

MIND Diet Recipe Packet



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Recommended Daily Consumption

Beans: Four 1/2 cups weekly

Nuts: Five 1oz (1/4-1/2 cups)

Dark Green Leafy Vegetables: 1 serving daily



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Preparing Dried Beans



Ingredients

- 1 lb. dry beans; soaked overnight in cold water
- 1 large bouquet garni (thyme leaf, bay leaf, parsley, peppercorns in cheese cloth)
- 1 large carrot
- 1 celery stick
- 1 onion, stuck with cloves
- 1 bulb garlic, peeled
- 1 pinch cayene pepper
- salt to taste



Directions

1. In a one-gallon pot, bring a ½ gallon of water to a boil. Add the bouquet garni, carrot, onion stuck with cloves, cayenne pepper and garlic. Do not season the water with salt. Simmer altogether for 20 minutes. This flavored liquid you are about to use to cook the beans is called a court bouillon, or short stock.
2. Drain the beans of their soaking water, and check for stones and dirt. Add the beans to the simmering court bouillon, and bring it all up to a hard boil. Boil hard for 3 minutes (this helps take the “gas” out of the beans).
3. Reduce the beans to a simmer, and simmer until the beans are just shy of perfectly cooked, about 45 minutes.
4. Remove the bouquet garni, carrot, celery, and onion.
5. You may continue to cook to reduce the liquid
6. Once reduced to desired consistency, season to taste with salt and any additional desired spices.
7. Finish with butter or olive oil.



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Building Toast

1. Toast a slice of your favorite bread. Try to find something high in fiber, like whole wheat bread.
2. Choose a protein:
 - a. Spread on 2 tablespoons of nut butter (almond butter, cashew butter, peanut butter, etc.).
 - b. Mash your favorite beans (chickpeas and white beans work well!)
3. Choose a topping:
 - a. Nut toast pairs well with: chia seeds, flax seeds, toasted coconut flakes, and fresh fruit.
 - b. Bean toast pairs well with: fried eggs, herbs, cheese, chili flakes, avocado and roasted vegetables.



Sautéing Kale

1. Rinse your kale leaves and remove the stems. Chop roughly and then massage with olive oil and salt to make the kale less bitter.
2. Heat olive oil in a pan. Add the kale and sauté.



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White Bean Chicken Chili

Ingredients

- 1 rotisserie chicken (cubed)
- 1 cup chicken broth
- 1 can coconut milk
- 2 (15 oz) cans white beans (cannellini, great northern or navy) drained & rinsed
- 1 (4oz) cans diced green chiles (optional)
- 1 cup frozen corn
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/4 tsp black pepper
- 2-3 cups chopped kale



Adapted from Minimalist Baker

Instructions

1. In a large pot over medium heat, add cubed chicken, broth, coconut milk, beans, chilies, corn, cumin, oregano, and pepper. Stir and bring to a simmer. Once simmering, reduce heat slightly, cover and cook for 15-20 minutes
2. Stir in kale and use the back of a spoon to mash beans against the side of the pot to thicken. Cook for 3-5 minutes or until the kale is wilted and tender
3. Taste and adjust as needed, adding cayenne for heat, cumin for smokiness or salt and/or pepper to taste.
4. Serve warm. Leftovers will keep in the refrigerator for 3-4 days or in the freezer for up to 1 month.

Walnut & Kale Pasta

Ingredients

- 1/2 cup toasted walnut halves, roughly chopped
- 8oz whole wheat spaghetti
- 1 1/2 Tbsp olive oil
- 2 large red onions, sliced
- 2 large bunches of kale, chopped
- 4 cloves garlic, minced
- 1 can (14oz) diced tomatoes
- 2/3 cup dry white wine
- 1/4 tsp crushed red pepper flakes
- 1/8 tsp black pepper
- 1/2 cup Parmesan cheese, grated

Instructions

1. Bring a large pot of water to a boil. Cook until al dente
2. Heat olive oil in a skillet over medium-high heat. Add sliced onions and saute until tender. Add the kale and saute until wilted. If it does not fit in the pot all at once, add gradually in handfuls. Add the garlic, tomatoes, wine, red pepper flakes, and pepper
3. Bring mixture to a boil and reduce heat. Cover the pan and simmer until tomatoes break down; 3-5 minutes. Remove lid and let any excess liquid cook off
4. Add pasta to the skillet and stir to coat. Serve warm, topped with walnuts and Parmesan

Adapted from Well Plated