Favorite Recipes
Shared with Love

7th Annual Sunrise Resident & Team Recipe Collection
The Sunrise Dining Experience

At Sunrise, our Dining Program is a deeply personal part of how we champion quality of life for all seniors. With each meal, our chefs strive to accommodate individual preferences and dietary needs, as well as evoke favorite memories and create new experiences.

The recipes that follow include community favorites, chef selections, and resident-inspired meals. Each dish is accompanied by an origin story, allowing home cooks to recreate the authentic experience and enjoy a true taste of Sunrise.

Sunrise Dining Includes:

- Fresh, seasonal ingredients handpicked by our culinary team
- Low-fat, low-sodium, high-fiber, high-calcium, reduced-calorie, and vegetarian choices
- Accommodations for residents’ religious and cultural preferences
- A gourmet range of favorite classics, regional bites, resident requests, and healthy international flavors
- Finger food choices for residents who require easy-to-eat meals

Nutrition Definitions

Throughout this recipe book, you’ll find nutritional information for many of our recipes. Here’s a guide to the icons:

- **LOW FAT**: 3g of fat or less per serving
- **LOW SODIUM**: Less than 140mg of sodium per serving
- **VEGETARIAN**: No animal products, but may contain dairy or eggs
- **HIGH CALCIUM**: 20% or more of the daily value of calcium; 240mg or more per serving
- **HIGH FIBER**: 5g or more of fiber per serving
Simple to prepare but sophisticated in presentation, these crepes are a resident favorite and often requested for private brunches with loved ones. The tart berry compote is a perfect complement to the sweet, rich filling, and this dish is most delightful when served warm.

**VEGETARIAN**

**SERVES** **CREPES**

**INGREDIENTS**
- ¾ cup flour
- ¾ cup milk
- 2 large eggs
- 1 ½ tablespoons butter, melted
- 1 ½ teaspoons sugar
- Pinch of salt

**INSTRUCTIONS**
1. Heat grill.
2. Whisk together all ingredients to make a thin batter.
3. Heat a small non-stick pan over medium heat. Add enough batter to just coat the bottom of the pan. Cook until set. Flip and continue to cook on the other side until golden brown.
4. Remove crepe from the pan and keep warm.
5. Continue cooking crepes in this fashion until all batter has been used.

**FILLING**

**INGREDIENTS**
- 1 cup cottage cheese
- ¼ cup sour cream
- 2 teaspoons vanilla extract
- 2 teaspoons lemon zest
- 1 large egg
- ½ cup + 1 tablespoon sugar

**INSTRUCTIONS**
1. Pulse filling ingredients in a food processor until smooth. Set aside.

**BERRry COMPOTE**

**INGREDIENTS**
- 1 pound frozen blueberries
- 3 tablespoons orange juice
- 1 ½ tablespoons sugar
- 3 tablespoons corn starch
- Water as needed

**INSTRUCTIONS**
1. Preheat oven to 350˚F.
2. Combine blueberries, orange juice, and sugar in a pot. Bring to a simmer and cook gently until berries have broken down.
3. Combine corn starch with enough water to make a slurry. Whisk until smooth, then slowly whisk into compote. Return to a simmer and cook for 2 minutes to thicken. Cool slightly.
4. Fill each crepe with 3 tablespoons of filling. Place crepes in a lightly greased baking dish, seam side down. Bake at 350˚F for 20 minutes until filling is set.
5. Remove crepes from the oven. Spoon compote over top. Serve warm.
**Chicken Satay**
Sunrise of Carmichael, CA

Drawing from happy memories of cooking this dish with his mother as a child, our chef regularly prepares this classic chicken satay for our residents at Sunrise of Carmichael. A favorite menu item, the chicken pairs perfectly with the accompanying sweet and tangy peanut dipping sauce.

**NUTRITION FACT**
Ginger has been shown to alleviate gastrointestinal distress and relax the intestinal tract. It has powerful antioxidant effects and can help inhibit the formation of inflammatory compounds.

**INGREDIENTS**
- 2 ½ pounds chicken breast, cut into 1-inch strips
- 1 cup soy sauce
- ½ cup pineapple juice
- ¼ cup rice wine vinegar
- 2 tablespoons ginger, grated
- 2 tablespoons garlic, minced
- 20 bamboo skewers, soaked in water for an hour

**INSTRUCTIONS**
1. Combine soy sauce, juice, vinegar, ginger, and garlic. Add chicken and toss to coat. Cover and refrigerate for 1 hour to marinate.
2. Heat grill.
3. Thread each piece of chicken onto a skewer. Grill over high heat until well-marked and internal temperature reaches 165°F.

**PEANUT SAUCE**

**INGREDIENTS**
- ½ cup peanut butter
- 1 cup coconut milk
- 2 tablespoons lemon juice
- 2 tablespoons honey
- Red chili flakes to taste

**INSTRUCTIONS**
1. Combine peanut butter, coconut milk, lemon juice, and honey in a small saucepan. Cook over medium heat until thick (about 4 minutes). Season with chili flakes to taste.
2. Serve chicken satay with peanut sauce on the side.

**Herbed Monkey Bread**
Sunrise of Palos Park, IL

Quick and delicious, this recipe is a staple at Sunrise of Palos Park. It was created by our chef many years ago to allow her young children to help in her home kitchen. Today it is frequently requested as an accompaniment to breakfast, lunch, and dinner in our community.

