**The Perfect 20 Food Recipes for Senior People to stay Active and alive throughout the Week**

**The Below recipes also keep a check to your blood sugar/diabetes and Cholesterol**

**Some of the Recipes are perfect to be cooked to serve and have a Happy Family Dinner with Grandchildren as well**

# Quinoa Salad



Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 red bell pepper, diced
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 1/4 cup extra-virgin olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

Instructions:

1. Rinse the quinoa in a fine-mesh strainer under running water.
2. In a medium saucepan, combine the quinoa and water and bring to a boil.
3. Reduce heat to low, cover and simmer for 15-20 minutes or until the water is absorbed and the quinoa is cooked through.
4. Fluff the quinoa with a fork and let it cool.
5. In a large bowl, combine the cooked quinoa, diced red bell pepper, diced cucumber, chopped red onion, parsley, and mint.
6. In a small bowl, whisk together the olive oil and lemon juice.
7. Pour the dressing over the quinoa salad and toss to combine.
8. Season with salt and pepper to taste.
9. Chill in the refrigerator for at least 30 minutes before serving.

Enjoy your tasty and healthy quinoa salad!

# Eggs & Red Potatoes Recipe



Here's a simple recipe for making delicious eggs and red potatoes:

Ingredients:

- 4 small red potatoes, diced
- 1 tablespoon olive oil
- 4 eggs
- Salt and pepper to taste
- Optional: chopped fresh herbs (such as parsley, chives, or thyme)

Instructions:

1. In a large skillet, heat the olive oil over medium heat.
2. Add the diced red potatoes to the skillet and season with salt and pepper.
3. Cook the potatoes, stirring occasionally, until they are tender and lightly browned, about 10-15 minutes.
4. Crack the eggs over the potatoes, making sure to space them out evenly.
5. Cover the skillet with a lid and cook until the eggs are cooked to your liking, about 3-5 minutes for over-easy or 5-7 minutes for over-medium.
6. Sprinkle with fresh herbs, if desired.
7. Serve hot and enjoy!

This recipe is a great way to start your day with a delicious and nutritious breakfast.

# South Western Omelets



Here's a simple recipe for making a delicious Southwest omelet:

Ingredients:

- 3 eggs
- 1 tablespoon butter
- 1/4 cup diced red bell pepper
- 1/4 cup diced onion
- 1/4 cup canned black beans, rinsed and drained
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste
- Optional toppings: salsa, sour cream, avocado

Instructions:

1. In a small bowl, beat the eggs with a fork until well blended.
2. In a large skillet, melt the butter over medium heat.
3. Add the diced red bell pepper and onion to the skillet and sauté until tender, about 3-4 minutes.

4. Add the black beans to the skillet and cook for another 1-2 minutes.
5. Pour the beaten eggs over the vegetables in the skillet.
6. Cook the omelet, stirring occasionally, until the eggs are set but still moist, about 3-4 minutes.
7. Sprinkle the shredded cheddar cheese over one half of the omelet.
8. Using a spatula, fold the other half of the omelet over the cheese and cook for another 1-2 minutes until the cheese is melted and the eggs are fully cooked.
9. Season with salt and pepper to taste.
10. Serve hot with optional toppings such as salsa, sour cream, or avocado.

Enjoy your delicious and easy Southwest omelet!

# Salmon Wrap



Here's a simple recipe for making a delicious salmon wrap:

Ingredients:

- 1 large whole wheat tortilla wrap
- 2-3 ounces cooked salmon, flaked
- 1/4 cup diced cucumber
- 1/4 cup diced tomato
- 1/4 cup shredded lettuce
- 1 tablespoon cream cheese
- 1 teaspoon capers (optional)
- Salt and pepper to taste

Instructions:

1. Lay the whole wheat tortilla wrap flat on a clean surface.

2. Spread the cream cheese evenly over the wrap, leaving a small border around the edge.
3. Sprinkle the flaked salmon, diced cucumber, diced tomato, shredded lettuce, and capers (if using) evenly over the cream cheese.
4. Season with salt and pepper to taste.
5. Fold in the sides of the wrap, then roll it up tightly from the bottom.
6. Slice the salmon wrap in half, if desired, and serve.

