



Feast Your Eyes on This!

Eye-Healthy Desserts for Two

eyecareAmerica[®]
The Foundation of the
American Academy of Ophthalmology



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American Academy of Ophthalmology

About EyeCare America

Established in 1985, EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, is committed to the preservation of sight, accomplishing its mission through public service and education. EyeCare America provides eye care services to the medically underserved and for those at increased risk for eye disease through its corps of 7,000 volunteer ophthalmologists dedicated to serving their communities. More than 90 percent of the care made available is provided at no out-of-pocket cost to the patients. EyeCare America includes programs for seniors, glaucoma, diabetes, Age-related Macular Degeneration and children, and is the largest program of its kind in American medicine. Since its inception, EyeCare America has helped more than 1 million people. EyeCare America is a non-profit organization whose success is made possible through charitable contributions from individuals, foundations and corporations. More information can be found at: www.eyecareamerica.org





Healthy Eating Habits May Delay Age-related Macular Degeneration

Approximately 10 million Americans suffer from Age-related Macular Degeneration (AMD), a devastating eye disease and a leading cause of vision loss in people 65 years or older in the United States. Although there is no cure for AMD, recent studies show that eating foods rich in antioxidants such as lutein, zeaxanthin, omega-3 fatty acids, beta carotene, vitamin C, vitamin E and zinc, may reduce the risk of AMD, or slow its progression in some people.

So, what type of foods should you eat?

- Most fruits and vegetables contain Vitamin C including oranges, grapefruit, strawberries, papaya, green peppers and tomatoes.
- Vitamin E can be found in vegetable oils (safflower and corn oil), almonds, pecans, wheat germ and sunflower seeds.
- For beta-carotene, try deep orange or yellow fruits and vegetables such as cantaloupe, mangos, apricots, peaches, sweet potatoes and carrots.
- Dark green leafy vegetables such as broccoli, collard greens, asparagus and spinach are the primary sources of lutein and zeaxanthin.
- Good sources of zinc include beef, pork, lamb, oysters, eggs, shellfish, milk, peanuts, whole grains and wheat germ.
- Good sources of omega-3 fatty acids are leafy green vegetables, nuts, fish, and vegetable oils such as canola, soy, and especially flaxseed.

The medical research about links between certain foods and nutrients and the progression of age-related macular degeneration (AMD) is on-going. EyeCare America's recipes focus on whole foods, not supplements that contain nutrients research has shown may be helpful in slowing the progression of AMD and assisting in eye health. By providing these recipes, EyeCare America, FAAO and the American Academy of Ophthalmology are not providing medical advice, prescribing treatment or projecting or guaranteeing any particular results, and each disclaims any liability. Regular eye exams by your ophthalmologist are the best way to diagnose eye diseases such as AMD in its early stages and to receive appropriate medical treatment.



VISION OF LOVE CANTALOUPE DESSERT SOUP

INGREDIENTS:

- 1 cantaloupe cleaned, peeled and cut into 1 inch pieces
- ½ cup sugar
- 1 bottle of champagne medium to dry sweetness
- A few sprigs of mint
- A pinch of kosher salt
- A dash of lime juice
- 1 Tablespoon canola oil

COOKING INSTRUCTIONS:

Heat oil in a 6 quart heavy bottom sauce pot. Add cantaloupe pieces and sauté for 1 minute. Add sugar and half a bottle of champagne, then turn off heat. Add salt and lime juice and puree in blender. Chill soup and serve with mint leaves.

Jeffrey P. Fournier
Chef / Owner
51 Lincoln



COME UP AND SEE ME SOME TIME CARROT CAKE

Serves 12 to 16

INGREDIENTS:

- 2 cups granulated sugar
- 1 ½ cups vegetable oil
- 4 eggs
- 2 teaspoons baking soda
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1 cup of flaked coconut
- 3 cups grated carrots (about 1 pound of carrots)
- 1 cup chopped walnuts
- 1 (16-ounce) container cream cheese frosting

COOKING INSTRUCTIONS:

Preheat oven to 350°F. Coat a bundt pan with nonstick cooking spray. In a large bowl, combine all ingredients except frosting; blend with an electric beater until a smooth, thick batter forms. Pour batter evenly into bundt pan. Bake 40 to 45 minutes, or until top and sides are golden, and a wooden toothpick inserted in center comes out clean. Let cool completely then cover with frosting.