**INGREDIENTS**
- ½ cup butter, melted
- 1 garlic clove, peeled/minced
- 1 ½ teaspoons parsley, chopped
- 1 teaspoon chives, minced
- ½ teaspoon basil, minced
- ½ teaspoon oregano, minced
- 2 packages (12 ounces each) refrigerated buttermilk biscuits

**INSTRUCTIONS**
1. Preheat oven to 400°F.
2. Combine butter, garlic, and herbs in a bowl.
4. Bake at 400°F for 20 minutes or until golden brown.
5. Remove from the oven and cool for 10 minutes before transferring to a wire rack. Serve warm.
The flavor combination of kaffir lime leaves, lemongrass, ginger, and turmeric makes this beef skewers recipe unique and delicious. Served on a layer of banana leaves and jasmine rice, and topped with pickled vegetables, the presentation makes for an irresistible meal.

**营养信息**
牛肉富含铁，有助于体内蛋白质的代谢，包括携带氧气的血红蛋白和肌红蛋白。

**烤羊排披萨**

**配方**

- 6 naan-style flatbreads
- 1 tablespoon olive oil
- ½ onion, peeled and diced
- 1 shallot, peeled and minced
- 2 garlic cloves, peeled and minced
- 1 pound ground lamb
- 1½ teaspoons ground allspice
- 1 teaspoon five-spice powder
- ½ teaspoon ground nutmeg
- ½ teaspoon ground black pepper
- 1 cup crumbled feta cheese
- ½ cup Kalamata olives, pitted and chopped
- 1 tablespoon fresh oregano
- ¼ cup baby spinach

**说明**
1. 预热烤箱至400°F。
2. 在大锅中加热橄榄油。加入洋葱、大蒜和洋葱。煮至软烂。
3. 加入羊肉和香料。继续煮至羊肉呈深色，内部温度达到160°F。沥出多余的脂肪。
4. 将naan平铺在烤盘上。均匀地抹上羊肉混合物。撒上羊乳酪和橄榄。撒上罗勒。
5. 在400°F下烤5-8分钟，直到加热均匀。在naan上撒上菠菜。立即取出。
Linguine Pescatore
Sunrise of Granite Run, PA

The combination of fresh seafood and bright herbs makes this dish a favorite at Sunrise of Granite Run. Developed 35 years ago for his family’s seafood restaurant, our chef is proud to bring this signature meal to our Sunrise community.

**INGREDIENTS**
- ½ cup olive oil
- 2 cups grape tomatoes, quartered
- 1 tablespoon garlic, minced
- ¼ cup fresh basil, chopped
- ¼ cup fresh parsley, chopped
- ½ teaspoon fresh thyme, chopped
- ½ cup water
- 20 little neck clams, scrubbed
- 20 mussels, scrubbed
- 1 pound jumbo lump crabmeat
- 16 medium scallops
- 12 shrimp, peeled and deveined

**INSTRUCTIONS**
1. Heat olive oil over medium heat. Add tomatoes, garlic, and herbs. Cook until tomatoes are tender, about 5 minutes.
2. Add water. Bring to a boil.
3. Add clams and mussels. Cook until shells open, discarding any that do not.

**PASTA AND FINISHES**

**INGREDIENTS**
- 1 pound linguine
- 1 tablespoon olive oil
- 1 loaf French bread, sliced and grilled

**INSTRUCTIONS**
1. Cook linguine in boiling salted water until al dente. Drain. Toss with oil to prevent sticking.
2. Place linguine in appropriate serving bowls. Top with seafood mixture, spooning cooking liquid over top. Serve with Parmesan and grilled bread.

Shredded BBQ Pork
Sunrise of Silver Spring, MD

This recipe is a family heirloom, handed down from our chef’s North Carolinian grandmother. Back home, the pork butts are cooked slowly over a charcoal grill, giving the final product a tender, smoky succulence.

**COOKING TIP**
The pork can be cooked and chopped the day before. To reheat, place the chopped meat in a pan, pour the sauce over top, cover tightly, and heat through.

**INGREDIENTS**
- 6–8 pounds pork butt
- 1 tablespoon paprika
- 2 tablespoons brown sugar
- 2 tablespoons celery seed
- 3 tablespoons garlic powder
- 3 tablespoons onion powder
- 2 tablespoons dry mustard
- 2 tablespoons chili powder
- 1 teaspoon kosher salt
- 1 teaspoon red pepper flakes

**DRY RUB**

**INGREDIENTS**
- 1 pound linguine
- 1 tablespoon olive oil
- 1 loaf French bread, sliced and grilled

**INSTRUCTIONS**
1. Cut slits all over pork, then place in a roasting pan.
2. Combine dry rub ingredients then rub all over pork, working it into the slits. Cover pork and refrigerate overnight.
3. The next day, remove pork from the fridge and let stand at room temperature for 15 minutes. Bake uncovered at 475°F for 15 minutes. Reduce the heat to 350°F, cover pork with foil, and continue to cook for 3 ½ hours until tender.
4. Remove pork from the oven. Let stand for 10 minutes. Place on a cutting board and chop with a meat cleaver into small pieces. Return pork to the pan.
5. Boil sauce ingredients until sugar dissolves. Pour sauce over pork.
6. Reduce the oven to 300°F, cover pork with foil, and cook for 20 minutes to heat through.
7. Remove from the oven and serve immediately.

