



Eye Healthy Coo**o**kb**o**ok

CVC Recipes

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CRYSTAL VISION CLINIC



DID YOU KNOW...

that your diet can significantly affect your eye health? By consistently choosing nutrient-rich, eye-healthy foods, you can help slow the progression of and reduce your risk for eye-related diseases like macular degeneration and glaucoma, while also improving conditions such as dry eye.



BEST FOODS FOR EYE HEALTH

Foods that support good vision are rich in vitamins and nutrients:

KALE, BELL PEPPERS, SWEET POTATOES, AND CARROTS are rich in vitamin A, which can protect against night blindness and dry eye.

LEAFY GREENS LIKE KALE, PARSLEY, AND SPINACH contain lutein & zeaxanthin to protect eyes from blue light and free radicals.

KIWI, CITRUS FRUITS, AND BROCCOLI are excellent sources of vitamin C, are excellent supporting healthy blood vessels in the eyes.

SOURCES OF OMEGA-3 LIKE FISH, FLAXSEED, AND WALNUTS help maintain healthy cell membranes in the eyes.

BERRIES, EGGS, AND CHIA SEEDS provide important vitamins and antioxidants that support vision.



STAY CLEAR

of fattier meats, high-sodium foods, sugary foods, and alcohol. Just like these things are not good for your overall health, they will affect your eyes as well. With including these in your diet, you can contribute and increase your chances of getting these eye-related conditions.



RECOMMENDED AMOUNT OF NUTRIENTS

- 
- 10mg /day Lutein
 - 500mg /day DHA/EPA: Essential Fatty Acids
 - 500mg /day Vitamin C
 - 400IU /day Vitamin E
 - 2mg /day Copper
 - 40-80mg /day Zinc



FROM OUR CLINIC TO YOU

At Crystal Vision Clinic, our goal is to help you achieve and maintain the best vision possible. We understand that finding meals that are both nutritious and rich in essential vitamins can sometimes feel overwhelming, but that's where we come in.

This cookbook brings together a collection of delicious recipes shared by our patients and staff, all with a focus on supporting eye health. Each dish highlights key nutrients like lutein, zeaxanthin, omega-3 fatty acids, and other ingredients known to promote healthy vision. Our hope is to make it easier and more enjoyable for you to nourish your eyes from the inside out.



SAUTEED KALE AND RADISH



SUBMITTED BY:
CVC PATIENT

Ingredients:

3-4 garlic cloves, minced

1 bunch radishes, leaves removed and well cleaned, radishes trimmed of stems and rootlets, sliced into thin coins

1 bunch kale, stemmed, cleaned, and torn into bite sized bits

1 tablespoon lemon juice

¼ - ½ teaspoon dried thyme

Pinch of red pepper flakes

Salt and pepper to taste

Directions:

Step 1

Cook garlic and radish in olive oil and saute until translucent.

Step 2

Add kale, lemon juice, and spices.

Step 3

Cover, turn off heat, and cook until kale wilts.





GREEK SALAD

SUBMITTED BY:
CVC PATIENT



Ingredients:

Spinach

Strawberries or mandarin oranges

Feta or goat cheese

Chopped pecans

Oil and vinegar dressing

Directions:

Add all ingredients and toss well to mix fruit.





COCONUT-BRAISED COLLARD GREENS



SUBMITTED BY:
DR. LAUREN BRUEHL, CVC OPTOMETRIST

Ingredients:

1 lg bunch collard greens (1 ½ - 2 lb)

1 Tbsp unsalted butter

1 Tbsp coconut oil

1 bunch (6 to 8) scallions, white and pale green parts only, thinly sliced

1 ½ unsweetened coconut milk

1 Tbsp soy sauce

Salt and pepper to taste

Directions:

Step 1

Cut off and discard any dry or wilted bits from the collard greens and wash the remaining collards in cold water. Transfer to a colander to drain, then coarsely chop the stems and leaves into 2-to 3-inch pieces.

Step 2

In a large wok or skillet, heat butter and oil over med-high until rippling. Add scallions and cook, stirring, until softened, about 1 min. Add collards and cook, stirring, just until wilted, about 1 min.

Step 3

Add coconut milk and soy sauce and bring to a simmer. Simmer uncovered, stirring frequently, until collards are cooked to your taste, about 7 min for bright and crisp greens or 10 min for darker, softer greens.

Step 4

Season to taste with salt and pepper and serve immediately.

Cooking leafy greens in coconut makes them sweet, soft and rich. A spike of hot sauce and some rice makes this a tasty and complete vegetarian meal. Replace the butter with oil to make it vegan.