Mr. Food
TV Food Personality and Cookbook Author

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I ONLY HAVE EYES FOR YOU LEMON TART

This recipe can be adapted to serve 2 to 8 people.

Simply put the pate sucre into individual tartlet pans and bake it or slice pieces of the tart for the number of people. Be sure to serve with lots of fresh fruit such as blueberries, strawberries, and raspberries.

PATE SUCRE

INGREDIENTS:

- 1 ½ cups of all purpose flour, sifted
- 8 Tablespoons of unsalted butter, chilled
- ½ cup of sugar
- 1 large egg beaten with 1 Tablespoon of water

COOKING INSTRUCTIONS:

Preheat oven to 375°F. Combine the flour with the butter using fingertips. Add sugar and egg mixture and mix together. Knead unto smooth. Roll out on a floured surface to cover a round tart pan, about a 13 inch circle. Lay the dough circle in the tart pan, pressing into it. Take the rolling pin and roll it across the top to trim the excess dough. Prick the tart crust with holes. Refrigerate for one hour. Cover the tart bottom with aluminum foil. Fill the aluminum foil with dried beans or baking marbles and bake about 10 minutes. Remove and fill with filling. Reduce oven temperature to 350° F.

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LEMON FILLING

INGREDIENTS:

- 8 Tablespoons of fresh squeezed lemon juice
- $\frac{3}{4}$ cup of sugar
- 4 large eggs
- 1 cup of cream
- Zest from a fresh lemon

COOKING INSTRUCTIONS:

Combine all the above and mix well. Pour into pie crust. Bake for 40 minutes or until set and top is lightly browned. Remove from oven and let cool. Serve with fresh berries.

Chef Mary Beth Johnson, CEPC, CCC



YOU ARE THE APPLE OF MY EYE UPSIDE DOWN CAKE

INGREDIENTS:

- 1 ½ cups flour
- 4 ounces butter-softened
- ½ cup sugar
- 1 egg yolk
- 3 fresh apples

COOKING INSTRUCTIONS:

Place 2 ounces of softened butter in bowl with flour, 1 Tbsp. of sugar and an egg yolk. Blend. Add in ½ cup cold water. Mix together with hands. When dough is smooth consistency, place in aluminum foil. Leave in refrigerator for 30 minutes.

Preheat oven to 360 degrees. Peel apples and thinly slice. In small sauce pan, caramelize remaining butter with remaining sugar over low heat. Remove from heat just before butter turns golden brown. Pour butter mixture into pie pan, arrange apples on top.

Roll out dough to make pie crust. Place crust on top of apples. Bake in oven for 40 minutes. Remove from oven.

When cooled invert pie pan onto serving dish until the pie comes out. Serve with a dollop of whipped cream or small scoop of vanilla gelato.

Chef Maria Liberati



VALENTINE'S DAY CHOCOLATE TART

INGREDIENTS:

- ½ pound bittersweet chocolate (8 oz.)
- 2 sticks of butter (melted)
- 4 eggs
- 1 cup sugar
- 1 cup ground almonds
- 1 1/3 cup whole wheat flour
- 1/8 teaspoon baking powder
- 1/8 teaspoon salt

COOKING INSTRUCTIONS:

In a medium sauce pan melt butter and chocolate gently over very low heat. Put eggs and sugar in an electric mixer and beat for 6 minutes until creamy and stiff. Add melted butter and chocolate to the egg mixture and continue beating until mixed. Fold in the flour, almonds, baking powder and salt and gently mix by hand until combined. Pour mixture into a spring form pan or tart pan sprayed with non stick cooking spray. Bake in a preheated 350 degree oven for about 35 to 40 minutes. The tart should still be very moist in the middle when done. Serve with sweetened whipped Cream and berries of your choice.