**SAUCE**

**INGREDIENTS**
- 1 quart apple cider vinegar
- 1 teaspoon cayenne pepper
- 1 tablespoon ground sage
- 1 tablespoon brown sugar

**SERVES**
12

**SERVES**
4

**SERVES**
11

TASTE OF SUNRISE
This tried-and-true recipe was inspired by the community herb garden at Sunrise of Norwood. The bruschetta packs fresh flavors of basil, garlic, and ripe tomatoes, as well as a touch of balsamic vinegar, into one wonderful bite.

**NUTRITION FACT**
The B3 in chicken helps balance cholesterol levels and the quality of triglycerides in the blood, decreasing the risk of heart disease.

**INGREDIENTS**
- 1 cup ripe red tomatoes, chopped
- 1 cup ripe yellow tomatoes, chopped
- 4 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon garlic, minced
- 6 tablespoons basil chiffonade
- 2 tablespoons grated Parmesan cheese
- ½ teaspoon freshly cracked black pepper
- 6 ounces chicken breast, grilled and diced
- 6 ounces fresh mozzarella cheese, sliced
- 1 whole wheat baguette
- 2 tablespoons olive oil
- 12 asparagus spears, trimmed and steamed
- 1 cup onion, sliced and caramelized until golden brown

**INSTRUCTIONS**
1. Preheat oven to 400˚F.
2. Combine tomatoes, vinegar, olive oil, garlic, basil, Parmesan, and pepper. Let rest for 30 minutes.
3. Fold grilled chicken into the tomato mixture. Toss to mix.
4. Slice bread on the bias into long, thin pieces. Brush with olive oil and toast in a 400˚F oven until golden brown.
5. Spoon tomato mixture onto bread. Top with sliced mozzarella cheese. Return to the oven until cheese begins to melt.
6. Arrange asparagus on an appropriate serving plate. Top with onions. Serve with bruschetta.

**Roasted Chicken in Filo**
Sunrise at River Road, AZ

At Sunrise at River Road, our resident foodies collaborated with our in-house chef to create this fantastic dish. The residents proposed combining tender chicken with a medley of colorful vegetables, and the chef suggested rolling it into filo dough and baking it until golden and crisp. The result quickly became a community favorite and is often shared with visiting guests.

**NUTRITION FACT**
Asparagus is a very good source of chromium, a trace mineral that enhances insulin’s ability to transport glucose from the bloodstream into cells.

**INGREDIENTS**
- 6 sheets filo dough
- 1 tablespoon olive oil
- ¼ cup condensed low-sodium cream of chicken soup
- 1 teaspoon garlic, minced
- 10 asparagus spears
- 2⅓ cups chicken breast, roasted and diced
- 1 cup corn kernels
- ½ cup roasted red peppers
- ½ cup smoked Gouda cheese, diced

**INSTRUCTIONS**
1. Preheat oven to 350˚F.
2. Stack two sheets of filo on top of each other on a flat surface. Brush with olive oil. Top with two additional sheets. Brush with olive oil. Repeat a third time to finish the stack.
4. Arrange asparagus down the middle of filo. Top with chicken, corn, roasted red peppers, and cheese.
5. Roll filo up like a jellyroll around the filling. Place seam side down on a lightly greased baking sheet. Brush with remaining olive oil.
6. Bake at 350˚F for 30 minutes, until filo is golden brown and crisp.
7. Remove from the oven and let cool for 5 minutes before slicing.
Our chef developed this recipe to cater to a new resident’s food preferences and dietary needs. Originally a vegetarian polenta dish, the addition of the sundried tomato pesto chicken makes it a versatile meal.

**SUNDRIED TOMATO PESTO**

**INGREDIENTS**
- 1 cup sundried tomatoes, chopped
- 1 cup fresh basil, chopped
- 3 garlic cloves, chopped
- 1 teaspoon ground black pepper
- ½ cup olive oil
- 2 cups grated Parmesan cheese

**INSTRUCTIONS**
1. Combine tomatoes, basil, garlic, and pepper in a blender. Pulse to combine. With the motor running, slowly drizzle in olive oil until emulsified.
2. Transfer pesto to a bowl. Fold in Parmesan. Set aside.

**CHICKEN**

**INGREDIENTS**
- 6 4-oz boneless/skinless chicken thighs
- 2 tablespoons olive oil

**INSTRUCTIONS**
1. Preheat oven to 350˚F.
3. Spread pesto sauce over chicken. Cover the pan with foil. Finish chicken in a 350˚F oven until internal temperature of chicken reaches 165˚F, about 15 minutes.

**VEGETABLE & FETA POLENTA**

**INGREDIENTS**
- 1 teaspoon olive oil
- ⅓ cup asparagus, trimmed and sliced
- ¼ cup onion, diced
- 2 ¼ cups vegetable stock
- 2 cups cornmeal
- ¼ cup feta cheese

**INSTRUCTIONS**
1. While chicken is cooking, heat olive oil in a skillet over high heat. Add asparagus, peppers, and onions. Sauté for 5 minutes to soften. Remove from heat and set aside.
2. Bring stock to a boil in a pot. Add cornmeal in a steady stream, whisking constantly until liquid is absorbed and polenta begins to pull away from the edge of the pan.
3. Add vegetables and feta cheese. Continue to whisk until polenta is thick and glossy.
4. To serve, spoon polenta into a bowl. Slice chicken and serve over top.