GARLIC PARMESAN SWEET POTATO FRIES



SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN

Ingredients:

4 sweet potatoes, cut into matchsticks
3 tbsp extra virgin olive oil
1 tsp smoked paprika
1/4 cup fresh oregano leaves
Salt and black pepper
2 tbsp salted butter
2 clove garlic, minced or grated
1/2 cup grated parmesan cheese
Optional: 1/4 cup grated manchego cheese

Spicy Aioli

1/2 cup avocado oil based mayo
1-2 tbsp lemon juice
1 tsp Dijon mustard
1 clove garlic grated
1/2-1 tsp cayenne pepper

Directions:

Step 1

Preheat the oven to 425 degrees F.

Step 2

Place the sweet potatoes on a large baking sheet and toss with olive oil, paprika, and a large pinch each of salt and pepper. Spread the fries out in an even layer. Do not overcrowd the pan. If needed, divide the fries between 2 baking sheets. Transfer to the oven and bake for 15-20 minutes, then flip, and toss with the oregano. Return to the oven and bake for 15-20 minutes more. You want the sweet potatoes to be tender, yet crisp.

Step 3

Melt the butter and garlic together in a small pan over medium heat. Remove the fries from the oven and gently toss with the garlic butter, parmesan, and manchego.

Step 4 - Make the Aioli

Mix all ingredients in a bowl until smooth and creamy. Season with salt.

Serve the fries with spicy aioli and ketchup. ENJOY!





BUTTER-AND-SOY GLAZED VEGETABLES



SUBMITTED BY:
DR. LAUREN BRUEHL, CVC OPTOMETRIST

Ingredients:

5 Tbs salted butter, cut into several pieces
3 Med shallots, halved and thinly sliced
1-inch Ginger, peeled and thinly sliced
1 lb Mixed vegetables using any combination of:
*broccoli and/or cauliflower florets, trimmed and halved; snow or sugar snap peas;
trimmed green beans; sliced bell peppers; sliced mushrooms; sliced cabbage; thinly
sliced carrots; and asparagus cut into 1-inch sections*
¼ cup Soy sauce
Sesame seeds, toasted (optional)
Sliced scallions (optional)

Directions:

Step 1

In a 12-inch skillet over med-high heat, melt the butter. Add the shallots and ginger, and stir until the shallots have softened, about 1 minute.

Step 2

Add the vegetables and cook, stirring occasionally, until just beginning to soften, 3-5 minutes.

Step 3

Add ¼ cup water and the soy sauce. Increase to high and cook, stirring until the liquid has reduced and the vegetables are tender-crisp and lightly glazed, 2 to 3 minutes. Transfer to a serving dish and sprinkle with sesame seeds and/or sliced scallions (if using).

Serve with steamed rice.





TANGY CARROT SALAD



SUBMITTED BY:
SHERRI KELLY, CVC ADMINISTRATOR

Ingredients:

1/2 cup pumpkin seeds, pine nuts or sunflower seeds

8 large carrots

1-1/2 cups rocket or romaine lettuce, chopped

1/2 cup dried cranberries, cherries or golden raisins

Dressing

1 1/3 cup frozen orange juice concentrate

Thawed 2 Tbsp lime juice

3 Tbsp extra-virgin olive oil

1 tsp ground cumin

1/4 tsp cayenne pepper

Salt and pepper to taste

Optional Add-Ins

1 1/4 cup pitted dates,

Chopped small 1/4 cup canned beets, drained and julienned

1/2 cup canned chickpeas, drained

Directions:

Step 1

Toast the nuts or seeds in a dry skillet over medium heat for 2 or 3 minutes, until golden brown (don't let them burn). Salt lightly if desired, remove from pan and let cool.

Step 2

You can either grate the carrots or make long ribbons of them with a vegetable spiralizer or peeler. Place in a large bowl with the lettuce, dried fruit, and any other add-ins you choose. Mix well.

Step 3

In a small bowl, mix together the dressing ingredients. Pour over salad in large bowl and toss. Sprinkle the toasted nuts or seeds over the top, and serve.





CRANBERRY SALAD

SUBMITTED BY:
KATHRYN COSTER, CVC OPTICIAN



Ingredients:

1 pkg fresh cranberries
1 green apple
1 orange
1 cup sugar
1 20 oz can crushed pineapple
1 large box raspberry jello (substitute: strawberry)
1 cup pecans, chopped

Directions:

Step 1:

In food processor, finely chop cranberries, apple and orange w/ skin on (cut off ends and remove core/seeds). Put in bowl and add sugar. Let sit.