Enjoy your delicious and easy salmon wrap! You can also customize this recipe by adding or substituting other ingredients such as avocado, red onion, or shredded carrots.

# Shrimps & Fresh Greens



Here's a simple recipe for making a delicious shrimp and fresh greens salad:

Ingredients:

- 1/2 pound cooked shrimp, peeled and deveined
- 4 cups mixed greens (such as spinach, arugula, and lettuce)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup sliced cucumber
- 1/4 cup diced red onion

- 1/4 cup crumbled feta cheese
- 1/4 cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the cooked shrimp, mixed greens, cherry tomatoes, sliced cucumber, diced red onion, and crumbled feta cheese.
2. In a small bowl, whisk together the olive oil, lemon juice, minced garlic, and salt and pepper to taste.
3. Pour the dressing over the salad and toss to combine.
4. Serve immediately and enjoy your delicious and healthy shrimp and fresh greens salad!

This recipe is easy to customize by adding other ingredients such as avocado, sliced bell peppers, or roasted nuts. You can also substitute the shrimp with grilled chicken, tofu, or chickpeas to suit your preferences.

# Chicken/Turkey/Tofu Potpie



Here's a simple recipe for making a healthy chicken potpie:

Ingredients:

- 1 pound boneless, skinless chicken breasts, cooked and shredded
- 1 cup frozen mixed vegetables (such as peas, carrots, and corn)
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced potatoes
- 1/4 cup whole wheat flour
- 1 1/2 cups unsweetened almond milk (or other non-dairy milk)
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 whole wheat pie crust (store-bought or homemade)

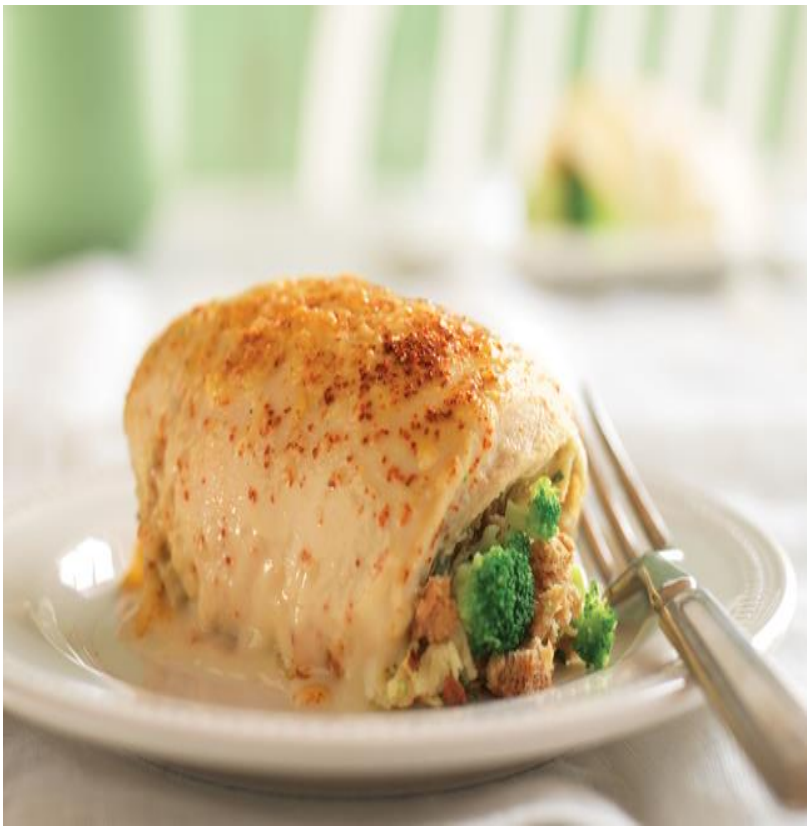
Instructions:

1. Preheat the oven to 375°F.
2. In a large skillet, heat the olive oil over medium heat.
3. Add the diced onion, celery, and potatoes to the skillet and sauté until tender, about 5-7 minutes.