**BRAISED CHICKEN & KALE**

**INGREDIENTS**
- 1 tablespoon olive oil
- ½ cup corn
- ½ cup cherry tomatoes
- ½ cup red onion, diced
- 2 garlic cloves, peeled and minced
- 4 cups chicken stock
- 4 boneless/skinless chicken breasts, diced
- 4 cups kale, chopped
- Kosher salt and black pepper to taste
- Freshly grated Parmesan

**INSTRUCTIONS**
2. Add stock, chicken, and kale. Bring to a boil, reduce to a simmer. Cover and braise for 20 minutes, until kale is wilted and internal temperature of chicken reaches 165˚F.
3. Season to taste. Serve immediately, topped with freshly grated Parmesan cheese.
Chicken Curry
Sunrise of Westtown, PA

This recipe, a South Asian staple, is full of delicious, complex flavors. The versatility of fresh ginger combines with the curry powder to make an aromatic and delightful dish. Our chef recommends serving it warm with fresh naan bread.

NUTRITION FACT
Turmeric is the bright yellow spice that gives curry powder its distinctive color. It is a powerful anti-inflammatory that may improve a wide variety of conditions ranging from arthritis to digestive disorders.

INGREDIENTS
- 2 tablespoons vegetable oil
- 2 pounds boneless/skinless chicken breast, diced
- 1 onion, peeled and diced
- 2 garlic cloves, peeled and minced
- 2 tablespoons fresh ginger, peeled and grated
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 can diced tomatoes in juice
- 2 tablespoons plain yogurt

INSTRUCTIONS
1. Heat oil in a large pan over medium heat. Add chicken and brown well on all sides. Remove chicken from the pan and set aside.
2. Add onions, garlic, ginger, and spices to the same pan. Sauté until vegetables soften.
3. Add tomatoes. Bring to a simmer. Cook until tomatoes fall apart.
4. Transfer the mixture to a blender and purée until smooth. Return to the pan.

Salmon with Maple Vinaigrette
Sunrise of Beaconsfield, QC

As everyone from Quebec knows, in Montreal, you can never have too much maple syrup. Here, it’s incorporated into a rich marinade as a substitute for brown sugar. To add to the depth of flavor and texture, our chef used cherry tomatoes, kale, and asparagus.

NUTRITION FACT
Salmon is an excellent source of DHA and EPA, essential omega-3 fatty acids that are building blocks of brain tissue, and may help reduce the cognitive decline associated with aging.

INGREDIENTS
- 4 4-ounce skin-on salmon fillets
- 2 tablespoons olive oil
- 1 tablespoon grade A maple syrup
- 1 tablespoon parsley, minced
- ½ teaspoon cracked black pepper

INSTRUCTIONS
1. While fish is cooking, heat olive oil in a large non-stick pan over high heat. Add asparagus, kale, carrot, cauliflower, shallots, garlic, and parsley. Sauté until golden brown.
2. Add maple syrup. Stir to combine.
3. Add tomatoes, wine, and basil. Bring to a simmer. Cook to reduce wine by half.
4. Remove vegetables with a slotted spoon and arrange in an appropriate serving dish, reserving pan juices. Place salmon on top of the vegetables. Drizzle with pan juices.
Our chef created this dish after experimenting with many ingredients commonly found in the kitchens of restaurants throughout St. Louis. This version, which includes many Asian-inspired ingredients, became an instant community favorite.

**COOKING TIP**
Shiso is a member of the mint family and is commonly used in Japanese cooking. Look for it in the produce section of specialty markets.

### Shisho Broth Sea Bass

**Serves 4**

**Shiso Broth**

1 cup chicken stock
1 tablespoon sake
1 tablespoon sweet soy sauce
1 teaspoon ginger, peeled and minced
1 teaspoon sugar
2 shiso leaves

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Combine ingredients in a pot over low heat. Simmer to reduce by half.
2. To serve, arrange vegetables in the bottom of a shallow bowl. Top with fish. Pour broth over top. Serve immediately.

### Shrimp Enchiladas

**Serves 4**

**Sea Bass**

4 4-ounce portions of sea bass
1/2 cup soy sauce
4 tablespoons olive oil
4 tablespoons lemon juice
2 teaspoons lemon zest
1 teaspoon garlic, minced

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned

**INSTRUCTIONS**

1. Whisk together soy sauce, 4 tablespoons of olive oil, lemon juice, zest, and garlic.
2. Place fish in a shallow container. Pour marinade over top. Cover and refrigerate for 1 hour or more to marinate, turning halfway through.
3. Heat 2 tablespoons of olive oil over medium heat. Add fish and sear for 2–4 minutes per side, depending on fish thickness, until golden brown and internal temperature reaches 145°F.

**Mixed Vegetables**

2 tablespoons olive oil
1 cup zucchini, julienned
1 cup yellow squash, julienned
2 cups carrots, peeled and julienned
An early adopter of the quinoa craze, our chef’s mother grew and harvested the grain in El Salvador. After spending his childhood cooking with and eating quinoa in all forms, he derived this recipe as an homage to his heritage.

