad is so very healthy for us to nourish our bodies.

Prep Time: 5 Minutes / Makes: ~2/3 Cup Salad Dressing

Ingredients

- ½ Cup Grape Seed Oil – Alternate: another neutral tasting oil, olive oil, avocado oil
- 4 Tablespoons Maple Syrup
- 4 Tablespoons Apple Cider Vinegar
- 2½ Tablespoons Coarse-Grained Dijon Mustard
- 1 teaspoon Garlic Powder
- 2 Tablespoons Balsamic Vinegar
- Pinch of Herbed Seasoned Sea Salt
- Grinds of Fresh Pepper

How It's Made

- In a jar with a tight-fitting lid, add all of the dressing ingredients.
- Seal the jar and shake, shake, shake.
- Drizzle the dressing over your salad and toss to coat.

Enjoy!

Homemade Veggie Bouillon Mix

Homemade Veggie Bouillon Mix

I started making my own veggie bouillon mix a number of years ago as an alternative to using the commercial products available. Truth be told, I just liked the flavour of the one I mixed up better and I could limit the salt content as I wanted. I use this in a lot of my cooking – to delicately flavour savory foods.

Prep time: 10 minutes / Cook Time: 0 / Amount: ~3/4 cup

Ingredients

- ½ cup Nutritional Yeast Flakes
- 1 Tablespoon Onion Powder
- 1 teaspoon Garlic Powder (not Garlic Salt!)
- 1½ Tablespoons Dried Parsley
- 1 teaspoon Dried Basil
- 1 teaspoon Dried Oregano
- ½ teaspoon Ground Rosemary
- ½ teaspoon Freshly ground Pepper
- ½ teaspoon Paprika
- ¼ teaspoon Herbed Seasoned Sea Salt
- ½ teaspoon Dried Sage
- 1/8 teaspoon Turmeric

How it's Made

- Add all ingredients to your food processor and blend until it becomes powder – about 30 seconds.
- Spoon into the container you will store the mix in. I use an empty glass spice jar.
- Label your jar.

Enjoy!

Variations

- 1 Tablespoon in 1 cup of boiling water makes a lovely soothing hot drink as well!
- I prefer to make fresh more often but you can easily double the recipe to make a bigger batch.

Herbed Seasoning Sea Salt

Herbed Seasoning Sea Salt

A seasoned sea salt adds that something special to a savory dish – a subtle deliciousness that can elevate a dish to something special and very delicious.

It's simple to make Herbed Seasoned Sea Salt – you can adjust the amounts of one herb or another to suit your taste. And you can adjust the amount of salt, which is, for me, the most important part. As we know, salt is one of the foundations of flavour, yet I do not like to salt my recipes and food very much. I prefer to season with herbs and spices, so as much as there is salt in my seasoned sea salt mix, it's reduced greatly from commercial mixes. And making your own allows you to use the freshest dried herbs, organic when you can find them (health food stores are a good source) so you know the goodness you are seasoning your food and nourishing your body with.

Prep Time: 5 minutes / Makes: Just shy of 1 cup

Ingredients

- 1/4 to 1/3 Cup Fine Grind Sea Salt
- 1/4 Cup Dried Parsley
- 2 teaspoons Garlic Powder
- 2 teaspoons Onion Powder
- 1 teaspoon Dried Basil
- 1 teaspoon Dried Oregano
- 1 teaspoon Ground Rosemary
- 1 teaspoon Dried Thyme
- 1 teaspoon Dried Marjoram
- 1/2 teaspoon Ground Sage
- 1/2 teaspoon Celery Salt
- 1/8 teaspoon Chili Powder

How its Made

- Start with 1/4 cup of sea salt. Measure the other ingredients and add them all to a food processor.
- Whirl until smooth and blended well.
- Test the taste to see if it's enough salt for you – or leave it at the 1/4 cup and add a pinch or two more of plain sea salt when you are cooking, as different savory dishes call for more or less salt.
- Keep your Herbed Seasoning Sea Salt Blend in a glass jar with a tight-fitting lid and use it where savory recipes call for sea salt.

Amazing Chickpea Blondies

Amazing Chickpea Blondies

You would never guess that the main ingredient in these moist and delicious blondies are chickpeas! These are a fabulous and nutritious healthy treat. Chickpeas are such a mild flavoured, nutrition-packed, versatile bean – they hold their shape in savory meals and they are easy to bake with.

Prep Time: 10 minutes / Cook Time: 35 minutes / Makes: 16 -20 Squares

Ingredients

- 1 540ml Can Chickpeas – drained and rinsed – save the liquid to make Mousse au Chocolat!
- ¼ Cup All-Natural Peanut Butter – smooth or crunchy, your choice, make sure it is runny. Alternate: almond butter or another nut butter as long as it's runny.
- ½ Cup Brown Sugar – Alternate: Coconut Sugar
- ¼ Cup Maple Syrup
- 1½ teaspoons Vanilla
- 1/3 Cup Oat Flour – grind oats in your food processor until a flour consistency (Alternate: regular flour or gluten free flour)
- 2 teaspoons Baking Powder
- 1 teaspoon Ground Cinnamon
- ½ Cup Dark or Semi-Sweet Chocolate Chips (with a few to sprinkle on top) (Alternate: butterscotch chips, peanut butter chips, white chocolate chips or some of each!)

How It's Made

- Preheat your oven to 350°F.
- Line an 8" square pan with parchment paper.
- Add the chickpeas, peanut butter, brown sugar, maple syrup, vanilla, oat flour, baking powder and cinnamon to your food processor and whirl until smooth.
- Carefully remove the food processor blade and with a spatula scrape off any batter sticking to the blades.
- Stir in the chocolate chips.
- Spread the batter into the parchment paper lined pan. Sprinkle some chocolate chips on top and pat them down gently with the spatula to have them stick to the batter.
- Bake for 35 minutes.
- Remove from the oven and let cool completely.
- Cut into 16 squares.

Enjoy!