



Well-Being  Thinktank¹²⁵
BRAIN HEALTH

MINDFUL BITES

SIMPLE, DELICIOUS
RECIPES
— TO BOOST YOUR —
Neuro-Nourishment

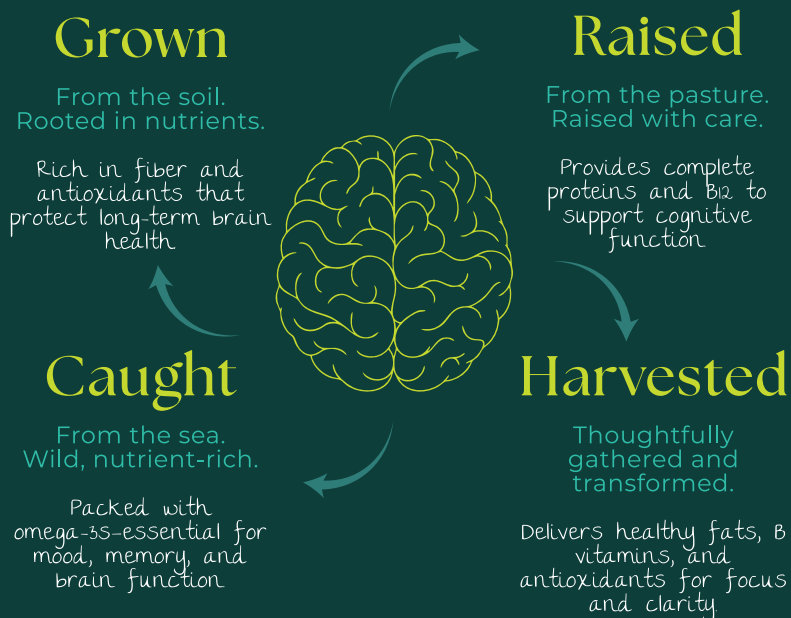


Eat REAL. Live Fully.

Has brain health been on your mind? It's never too early to begin incorporating neuroprotective dietary habits into your everyday eating. The recipes included here are some of our chef favorites, many of which will be highlighted during your time at the Wellbeing Thinktank.

These quick, flavorful dishes emphasize ingredient quality and are built around whole foods from brain-healthy groups like leafy greens, vegetables, berries, nuts, whole grains, legumes, seeds, and natural unsaturated oils. Choices like these are rich in antioxidants, which help reduce the oxidative stress that contributes to age-related cognitive decline. They also deliver key vitamins and minerals that support nerve signaling and overall brain function. An added benefit? This Mediterranean-inspired eating style supports not only brain health but whole-body vitality and well-being.

REAL Food means real, positive health impacts. What more is there to think about; get cooking!



FOOD FOR THOUGHT

What fuels your brain
is rooted in where it
came from.

What's Inside?

Miso Mushroom Skewers 3

Umami-packed bites marinated in brain-boosting oils and aromatics.

Grilled and Raw Kale Salad 4

A balance of textures with nutrient-dense greens and tangy goat cheese.

Sweet and Sour Carrots 5 – 6

Caramelized roots over yogurt, topped with savory granola and zingy sauce.

Pasta Puttanesca 7

A Mediterranean classic rich in healthy fats, antioxidants, and bold flavor.

Steak Arugula Salad 8

Iron-rich protein meets crisp arugula, Parmesan, and crunchy white beans.

Citrus Olive Oil Cake 9

A naturally sweet, heart-healthy cake with citrus, olive oil, and poppy seeds.



Miso Mushroom Skewers

INGREDIENTS

2 1/2 Lbs	Assorted Mushrooms
2 1/2 Cups	Extra Virgin Olive Oil
3 Ea	Bay Leaves
5 Ea	Sprigs of Thyme
1-2 Ea	Sprigs of Rosemary
12 Ea	Garlic Cloves, Smashed
3 3/4 Tbsp	Sherry Vinegar
1 1/4 Tbsp	Paprika
1/4 Cup	White Miso
To Taste	Salt and Pepper
To Taste	Toasted Black and White Sesame Seeds

PREPARATION

1. In a medium saucepan, combine mushrooms, olive oil, smashed garlic, rosemary, thyme, and bay leaves.
2. Gently simmer over low heat until mushrooms are just tender, about 8–10 minutes.
3. Remove from heat and stir in sherry vinegar, paprika, and miso until fully incorporated. Season with salt and pepper to taste.
4. Let the mushrooms marinate in this mixture overnight in the refrigerator. This deepens the flavor and keeps them moist.
5. When ready to serve, thread mushrooms onto skewers. Roll each skewer in toasted sesame seeds to coat.
6. Arrange on a platter and enjoy!