**NUTRITION FACT**

Quinoa is the edible seed of a grain crop closely related to beetroot and spinach. It is high in fiber, manganese, phosphorus, folate, and zinc, and contains a variety of anti-inflammatory phytonutrients.

**HEALTHY CALCIUM**

**INGREDIENTS**

1 lemon

½ cup light mayonnaise

1 garlic clove, minced

1½ cups quinoa, cooked

¼ cup parsley, chopped

4 4-ounce cod fillets

¼ cup cornstarch

¼ cup canola oil

Salt and pepper to taste

**INSTRUCTIONS**

1. Zest lemon. Reserve zest. Cut lemon in half. Juice half of lemon and cut other half into wedges.

2. Combine lemon zest, juice, mayonnaise, and garlic. Season to taste.

3. Combine quinoa and parsley in a shallow container.


5. Coat each side of cod in mayonnaise mixture, then roll in quinoa.

6. Heat oil over medium-high heat. Fry fish for 3–5 minutes per side, until golden brown and internal temperature reaches 145˚F for 15 seconds. Do not overcrowd the pan.

7. Remove cod from the pan using a slotted spatula. Drain on paper towels.

8. Spoon a small amount of remoulade onto an appropriate serving dish. Spoon risotto over top. Place fish over the risotto. Garnish with lemon wedge.

**QUINOA CRUSTED COD**

Sunrise on Connecticut Avenue, Washington, DC

**TOMATO REMOULADE**

**INGREDIENTS**

1 cup mayonnaise

2 tablespoons whole grain mustard

2 tablespoons ketchup

1 tablespoon fresh lemon juice

1 tablespoon Worcestershire sauce

½ cup scallion, minced

¼ cup parsley, minced

1 stalk celery, finely chopped

2 garlic cloves, minced

2 teaspoons hot sauce

1 teaspoon paprika

**INSTRUCTIONS**

1. Whisk all ingredients together to combine. Cover and refrigerate until serving.

**VEGETABLE RISOTTO**

**INGREDIENTS**

2 tablespoons olive oil

½ cup onion, chopped

2 garlic cloves, minced

2 cups fresh mushrooms, sliced

1 cup Arborio rice

3 cups hot vegetable stock

¾ cup asparagus, sliced

¾ cup tomatoes, seeded and diced

¼ cup carrots, shredded

1 cup Fontina cheese, shredded

¼ cup grated Parmesan cheese

3 tablespoons basil, minced

**INSTRUCTIONS**


2. Add mushrooms. Cook until mushrooms are golden and liquid has evaporated.

3. Add rice. Stir to coat in oil.

4. Add ½ cup of vegetable stock at a time, stirring until stock is nearly absorbed before adding next amount of stock.

5. Add asparagus, tomatoes, and carrots with last addition of stock. Continue to cook until vegetables are tender and rice is al dente.

First prepared during a cooking activity with our chef, this crab cake initially surprised residents with its Asian twist and quickly became a preferred alternative to the traditional dish.

**NUTRITION FACT**
Crab is low in fat and contains only 70 calories per 3-ounce serving while supplying 15 grams of protein. Crab also contains the mineral chromium. Chromium enhances the action of insulin, making crab a good choice for diabetics, as it may help control blood sugar levels.

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**Moroccan Chicken Salad Sandwich**
Stratford Court of Boca Pointe, FL

Inspired by a deli in Manhattan, our chef has perfected this Moroccan chicken salad sandwich recipe throughout the years. A huge hit at Boca Pointe, residents particularly enjoy the pita pocket presentation.

**HIGH FIBER**

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**MARINATED CHICKEN**

**INGREDIENTS**
- 4 ½ pounds boneless/skinless chicken breast
- 2 ½ tablespoons olive oil
- 1 ½ tablespoons lemon juice
- 1 garlic clove, minced
- ⅛ teaspoon paprika
- ⅛ teaspoon ground cinnamon
- ¼ teaspoon ground black pepper

**INSTRUCTIONS**
1. Heat olive oil over medium heat. Remove chicken from marinade. Add chicken to the pan and brown evenly on all sides.
2. Deglaze the pan with stock and braise chicken for 20 minutes. Remove from heat and refrigerate chicken to cool.
3. Remove chicken from cooking liquid. Shred chicken and combine with tomatoes, peppers, cilantro, parsley, and enough cooking liquid to moisten.
4. Cut pitas to open. Fill each pita with 1 cup of chicken salad. Serve immediately.

**CHICKEN SALAD**

**INGREDIENTS**
- 1 tablespoon olive oil
- 1 teaspoon cilantro, chopped
- 1 teaspoon parsley, chopped
- 10 whole wheat pitas
- 2 cups roasted red peppers, diced
- 1 teaspoon cilantro, chopped
- 1 teaspoon parsley, chopped

**INSTRUCTIONS**
1. Heat olive oil over medium heat. Remove chicken from marinade. Add chicken to the pan and brown evenly on all sides.
2. Deglaze the pan with stock and braise chicken for 20 minutes. Remove from heat and refrigerate chicken to cool.
3. Remove chicken from cooking liquid. Shred chicken and combine with tomatoes, peppers, cilantro, parsley, and enough cooking liquid to moisten.
4. Cut pitas to open. Fill each pita with 1 cup of chicken salad. Serve immediately.