4. Add the frozen mixed vegetables to the skillet and cook for another 2-3 minutes until heated through.
5. Sprinkle the whole wheat flour over the vegetables in the skillet and stir to combine.
6. Gradually pour the unsweetened almond milk into the skillet, stirring constantly, until the mixture thickens.
7. Add the cooked and shredded chicken to the skillet and stir to combine.
8. Season with salt and pepper to taste.
9. Pour the chicken and vegetable mixture into a 9-inch pie dish.
10. Cover the mixture with the whole wheat pie crust, crimping the edges to seal.
11. Cut a few slits in the top of the crust to allow steam to escape.
12. Bake the chicken potpie in the preheated oven for 35-40 minutes or until the crust is golden brown and the filling is bubbly.
13. Let the potpie cool for a few minutes before serving.

Enjoy your healthy chicken potpie! This recipe is a great way to enjoy a classic comfort food dish with a healthier twist. You can also customize this recipe by adding other vegetables such as mushrooms or bell peppers, or using a different type of protein such as turkey or tofu.

# Broccoli- Stuffed Chicken



Here's a simple recipe for making a healthy broccoli stuffed chicken:

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 head of broccoli, chopped into small florets
- 1/2 cup grated parmesan cheese
- 1/2 cup plain Greek yogurt
- 2 cloves garlic, minced
- Salt and pepper to taste
- Cooking spray

Instructions:

1. Preheat the oven to 375°F.
2. Cut a pocket into each chicken breast by slicing horizontally through the middle, being careful not to cut all the way through.
3. In a mixing bowl, combine the chopped broccoli, grated parmesan cheese, plain Greek yogurt, minced garlic, and salt and pepper to taste.
4. Spoon the broccoli mixture into the pocket of each chicken breast.
5. Secure the opening with toothpicks.

6. Lightly coat a baking dish with cooking spray.
7. Place the stuffed chicken breasts in the baking dish and bake for 25-30 minutes or until the chicken is cooked through and no longer pink in the center.
8. Remove the toothpicks before serving.

Enjoy your healthy broccoli stuffed chicken! This recipe is a great way to incorporate more vegetables into your diet and is packed with protein. You can also customize this recipe by adding other vegetables such as spinach or mushrooms, or using a different type of cheese such as feta or cheddar.

# Creamed Garden Potatoes & Peas



Here's a simple recipe for making a healthy creamed garden potatoes & peas:

Ingredients:

- 1 pound baby potatoes, quartered
- 1 cup frozen peas
- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour
- 1 cup unsweetened almond milk (or other non-dairy milk)
- Salt and pepper to taste

- Chopped fresh parsley for garnish (optional)

Instructions:

1. Place the quartered baby potatoes in a pot of boiling salted water and cook until tender, about 15-20 minutes.
2. While the potatoes are cooking, heat a separate pan over medium heat and melt the unsalted butter.
3. Add the all-purpose flour to the melted butter and whisk until combined to form a roux.
4. Slowly pour the unsweetened almond milk into the roux while whisking constantly to avoid lumps.
5. Cook the roux mixture for 5-7 minutes, stirring occasionally until it thickens.
6. Add the frozen peas to the pot of boiling water with the potatoes during the last 2-3 minutes of cooking time. Drain the potatoes and peas.
7. Add the cooked potatoes and peas to the roux mixture and stir to combine.
8. Season with salt and pepper to taste.
9. Serve the creamed garden potatoes & peas in bowls and garnish with chopped fresh parsley, if desired.

Enjoy your healthy creamed garden potatoes & peas! This recipe is easy to customize by adding other vegetables such as carrots or broccoli, or using a different type of non-dairy milk such as soy or coconut milk.