Step 2:

Prepare jello w/ only 2 cups of boiling water, let cool. (To speed things up, cool the can of pineapple in fridge before adding to the jello.)

Step 3:

In a large bowl, mix together the chopped fruit, jello, crushed pineapple w/ juices, and pecans. Chill overnight.



CHIA SEED PUDDING



SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN

Ingredients:

½ cup unsweetened almond milk

2 Tbsp chia seeds

½ tsp maple syrup

½ tsp cinnamon

Additional toppings:

Tart cherries

Blueberries

Chopped nuts or granola

Coconut flakes

Maple Syrup

Directions:

Step 1


In a lidded jar, combine the almond milk, chia seeds, maple syrup, and cinnamon. Cover and shake to combine. Chill for a few hours, then give it a good stir to loosen any clumps. Continue chilling for 8 hours or overnight for the pudding to set.

Step 2

Chill for a few hours, then give it a good stir to loosen any clumps. Continue chilling for 8 hours or overnight for the pudding to set.

Step 3

Serve with toppings like fruit, nuts, coconut flakes, and maple syrup as desired.



If texture is big for you...

Try blending the chia seed pudding base to make it a smoother consistency – like regular pudding!



CREAMY CASHEW QUESO



SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN

Ingredients:

1 cup raw cashews (soaked in hot water 20–30 minutes, then drained)
1/2 cup steamed carrots (soft)
1/4 cup nutritional yeast
1 clove garlic
1/2 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon smoked paprika
1–2 tablespoons fresh lime juice or apple cider vinegar
1/2–3/4 cup warm water (for blending)
Salt to taste

Directions:

Step 1

Add drained cashews, steamed carrots, nutritional yeast, garlic, and spices to a high-speed blender.

Step 2

Pour in 1/2 cup warm water and blend until completely smooth. Add more water gradually until desired queso consistency is reached.

Step 3

Stir in lime juice or vinegar and adjust salt to taste.

Serving ideas:

Warm over tacos, nachos, roasted vegetables, or as a dip.

Notes:

- For extra heat, add a pinch of cayenne or a small piece of jalapeño.
- Store in an airtight container in the refrigerator for up to 4–5 days.
- Reheat gently on the stovetop with a splash of water to thin if needed.





HUMMUS DIP

SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN



Ingredients:

1 1/2 cups cooked chickpeas, drained and rinsed
1/3 cup smooth tahini
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice, plus more to taste
1 garlic clove
1/2 teaspoon sea salt
5 tablespoons water, or as needed to blend
Paprika, red pepper flakes, and/or fresh parsley, for garnish



Directions:

Step 1

In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Use the blender baton to blend until very smooth, adding water as needed to blend, and/or to reach you desired consistency.

Step 2

Transfer to a serving plate and garnish with paprika, red pepper flakes, and/or fresh parsley.

Eat with carrots and bell peppers for more eye friendly options! Can also be served with warm pita bread.





WALNUT PESTO

SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN



Ingredients:

2 cups packed basil leaves
1 to 2 clove garlic, chopped
1/3 cup pine nuts or walnuts, toasted
Juice of 1/2 lemon
1/2 cup extra virgin olive oil
1/2 cup finely grated Parmesan cheese
Kosher salt
Black Pepper

Directions:

Step 1

Fill a small saucepan halfway with water and bring to a boil. Prepare a bowl of ice water and set it near your stove. Set up a food processor with the blade attachment (or get your blender all plugged in and ready).

Step 2

Drop the basil leaves in the boiling water and blanch just until they're wilted, 5 to 10 seconds. Use tongs to transfer the basil leaves to the prepared ice water. This stops them from continuing to cook.