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**ASIAN SLAW**

**INGREDIENTS**
- 1 European cucumber, peeled
- 1 large carrot, peeled
- ½ red onion, peeled
- ½ red bell pepper, seeded
- 1 tablespoon soy sauce
- ½ lime, juice and zest
- ½ orange, juice and zest

**INSTRUCTIONS**
1. Julienne vegetables on a mandoline.
2. Toss vegetables with soy sauce, juice, and zest.
3. Cover and refrigerate for at least 1 hour prior to serving.

**CILANTRO VINAIGRETTE**

**INGREDIENTS**
- 1 ½ tablespoons cilantro leaves
- 1 tablespoon cider vinegar
- 1 garlic clove, peeled
- ½ shallot, peeled
- 1 teaspoon prepared mustard
- 2 tablespoons vegetable oil

**INSTRUCTIONS**
1. Combine all ingredients in a blender except for vegetable oil. Purée while slowly adding vegetable oil until emulsified.
2. To serve, spoon slaw on an appropriate plate. Top with a crab cake. Drizzle with vinaigrette.
Spicy Lentil Cakes
Sunrise of Lincoln Park, IL

Tasked with creating a series of brain-healthy appetizers for residents, our chef chose lentils, which provide a steady stream of glucose to the brain. By blending the lentils with the flavors of jalapeño, ginger, and garlic, the resulting dish is flavorful with just the right amount of spice.

**COOKING TIP**
Gochujang paste is a Korean fermented pepper paste and can be found in some specialty markets. Other hot sauces, such as Sriracha, can be substituted.

**INGREDIENTS**
- ½ cup red lentils
- ¼ cup basmati rice
- ¼ cup cilantro
- 1 ½ tablespoons ginger, minced
- 1 tablespoon garlic, minced
- 1 jalapeño, seeded
- 1 tablespoon red onion, minced
- 2 teaspoons Gochujang paste
- 1 ½ teaspoons olive oil
- Water as needed
- Kosher salt and pepper to taste
- Vegetable oil as needed for frying

**INSTRUCTIONS**
1. Place lentils and rice in a pot of water. Cover pot and refrigerate for 3–4 hours to soak.
2. Drain lentils and rice. Place in a food processor with remaining ingredients. Pulse until a paste is formed. Season to taste.
3. Heat vegetable oil over medium heat. Drop 2-ounce portions of batter into hot oil, gently pressing down with the back of a spatula to create a disc shape. Sauté for 3–4 minutes on each side until golden brown.
4. Remove from oil and drain on paper towels. Serve immediately.

Eggplant Caponata
Sunrise of Worthington, OH

Throughout the years, our chef has shared his passion for Italian cuisine with our residents, including this crowd favorite. He emphasizes the importance of using the freshest ingredients to enhance flavors, and recommends substituting the vegetables that fill the eggplant based on peak seasonality. The adaptability of this dish makes it suitable year-round.

**INGREDIENTS**
- 2 eggplants
- 1 tablespoon olive oil
- 1 cup onion, diced
- 1 cup red bell pepper, diced
- 1 tablespoon garlic, minced
- ½ cup plum tomatoes, diced
- ½ cup plum tomatoes, diced
- ½ cup red bell pepper, diced
- 1 tablespoon garlic, minced
- 1 cup plum tomatoes, diced
- 1 teaspoon Italian herb mix
- 1 teaspoon thyme, minced
- 2 tablespoons dried cherries
- ¼ cup pomegranate juice
- ¼ cup red wine vinegar
- 2 tablespoons tomato juice
- 1 tablespoon butter

**INSTRUCTIONS**
1. Preheat oven to 350˚F.
2. Cut eggplant in half lengthwise and scoop out flesh, leaving enough skin to hold filling.
5. Add tomatoes, Italian herb mix, and thyme. Continue to cook for 5 minutes more, until tomato juices are nearly dry.
6. Add cherries, pomegranate juice, and vinegar. Reduce until nearly dry.
7. Stir in the roasted eggplant flesh, tomato juice, and butter. Heat through.
8. Place eggplant skins on greased baking sheets. Stuff with sautéed eggplant mixture.
9. Roast at 350˚F until eggplant skin is soft, about 20 minutes.
This is our chef’s consecutive winning recipe at Sunrise of Carmichael’s annual chili and rub cook-off. The smell of this chili simmering in the kitchen is the perfect way to usher in the crisp fall season.

**NUTRITION FACT**
Turkey is an excellent source of low-fat protein, with a 4-ounce portion of skinless turkey breast providing 30–35 grams of protein with less than 1 gram of fat.

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**Low Sodium**
**High Fiber**

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**Turkey Chili**
Sunrise of Carmichael, CA

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**INGREDIENTS**
1. cup beef stock
2. tablespoons ground cumin
3. tablespoons chili powder
4. tablespoon garlic powder
5. tablespoon onion powder
6. small onions, peeled and diced
7. cups corn
8. cups mushrooms, sliced
9. green bell pepper, seeded and diced
10. red bell pepper, roasted, seeded and diced
11. garlic cloves, peeled and minced
12. cups pinto beans, cooked
13. cups kidney beans, cooked
14. cup dark ale
6. ounces tomato paste
Salt and pepper to taste

**INSTRUCTIONS**
1. Cook turkey in a large pot until browned.
2. Add spices and cook for 2 minutes.
3. Add vegetables. Sauté until soft.
4. Add beans, beer, stock, and tomato paste. Bring to a boil, reduce to a simmer. Season to taste. Cook for 1 hour.
5. Serve with cornbread and shredded cheese if desired.