Chef Kate McAloon



WHERE'D YA GET THOSE PEEPERS PAPAYA COCONUT PARFAIT

INGREDIENTS:

- 1 cup ripe papaya pureed
- 2 Tablespoons sugar
- 1 Tablespoon honey
- ¼ Tablespoon lemon zests
- ¼ cup coconut flakes, toasted
- ½ cup cream, whipped

COOKING INSTRUCTIONS:

Mash papaya with sugar, honey and lemon zests until dissolved. Delicately fold the whipped cream using a spatula. Fill 2 martini glasses top with toasted coconut. Chill for 30 minutes before serving.

Georges Mokbel
Culinarist





AN EYE SMART FRUIT TART

PIE CRUST INGREDIENTS:

- 2 cups pastry flour
- ½ pound cold butter
- 1 teaspoon salt
- ¼ cup cold water with ice

FILLING INGREDIENTS:

- 1 - 8 ounce package cream cheese
- ¼ cup sugar
- ¼ cup whipping cream
- 1 Tablespoon fresh lemon juice
- ¾ teaspoon vanilla extract

TOPPING INGREDIENTS:

- 12 - 14 strawberries – sliced
- 3 kiwis – peeled and sliced
- 1 large mango – peeled and sliced
- 2 Tablespoons apricot preserves



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COOKING INSTRUCTIONS:

The dough:

Using two knives cut the butter into the flour to form pea size nuggets. Combine the water and the salt and mix well to dissolve the salt completely. Add the cold liquid to the flour and butter and mix just enough to form a ball. Chill for 3 hours. Meanwhile preheat the oven to 425 degrees. Flour a work surface well and roll out the dough to ¼" thickness. Place the dough in a 9 inch diameter tart pan with removable bottom. Fold the overhang in: press firmly, forming double thick sides. Pierce the bottom of the crust with a fork. Bake until golden brown in color, about 14 minutes. Cool completely.

The filling:

Beat the cream cheese and sugar in a mixing bowl until smooth. Beat in the whipping cream, lemon juice and vanilla. Spread the filling in the prepared pie crust. Refrigerate until the filling is firm, about one hour.

Arrange the strawberries, kiwi and the mango atop the tart. Stir the apricot preserves in a saucepot over low heat until melted. Brush the preserves over the fruit and chill for 2 hours.

Chef Jeff Moschetti

Executive Chef

Warwick Melrose Dallas



I CAN'T TAKE MY EYES OFF YOU TROPICAL ISLAND PARFAIT

INGREDIENTS:

- 3 Tbsp. nonfat granola cereal
- 1 ½ cups nonfat yogurt (pineapple, vanilla, or pina colada)
- ½ cup cantaloupe chunks, chopped
- ½ cup strawberries, chopped
- ½ cup kiwifruit, peeled and chopped

COOKING INSTRUCTIONS:

Alternate layers of granola, yogurt, and fruit in parfait glasses or goblets, beginning and ending with granola cereal.

Serves: 2

Jyl Steinback

**Author of "Busy Mom's SLOW COOKER COOKBOOK"
and a new walking program, "Eat Right, Move More"**

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The Foundation of the
American Academy of Ophthalmology

How You Can Help Support EyeCare America

EyeCare America's goal is to work toward eliminating avoidable blindness and severe visual impairment and to serve as a valued partner in reducing the number of people who needlessly become blind each year. Your financial support will bring us one step closer to achieving that goal.

Lack of awareness about eye disease and cost, including co-payments and deductibles, are the main reasons that the medically underserved do not receive the care they need. EyeCare America, founded in 1985, helps bridge these gaps by increasing awareness of eye disease and its risk factors and by providing access to medical eye exams and free eye health information. More than 90 percent of the care provided through our program has no cost to the patients – effectively eliminating cost as a barrier to receiving sight-saving eye care.

Our success is made possible by the over 7,000 U.S. ophthalmologists nationwide who donate their services. Because of this volunteer support and the financial contributions we receive from our donors, EyeCare America has been able to help more than 1 million people receive the services and resources they need to preserve their sight.

Your contribution, no matter the size, can help preserve eye sight. One generous gift from you not only provides medical and surgical eye care to those most in need, but it also has the potential to reach thousands of people with eye health messages and disease prevention.

To make a gift, see next page.

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