SERVES

6-8 Servings

Grilled and Raw Kale Salad

INGREDIENTS

DRESSING

1/4 Cup

Apple Cider Vinegar

1/3 Cup

Extra Virgin Olive Oil

2 Tbsp

Goat Cheese

To Taste

Kosher Salt and Ground Black Pepper

SALAD

2 Ea

Kale Bunches (Stems Removed, Chopped)

1/2 Cup

Sunflower Seeds

1/2 Cup

Dried Cranberries

To Taste

Lemon Juice

PREPARATION

DRESSING

1. Blend vinegar and goat cheese in a Vitamix or blender. Slowly drizzle in extra virgin olive oil until emulsified. Season with salt and pepper.

SALAD

1. Chop and massage the kale with lemon juice for 2 minutes.
2. Grill half the kale until lightly charred.
3. Toss both grilled and raw kale with sunflower seeds, cranberries, and dressing. Mix well and serve.



SERVES

5-6 Servings

Sweet and Sour Carrots

INGREDIENTS

CHARRED CARROTS

- 1 Lb** Small Baby Rainbow Carrots, Peeled
- 1 Tbsp** Extra Virgin Olive Oil
- To Taste** Kosher Salt and Ground Black Pepper

SWEET AND SOUR CARROT SAUCE

- 2 Tbsp** Extra Virgin Olive Oil (*for Cooking the Shallots*)
- 2 Ea** Shallots, Thinly Sliced
- 2 Cups** Carrots, Peeled and Sliced
- 1 Tbsp** Kosher Salt
- 1 Tsp** Smoked Paprika
- 2 Tbsp** Chopped Finger Chili
- 2/3 Cup** Fresh Lime Juice
- 1 Cup** Champagne Vinegar
- 1 1/3 Cups** Extra Virgin Olive Oil (*for the Blender*)

OPTIONAL GARNISHES

- 32 Oz** Full-Fat Plain Greek Yogurt
- As Needed** Granola
- As Needed** Coconut, Shredded
- As Needed** Nuts or Seeds, Toasted (Pumpkin Seeds, Almond)



PREPARATION

1. Make the sweet and sour sauce

Heat 2 Tbsp of extra virgin olive oil in a medium saucepan over medium heat. Add the shallots and cook, stirring, until they turn golden, about 2–3 minutes.

Stir in the finger chili, lime juice, vinegar, and sliced carrots. Bring to a gentle simmer and cook until the carrots are tender and the liquid has reduced by half, about 8–10 minutes.

Transfer the mixture to a blender and puree until smooth. With the blender running on low, slowly drizzle in the 1 ½ cups extra virgin olive oil until the sauce is thick and emulsified. Set aside to cool.

2. Char the carrots

Preheat your oven to 425 °F, or heat a grill to medium-high.

Toss the baby rainbow carrots with 1 Tbsp olive oil and a pinch of salt and pepper.

Spread the carrots on a rimmed baking sheet and roast until they are tender and beginning to char, about 20–25 minutes, turning once. Alternatively, grill the carrots, rotating them so each side develops a light char, about 10–12 minutes total.

3. Assemble the platter

On a large, flat platter, spread the Greek yogurt to form a smooth base. The amount you use will depend on your platter size—aim for a ¼-inch layer.

Arrange the charred carrots on top of the yogurt in neat rows or a loose cluster.

Generously drizzle the sweet and sour carrot sauce over the carrots and yogurt.

4. Finish with garnishes

Sprinkle savory granola over the top for crunch.

Add a handful of shredded coconut for subtle sweetness.

Scatter toasted nuts or seeds to bring extra texture and nutty flavor.

Drizzle a little extra extra virgin olive oil around the edge for a glossy finish.