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**Salmon Beet Salad**
Sunrise of Dublin, OH

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The buttery flavors of the salmon combine with the spicy profile of the beet salad to make this recipe light, refreshing, and perfect for an easy weeknight meal.

**NUTRITION FACT**
Beets contain powerful nutrient compounds found in their pigments that may promote eye and overall nerve tissue health and protect against heart disease and certain cancers.

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**INGREDIENTS**
6. ounces skinless salmon filet, cooked and flaked
1/2. avocado, peeled, pitted, and diced
1/2. cup cooked beets, diced
1/4. cup red onions, thinly sliced
3. cups mixed greens
2. tablespoons pistachios, chopped

**INSTRUCTIONS**
1. Combine salmon, avocado, beets, and onions. Toss with a small amount of dressing.

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**DRESSING**

**INGREDIENTS**
2. tablespoons white wine vinegar
1. tablespoon olive oil
1/2. teaspoon orange zest
1/4. teaspoon chili powder
Ground black pepper to taste

**INSTRUCTIONS**
1. Whisk together vinegar, oil, zest, and chili powder. Season to taste. Set aside.
When the food deconstruction craze was big in the culinary world, our chef posed a question to residents, “What if the apple was the container for the salad?” When residents dismissed the idea, the challenge began. Our chef perfected the recipe and presented it for a ladies’ luncheon where it was an instant hit (and received a big laugh).

For this simple but elegant dish, our chef began with blue crab, a treasured Maryland staple. He paired it with a spin on his own childhood favorite, gurkensalat (a German cucumber salad). This favorite meal is now a regular appetizer salad on the menu at Sunrise of Severna Park.

**Leafy Apple Waldorf Salad**
Stratford Court of Boca Pointe, FL

**Crab Salad**
Sunrise of Severna Park, MD

**NUTRITION FACT**
Cucumbers are a good source of vitamins B1, B7, C, and K, and copper, potassium, manganese, phosphorus, and magnesium. High water content also makes cucumbers a great source of hydration.

**CREAMY HONEY DRESSING**

**INGREDIENTS**

- ¼ cup olive oil
- 1 tablespoon plain yogurt
- ½ tablespoon honey
- 1 tablespoon lemon juice
- Salt and pepper to taste

**INSTRUCTIONS**

1. Whisk together dressing ingredients. Set aside.

**CUCUMBER PASTA**

**INGREDIENTS**

- 2 large cucumbers, peeled
- 1 cup white vinegar
- ½ cup white sugar
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh chives, chopped

**INSTRUCTIONS**

1. Whisk together vinegar, sugar, dill, and chives. Set aside.
2. Use julienne setting on a mandoline to cut cucumbers into thin “noodles.”
3. Toss cucumbers with dressing. Cover and refrigerate for 1 hour.

**CRAB SALAD**

**INGREDIENTS**

- ¼ pound backfin crabmeat
- ¼ pound claw crabmeat
- ¼ cup mayonnaise
- 2 tablespoons Worcestershire sauce
- 2 tablespoons fresh lemon juice
- 2 tablespoons scallion, minced

**INSTRUCTIONS**

1. Combine mayonnaise, Worcestershire sauce, lemon juice, scallions, celery, and mustard powder. Add dill and Old Bay™ to taste.
2. Gently fold crabmeat into dressing, trying not to break up the crab. Cover and refrigerate for 30 minutes.
3. Drain cucumber noodles. Arrange on appropriate serving plates into round nests with a hole in the center. Gently spoon 3 ounces of crab salad into the hole of each nest. Garnish with dill. Serve with crostini and lemon wedge on the side.
Blueberry Cobbler
Sunrise of Fresno, CA

Our community is located in the heart of the San Joaquin Valley, “the food basket of the world,” where there is an abundance of locally grown fruits, nuts, and vegetables. Based on her aunt’s peach cobbler recipe, our chef swapped peaches for fresh spring blueberries, and the resulting dish was a huge success. Our residents agree that it is equally delicious served warm or cold. Add a scoop of vanilla ice cream and pass the spoon!

NUTRITION FACT
Blueberries are loaded with antioxidants, especially anthocyanins, which have been shown to improve vision and brain function, and lower the risk of cancer.

INGREDIENTS
- 5 cups fresh or frozen blueberries
- 2 tablespoons fresh lemon juice
- 2 cups flour
- 3 cups sugar, split
- 1 cup whole milk
- 5 tablespoons butter, softened
- 1 teaspoon salt, split
- ¼ teaspoon vanilla extract
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground mace
- 2 tablespoons cornstarch
- 1 ½ cups boiling water

INSTRUCTIONS
1. Preheat oven to 350˚F.
2. Spread blueberries in a 9x13-inch baking dish. Drizzle with lemon juice. Set aside.
3. In a medium bowl, combine flour, 1 ½ cups sugar, milk, butter, baking soda, ½ teaspoon salt, vanilla, nutmeg, and mace. Spoon over berries in an even layer.
4. Combine remaining 1 ½ cups sugar, ½ teaspoon salt, and cornstarch. Sprinkle mixture over the batter.
5. Pour boiling water evenly over top of cobbler. Poke a few holes down in the batter with the handle of a wooden spoon.
6. Bake cobbler at 350˚F for 1 hour or until berries are bubbling and top is golden brown.
7. Remove from the oven and serve warm or at room temperature.