Step 3

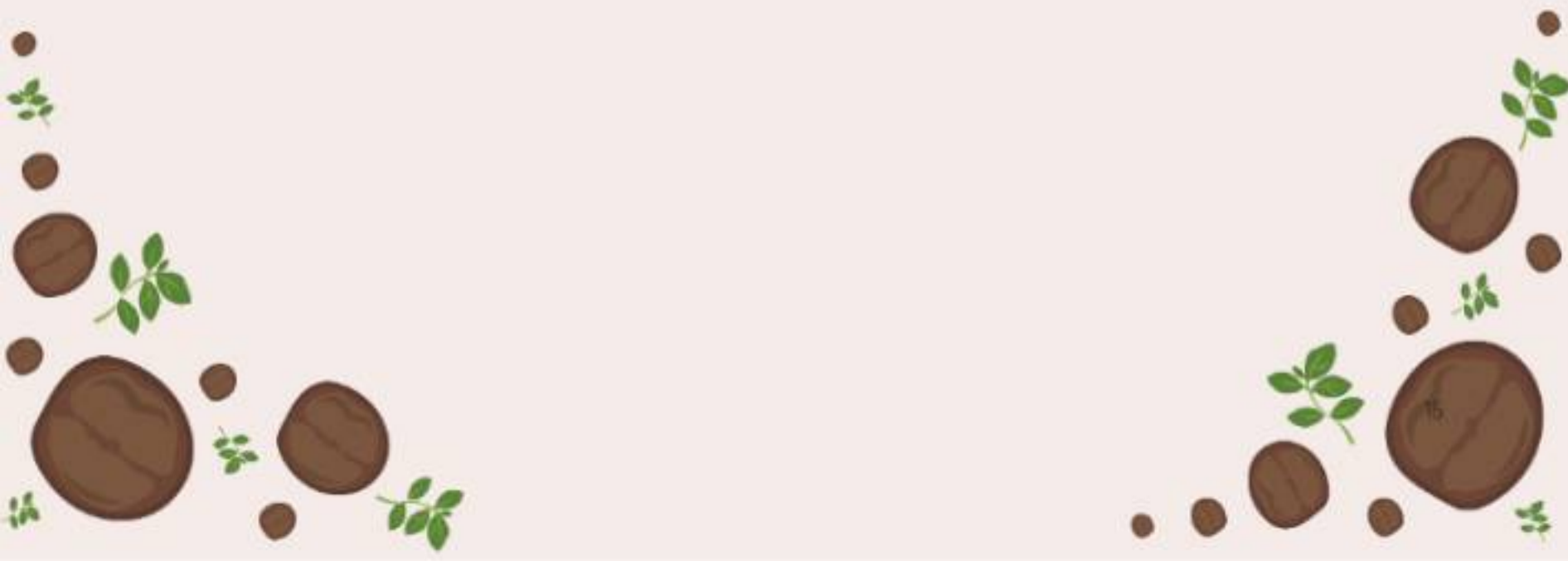
Wrap the basil in paper towels. Squeeze to wring out all the water and transfer to the food processor, along with the garlic, nuts, and lemon juice.

Step 4

Pulse until everything has broken down into small chunks. With the processor running on low speed, slowly pour in the extra virgin olive oil. Do not run the processor too long, you want to have a little bit of texture to your basil pesto.

Step 5

Transfer the basil mixture to a small bowl. Add the cheese and season with salt and pepper to taste. Mix to combine. If your pesto is looking a little thicker or less smooth than you like it, add a little bit more extra virgin olive oil.





CREAMY TORTELLINI SOUP



SUBMITTED BY:
DR. LAUREN BRUEHL, CVC OPTOMETRIST

Ingredients:

1 Tbsp olive oil
1 lb loose sweet Italian sausage or sausage links, casings removed (optional)
1 med white or yellow onion, diced
6 garlic cloves, minced
1 tsp paprika
½ tsp dried fennel seeds
Salt and black pepper
Crushed red pepper
2 Tbsp tomato paste
1 (28-oz) can tomato purée
8 cup (64 oz) vegetable or chicken stock
1 (9- to 10-oz) pkg refrigerated or frozen cheese tortellini
1¼ c heavy cream
1 bunch Tuscan (lacinato) kale, spinach, Swiss chard or cabbage leaves stripped and chopped
½ cup roughly chopped fresh basil
1 lemon, juiced
Grated Parmesan, for serving

Directions:

Step 1

If using the sausage, heat the olive oil in a large pot or Dutch oven over medium-high (if not using sausage, heat the oil on medium, then proceed to Step 2.) Add the sausage and cook, breaking it up with a spoon as you go, until it is browned, 5 to 9 minutes. Push the sausage to one side of the pot and spoon out any excess grease, leaving about 2 tablespoons behind.

Step 2

If necessary, adjust heat to medium, then add onion, garlic, paprika, fennel, 1½ teaspoons each salt and black pepper, and a pinch of crushed red pepper, and cook, stirring, for 2 minutes, until the onion is just softened and everything is fragrant. Add the tomato paste and cook, stirring, until it darkens, 2 to 3 minutes. Adjust heat to high, stir in tomato purée and stock, cover the pot and bring to a gentle boil, then add the tortellini and cook until tender, 2 to 3 minutes (1 minute longer if frozen).