Chef's Note: *You can transform this platter into individual parfaits by layering yogurt, sliced carrots, and sauce in clear glasses. For a shared presentation, we love how it looks on a single platter—it invites everyone to dig in and savor all the colors and textures.*



Pasta Puttanesca

INGREDIENTS

3/4 Lb
1/4 Cup
4-8 Ea
1 Tsp
4-5 Ea
20 Ea
1/2 Cup
3 Tbsp
2 Tsp
1/2 Cup
To Taste

Whole Wheat Bow Tie Pasta
Extra Virgin Olive Oil
Anchovy Fillets
Red Pepper Flakes
Garlic Cloves, Minced
Fresh Cherry Tomatoes, Cut in Half
Kalamata Olives, Sliced (Reserve Half for Garnish)
Capers (Reserve Half for Garnish)
Dried Oregano
Parsley, Freshly Chopped
Parmigiano Reggiano Cheese



PREPARATION

1. Sauté anchovies and pepper flakes in oil for 2 minutes.
2. Add garlic, then tomatoes, half the olives/capers, and oregano.
3. Simmer for 20–30 minutes.
4. Toss cooked bowtie pasta into sauce, loosen with pasta water if needed.
5. Garnish with remaining olives, capers, parsley, and Parmigiano Reggiano Cheese.



Steak Arugula Salad

INGREDIENTS

STEAK

2-2 1/2 Lbs

Flank Steak

1 Tbsp

Extra Virgin Olive Oil

To Taste

Kosher Salt and Ground Black Pepper

CRISPY WHITE BEANS

1 Can (15 oz)

White Beans, Rinsed and Dried

1 Tbsp

Extra Virgin Olive Oil

1 Pinch

Kosher Salt

SALAD AND DRESSING

1 Lb

Fresh Arugula, Rinsed and Spun Dry

4 Oz

Parmesan Cheese, Shaved

2 Tbsp

Extra Virgin Olive Oil

1 Tbsp

Sherry Vinegar

1 Ea

Juice of Fresh Lemon

PREPARATION

1. Crisp the Beans: Preheat oven to 325°F. Toss drained white beans with 1 Tbsp extra virgin olive oil and a pinch of salt. Spread on a baking sheet in a single layer. Bake for 60 minutes, stirring every 15 minutes, until golden and crispy.
2. Grill the Steak: Preheat grill or grill pan to high. Pat steak dry and season with salt and pepper. Lightly oil grill grates or steak. Grill for 5 minutes per side for medium-rare. Let rest 15 minutes, then slice thinly against the grain.
3. Assemble the Salad: Arrange arugula on a platter. Top with shaved Parmesan, sliced steak, and any juices.
4. Dress and Finish: Whisk together 2 Tbsp extra virgin olive oil, sherry vinegar, and lemon juice. Drizzle over salad. Finish with crisped white beans.

Chef's Tip: *Resting the steak ensures tenderness. No beans? Toasted nuts or seeds make a great swap.*



SERVES

20-24 Servings



Orange Olive Oil Cake

INGREDIENTS

BATTER

2 Tbsp	Orange Zest
3 Ea	Large Eggs
2 1/2 Cups	Applesauce
1 1/2 Cups	Milk
1 Cup	Olive Oil
1 1/2 Tsp	Almond Extract
1 1/2 Tsp	Vanilla Extract
3 Cups	All-Purpose Flour
1 1/2 Tsp	Baking Soda
1 1/2 Tbsp	Poppy Seeds
1 1/2 Tsp	Salt

GLAZE

1/2 Tsp	Almond Extract
1/2 Tsp	Vanilla Extract
3/4 Cup	Maple Syrup
1/2 Cup	Orange Juice

OPTIONAL GARNISH

As Needed	Slices of Orange
As Needed	Shaved Almonds

YIELDS

Two 9-Inch
Round Cakes

Three 12-Count
Mini Muffin Trays

PREPARATION

1. Method

Preheat oven to 350°F. Grease two 9-inch pans or three 12-count muffin pans.

In a large bowl, whisk eggs, applesauce, milk, olive oil, extracts, and orange zest.

In another bowl, sift flour, baking soda, salt, and poppy seeds.

Fold dry into wet until just combined.

2. Bake

Rounds: Bake for 35 minutes

Mini muffins: Bake for 10 minutes

Let cool for 10 minutes

3. Glaze & Serve

Warm maple syrup, orange juice, and extracts in a saucepan—do not boil.

Spoon over slightly warm cakes or muffins.

Garnish with orange slices and shaved almonds if desired.





May these recipes inspire you to nourish
not just your body, but your mind. Here's
to sharp thinking, vibrant living, and
REAL Food at the center of it all.

With gratitude,



Chef Anna Tapia



www.thomascuisine.com