# Easy Meatball Stroganoff



Here's a simple recipe for making easy meatball stroganoff:

Ingredients:

- 1 pound ground beef
- 1/2 cup breadcrumbs
- 1/4 cup milk
- 1 egg
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 8 oz sliced mushrooms
- 1 can (10.5 oz) condensed cream of mushroom soup
- 1 cup beef broth
- 1/4 cup sour cream
- 1 tablespoon chopped fresh parsley (optional)
- Cooked egg noodles for serving

Instructions:

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a large bowl, mix together the ground beef, breadcrumbs, milk, egg, salt, and black pepper until well combined.
3. Roll the mixture into meatballs, about 1-2 inches in diameter.
4. Place the meatballs on the prepared baking sheet and bake in the preheated oven for 15-20 minutes or until cooked through.
5. In a large skillet, heat the olive oil over medium heat. Add the diced onion and minced garlic and sauté for 2-3 minutes or until the onion is tender.
6. Add the sliced mushrooms to the skillet and sauté for 3-4 minutes or until they are tender.
7. Add the condensed cream of mushroom soup and beef broth to the skillet and stir to combine.
8. Bring the mixture to a simmer and add the cooked meatballs. Simmer for 5-7 minutes or until the sauce has thickened slightly.
9. Remove the skillet from the heat and stir in the sour cream.
10. Serve the meatball stroganoff hot over cooked egg noodles and garnish with chopped fresh parsley, if desired.

Enjoy your easy meatball stroganoff! This recipe is a simple and tasty twist on classic beef stroganoff and can be customized by using ground turkey or chicken instead of ground beef, or adding other vegetables such as peas or carrots.

# Mom’s Meat Loaf



Here's a simple recipe for making Mom's meatloaf:

Ingredients:

- 1 1/2 pounds ground beef
- 1/2 cup breadcrumbs
- 1/2 cup milk
- 1 egg
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce

Instructions:

1. Preheat the oven to 350°F (176°C) and grease a 9x5-inch loaf pan.
2. In a large bowl, mix together the ground beef, breadcrumbs, milk, egg, chopped onion, chopped green pepper, salt, and black pepper until well combined.
3. Transfer the mixture to the greased loaf pan and smooth the top with a spatula.
4. In a small bowl, whisk together the ketchup, brown sugar, and Worcestershire sauce to make the glaze.
5. Spread the glaze over the top of the meatloaf.

6. Bake the meatloaf in the preheated oven for 60-75 minutes or until the internal temperature reaches 160°F (71°C).
7. Remove the meatloaf from the oven and let it rest for 5-10 minutes before slicing and serving.

Enjoy your Mom's meatloaf! This recipe is easy to customize by adding other ingredients such as garlic, diced tomatoes, or shredded cheese to the meat mixture.

# Country Ham & Potatoes



Here's a simple recipe for making country ham and potatoes:

Ingredients:

- 1 pound country ham, sliced
- 2 pounds potatoes, peeled and sliced
- 1 onion, chopped
- 1/2 cup water
- Salt and pepper to taste
- 2 tablespoons vegetable oil or bacon grease (optional)

Instructions:

1. Preheat the oven to 350°F (176°C).
2. In a large skillet, cook the country ham slices over medium heat until browned on both sides. Remove the ham from the skillet and set aside.
3. If using, add the vegetable oil or bacon grease to the skillet and heat over medium heat.

4. Add the sliced potatoes and chopped onion to the skillet and sauté for 5-7 minutes or until the potatoes and onion are slightly browned.
5. Add the water to the skillet and stir to combine. Season with salt and pepper to taste.
6. Transfer the potato mixture to a baking dish and arrange the cooked country ham slices on top.
7. Cover the baking dish with foil and bake in the preheated oven for 30-40 minutes or until the potatoes are tender.
8. Remove the foil from the baking dish and continue baking for an additional 10-15 minutes or until the top is crispy.