The Best Cheesecake
Sunrise of Fullerton, CA

Resident input and trial and error helped our chef perfect this recipe for the “best cheesecake ever.” It is delicious on its own, but as an extra treat, try topping it with fresh berries.

COOKING TIP
To lighten up the cheesecake, try substituting half of the cream cheese with low-fat cream cheese and the sour cream with low-fat sour cream. These simple adjustments can drastically cut the total saturated fat content.

INGREDIENTS
- 12 ounces cream cheese
- ½ cup + 1 tablespoon sugar
- ¼ cup whole milk
- ½ cup sour cream
- 2 large eggs
- 1 tablespoon flour
- 1 ½ teaspoons vanilla extract
- ½ lemon, zested
- 1 prepared graham cracker pie crust

INSTRUCTIONS
1. Preheat oven to 300˚F.
2. Beat cream cheese and sugar in a stand mixer. Scrape the bowl.
3. Add milk, sour cream, eggs, flour, vanilla, and lemon zest. Beat until smooth.
4. Pour cream cheese mixture into pie crust.
5. Bake cheesecake at 300˚F for 50 minutes, until set.
6. Remove from the oven and cool, then freeze overnight.
7. Slice frozen cheesecake into 8 even portions. Serve chilled.
8. To garnish, just add your favorite fruit or berries.
Our chef is always looking for recipes that satisfy a sweet tooth without incorporating a great deal of added sugar. This recipe was passed down from our chef’s grandmother and refined to suit the dietary needs of our residents.

The summer season brings delicious, ripe peaches that are perfect for baking. To savor the seasonal flavor, we paired the fresh fruit with tart raspberries for both color and flavor contrast. This tart is a crowd-pleaser, regularly served during socials and our “Red Hat Tea” parties.

**Grape Nuts™ Custard**

Sunrise of Leominster, MA

**INGREDIENTS**

- 3 large eggs
- 2 cups milk
- ½ cup Splenda™
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¾ cup Grape Nuts™ cereal

**INSTRUCTIONS**

1. Beat eggs, then stir in milk, Splenda™, butter, vanilla, cinnamon, and nutmeg. Pour into a greased baking dish. Sprinkle Grape Nuts™ over top.
2. Place baking dish in a water bath. Bake at 350˚F for 45 minutes or until a toothpick inserted comes out clean. Serve warm.

**Peach Raspberry Tart**

Sunrise of Woodland Hills, CA

**INGREDIENTS**

- 1 puff pastry sheet, thawed
- 4 peaches, pitted and sliced ½ inch thick
- ½ pint raspberries
- ½ cup raspberry jam, melted
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅓ cup sugar
- 1 large egg
- Powdered sugar as needed

**INSTRUCTIONS**

1. Preheat oven to 350˚F.
2. Roll out puff pastry sheet. Cut sheet into 9 squares, about 3x3 inches each.
4. Brush jam on each dough square, leaving a border at the edges.
5. Toss peaches in sugar and spices. Arrange on dough, leaving a border at the edges.
6. Arrange raspberries on top of tarts.
7. Whisk egg with a small amount of water to make an egg wash. Brush exposed dough edges with egg wash.
8. Bake tarts at 350˚F for 20–25 minutes, until puffed and golden brown.
9. Remove from the oven and dust with powdered sugar. Serve warm.

**NUTRITION FACT**

Fresh peaches are a good source of potassium, fiber, and vitamins A and C. Not only does vitamin C help the body resist infectious agents, it is also a powerful antioxidant that removes free radicals from the body.
The Sunrise Dining Experience
No one champions quality of life for seniors like Sunrise Senior Living. We’ve devoted 35 years to refining our resident-centered approach to care, filling every community with the special touches of home, and building passionate and skilled teams of serving hearts.

Sunrise is a National Strategic Partner for USDA’s MyPlate program

OUR MISSION
To Champion Quality of Life for All Seniors

OUR PRINCIPLES OF SERVICE
Preserving Dignity
Nurturing the Spirit
Celebrating Individuality
Enabling Freedom of Choice
Encouraging Independence
Involving Family and Friends

Visit SunriseSeniorLiving.com/Dining to learn more about the Sunrise Dining Program.

This year, Sunrise Senior Living held its fourth annual Senior Eats® Nutritional Challenge at The Fairfax community in the Washington, DC metro area.

Sunrise chefs competed at the event to develop creative and delicious recipes that incorporate our high standards for senior health and nutrition. Chris Countiss, the chef at Sunrise of Severna Park, MD, was crowned the newest Sunrise Signature Chef for his winning chilled crab over cucumber “pasta” recipe (found on p. 29). This dish features crab, an ingredient that is high in vitamin B12, which helps support normal brain function, reduce the risk of cardiovascular disease, and produce healthy red blood cells.

For more details, visit SunriseSeniorLiving.com/Nutrition.