Enjoy your country ham and potatoes! This recipe is a classic Southern comfort food and can be customized by adding other vegetables such as bell peppers or carrots to the skillet.

# Easy - Peasy Pizza Dough



Here's a simple recipe for making easy-peasy pizza dough:

Ingredients:

- 2 1/4 cups all-purpose flour
- 1 tablespoon instant yeast

- 1 teaspoon salt
- 1 teaspoon sugar
- 1 cup warm water
- 2 tablespoons olive oil

Instructions:

1. In a large mixing bowl, whisk together the flour, instant yeast, salt, and sugar until well combined.
2. Add the warm water and olive oil to the bowl and stir until a dough forms.
3. Turn the dough out onto a floured surface and knead for 5-10 minutes or until the dough is smooth and elastic.
4. Place the dough back in the mixing bowl and cover with a clean towel or plastic wrap.
5. Let the dough rise for 30-60 minutes or until it has doubled in size.
6. Preheat the oven to 450°F (232°C) and prepare your pizza toppings.
7. Punch down the dough and roll it out on a floured surface to your desired size and thickness.
8. Transfer the dough to a baking sheet or pizza stone.
9. Add your desired toppings to the pizza.
10. Bake the pizza in the preheated oven for 12-15 minutes or until the crust is golden brown and the cheese is melted and bubbly.

Enjoy your easy-peasy pizza dough! This recipe can be customized by adding herbs or spices to the dough, or by using whole wheat flour for a healthier option.

# Slow-Simmered Burgundy Beef Stew



Here's a simple recipe for making Slow-Simmered Burgundy Beef Stew:

Ingredients:

- 2 pounds beef chuck, cut into 1-inch pieces
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons vegetable oil
- 2 onions, chopped
- 2 garlic cloves, minced
- 1 cup beef broth
- 1 cup Burgundy wine
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme
- 2 bay leaves
- 4 carrots, sliced
- 4 potatoes, peeled and diced
- Fresh parsley for garnish (optional)

Instructions:

1. In a large bowl, mix together the flour, salt, and black pepper. Dredge the beef pieces in the flour mixture, shaking off any excess.
2. Heat the vegetable oil in a large Dutch oven or pot over medium-high heat.
3. Add the beef to the pot and cook until browned on all sides, stirring occasionally.
4. Add the onions and garlic to the pot and sauté for 3-4 minutes or until the onions are translucent.
5. Pour in the beef broth and Burgundy wine, and stir in the tomato paste, dried thyme, and bay leaves.
6. Bring the mixture to a boil, then reduce the heat to low, cover the pot, and simmer for 2-3 hours or until the beef is tender.
7. Add the sliced carrots and diced potatoes to the pot and continue simmering for an additional 30-40 minutes or until the vegetables are tender.
8. Remove the bay leaves from the pot and discard.
9. Serve the beef stew hot, garnished with fresh parsley if desired.

Enjoy your slow-simmered Burgundy beef stew! This recipe is a classic comfort food and can be customized by adding other vegetables such as mushrooms or celery to the pot.

# Slow Roasted Chicken with Vegetables



Here's a simple recipe for making slow-roasted chicken with vegetables:

Ingredients:

- 1 whole chicken, 4-5 pounds
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 4-5 potatoes, peeled and cut into large chunks
- 4-5 carrots, peeled and cut into large chunks
- 1 onion, cut into wedges
- 4-5 cloves of garlic, peeled
- 1 lemon, cut into wedges

Instructions:

1. Preheat your oven to 325°F (162°C).
2. Rinse the chicken inside and out with cold water and pat dry with paper towels.
3. Rub the chicken with olive oil and sprinkle with dried thyme, dried rosemary, garlic powder, salt, and pepper.
4. Place the chicken in a roasting pan or baking dish breast side up.
5. Surround the chicken with the potatoes, carrots, onion, garlic, and lemon wedges.

6. Drizzle the vegetables with olive oil and season with salt and pepper to taste.
7. Cover the roasting pan or baking dish with foil and roast for 2-3 hours or until the chicken is cooked through and the vegetables are tender.
8. Remove the foil and continue roasting for an additional 15-20 minutes or until the chicken skin is crispy and golden brown.
9. Remove the chicken from the oven and let it rest for 10-15 minutes before carving.
10. Serve the slow-roasted chicken with the roasted vegetables.

Enjoy your slow-roasted chicken with vegetables! This recipe is a classic comfort food and can be customized by using different herbs and spices or adding other vegetables such as parsnips or sweet potatoes to the dish.

# Brain Friendly Banana Pancakes



Here's a simple recipe for making Brain Friendly Banana Pancakes:

Ingredients:

- 1 ripe banana
- 2 eggs
- 1/4 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- Pinch of salt
- Butter or oil for cooking
- Optional toppings: sliced bananas, berries, honey, maple syrup, or nuts

Instructions:

1. Mash the ripe banana in a bowl with a fork.
2. Add the eggs, baking powder, vanilla extract, and salt to the bowl and mix until smooth.
3. Heat a non-stick skillet or griddle over medium heat.
4. Add a small amount of butter or oil to the skillet or griddle.
5. Use a 1/4 cup measuring cup to scoop the batter onto the skillet or griddle.
6. Cook for 1-2 minutes on each side or until golden brown and cooked through.
7. Repeat with the remaining batter, adding more butter or oil to the skillet or griddle as needed.
8. Serve the Brain Friendly Banana Pancakes with your desired toppings.

Enjoy your Brain Friendly Banana Pancakes! This recipe is a healthier alternative to traditional pancakes, as it contains no added sugar and is high in protein and nutrients from the eggs and bananas. It's a great breakfast or brunch option for those looking for a brain-boosting meal.

# Beet, Goat Cheese & Grapefruit Salad



Here's a simple recipe for making beet, goat cheese, and grapefruit salad:

Ingredients:

- 4 medium beets, roasted and sliced
- 4 cups mixed salad greens
- 1/4 cup crumbled goat cheese
- 1 large grapefruit, peeled and segmented
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon honey
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C) and wrap each beet in foil. Roast the beets in the preheated oven for 45-60 minutes or until tender. Allow the beets to cool, then peel and slice them.
2. In a large bowl, toss the mixed salad greens with the sliced beets and crumbled goat cheese.
3. Add the peeled and segmented grapefruit to the bowl.
4. In a small bowl, whisk together the extra-virgin olive oil, honey, red wine vinegar, salt, and pepper to make the dressing.
5. Drizzle the dressing over the salad and toss to coat.
6. Serve the beet, goat cheese, and grapefruit salad immediately.

Enjoy your beet, goat cheese, and grapefruit salad! This recipe is easy to customize by adding other toppings such as sliced almonds or pecans, or using a different type of cheese such as feta or blue cheese.

# Crispy Herb Roasted Potatoes



Here's a simple recipe for making crispy herb roasted potatoes:

Ingredients:

- 1 pound baby potatoes, halved or quartered
- 2 tablespoons olive oil
- 2 teaspoons dried herbs (such as thyme, rosemary, or oregano)
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the halved or quartered baby potatoes with the olive oil, dried herbs, salt, and pepper until well coated.
3. Spread the potatoes out in a single layer on the prepared baking sheet.
4. Roast the potatoes in the preheated oven for 25-30 minutes or until they are golden brown and crispy on the outside and tender on the inside.
5. Serve the crispy herb roasted potatoes hot as a side dish to your favorite meal.

Enjoy your crispy herb roasted potatoes! This recipe is easy to customize by using different herbs or adding garlic or onion powder for extra flavor. You can also mix in other vegetables such as carrots or bell peppers for a delicious roasted vegetable medley.

# Rigatoni of Sausage & Peas



Here's a simple recipe for making rigatoni with sausage and peas:

Ingredients:

- 1 pound rigatoni pasta
- 1 pound sweet Italian sausage, casings removed

- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup frozen peas
- 1 can (28 oz) crushed tomatoes
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- Grated parmesan cheese for serving

Instructions:

1. Cook the rigatoni pasta according to the package directions in a large pot of salted boiling water until al dente. Drain the pasta and set aside.
2. Meanwhile, in a large skillet, cook the sausage over medium heat, breaking it up with a wooden spoon, until browned and cooked through, about 8-10 minutes.
3. Add the diced onion and minced garlic to the skillet and cook until the onion is tender, about 5-7 minutes.
4. Add the frozen peas, crushed tomatoes, dried basil, dried oregano, salt, and pepper to the skillet and stir to combine.
5. Bring the mixture to a simmer and cook for 5-7 minutes or until the peas are tender and the sauce has thickened slightly.
6. Serve the rigatoni pasta topped with the sausage and pea sauce and grated parmesan cheese.

Enjoy your rigatoni with sausage and peas! This recipe is a hearty and flavorful meal that can be customized by adding other vegetables such as bell peppers or mushrooms, or using a different type of sausage such as spicy Italian or chicken sausage.

# Seasoned Crab Cakes



Here's a simple recipe for making Seasoned Crab Cakes:

Ingredients:

- 1 lb lump crabmeat
- 1/2 cup breadcrumbs
- 1/4 cup mayonnaise
- 1 egg, beaten
- 2 tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Old Bay seasoning
- Salt and pepper to taste
- 2 tablespoons butter
- 2 tablespoons olive oil

Instructions:

1. In a large bowl, combine the crabmeat, breadcrumbs, mayonnaise, beaten egg, Dijon mustard, Worcestershire sauce, Old Bay seasoning, salt, and pepper. Mix gently until well combined.
2. Form the mixture into 8-10 equal-sized patties, about 1/2-inch thick.
3. In a large skillet, melt the butter and olive oil over medium-high heat.

4. Add the crab cakes to the skillet and cook for 3-4 minutes on each side, or until golden brown and crispy.
5. Serve the seasoned crab cakes with your desired dipping sauce and garnish with lemon wedges.

Enjoy your seasoned crab cakes! This recipe is a delicious way to enjoy fresh crab meat and is a great option for a special occasion or dinner party. You can customize the recipe by adjusting the amount of seasoning or adding other ingredients such as chopped herbs or diced peppers.

# Cream of Celery Soup



Here's a simple recipe for making a healthy cream of celery soup:

Ingredients:

- 1/4 cup unsalted butter
- 1 onion, chopped
- 4 cups chopped celery
- 2 cloves garlic, minced
- 4 cups low-sodium chicken or vegetable broth
- 1 cup unsweetened almond milk (or other non-dairy milk)
- Salt and pepper to taste
- Chopped fresh parsley for garnish (optional)

Instructions:

1. In a large pot, melt the unsalted butter over medium heat.
2. Add the chopped onion and sauté until tender and translucent, about 5-7 minutes.

3. Add the chopped celery and minced garlic to the pot and sauté for another 5 minutes, stirring occasionally.
4. Pour the low-sodium chicken or vegetable broth into the pot and bring to a boil.
5. Reduce the heat to low and let the mixture simmer for about 20-25 minutes or until the celery is very tender.
6. Remove the pot from the heat and let the mixture cool for a few minutes.
7. Use an immersion blender or transfer the mixture to a blender and blend until smooth.
8. Return the blended mixture to the pot and stir in the unsweetened almond milk.
9. Heat the soup over medium heat until warmed through, but do not boil.
10. Season with salt and pepper to taste.
11. Serve the soup in bowls and garnish with chopped fresh parsley, if desired.

Enjoy your healthy cream of celery soup! This recipe is easy to customize by adding other vegetables such as carrots or potatoes, or using a different type of non-dairy milk such as soy or coconut milk.