Step 3

Add the heavy cream, kale and basil, and cook, stirring, until warmed through and the kale and basil are just wilted, 2 minutes more. Remove from heat and add the lemon juice. Stir to incorporate, then taste and season with salt and pepper as needed.

Step 4

Serve warm topped with plenty of grated Parmesan. Soup can be refrigerated for up to 5 days or frozen for up to 3 months.



GARDEN VEGETABLE CHOWDER



SUBMITTED BY:
DR. LAUREN BRUEHL, CVC OPTOMETRIST

Ingredients:

1 Tbsp margarine or butter

2 med leeks (about 6 oz each), white and light green parts, each cut lengthwise in half and sliced ½-inch thick

2 med carrots, sliced ¼-inch thick

2 celery stalk, sliced ¼-inch thick

3 med red potatoes (about 1 lb), cut into chunks

1 can (13 ¾ to 14 ½ oz) chicken or vegetable broth

½ tsp dried thyme

¾ tsp salt

½ tsp ground black pepper

2 oz green or wax beans, cut into ½-inch pieces

1 med zucchini (about 10 oz), cut into ½-inch chunks

1 cup half-and-half or light cream

1 Tbsp chopped fresh dill

Directions:

Step 1

In 3-quart saucepan, melt margarine over med heat. Stir in leeks, carrots, and celery. Cover and cook, stirring occasionally, 10 minutes, or until vegetables are tender.

Step 2

Stir in potatoes, next 4 ingredients (broth, thyme, salt, pepper), and add 1 cup water. Heat to boiling over high heat; boil, uncovered, 5 min.

Step 3

Stir in green beans; cook 5 min. Stir in zucc and cook 5 min longer. Stir in half-and-half and heat through (do not boil). Remove from heat; stir in dill.





CARROT AND GINGER SOUP (DAIRY AND GLUTEN FREE)



SUBMITTED BY:
TAYLOR LAFAVE, CVC

Ingredients:

1 Tbsp coconut oil
3 med shallots, halved and thinly sliced
1-inch Ginger, peeled and thinly sliced
1 medium sized yellow onion chopped
1 clove garlic minced
3 Tbsp chopped fresh ginger*
1 lb carrots peeled and chopped (baby carrots are also fine)
24-32 oz vegetable broth**
1 14 oz can of coconut cream or coconut milk
1/2 tsp salt + more to taste

Directions:

Step 1

Begin by heating up a large skillet to medium-high heat. Melt the coconut oil.

Step 2

Add onion, garlic, and ginger. Cook until fragrant and onion is almost clear, about 5 min.

Step 3

Add carrots and vegetable broth or stock, bring to a boil.

Step 4

Reduce heat to simmer. Cook until carrots are nice and soft, about 25 min. Slowly stir in coconut milk (or coconut cream if using).

Step 5

With an immersion blender, blend soup until smooth. You can also use a regular blender and blend in batches. Add salt to taste. Serve hot.

Notes:

*For a more subtle ginger taste, use only 1-2 Tbsp.



HEARTY TUSCAN WHITE BEAN SOUP



SUBMITTED BY:
DR. LAUREN BRUEHL, CVC OPTOMETRIST

Ingredients:

¼ Cup Olive Oil extra virgin
1 Small Onion diced
2 Medium Shallots chopped
4 Cloves Garlic mashed
2 Carrots chopped into coins
2 Celery Stalks diced
3 15 Ounce Cans Cannellini Beans drained and rinsed
2 Bay Leaves
1 Tablespoon Italian Seasoning
½ Teaspoon Red Pepper Flakes
5-6 Cups Vegetable Broth
½ Teaspoon Sea Salt
¼ Teaspoon Ground Black Pepper
3 Cups Fresh Spinach

Directions:

Step 1

Start by heating the olive oil in a large soup pot or dutch oven, on the stove, over medium-low heat.

Step 2

Next, dice the onion, garlic, and shallots and add them to the hot oil. Stir and sauté them for 3-4 minutes, until the onion is translucent.

Step 3

Then, wash and chop the carrots and celery and add them to the pot. Sauté for another 7-10 minutes - this is really important to ensure that the flavors build.

Step 4

Prepare the beans. Rinse and drain the cannellini beans, and add them to the pot along with the bay leaves, Italian seasoning, red pepper flakes, vegetable broth, salt, and pepper. Bring the soup mixture to a boil, then reduce the heat to low, cover, and simmer for another 15 minutes.

Step 5

Next, remove the cover to pull out and discard the bay leaves. Then, blend the soup. Transfer two cups of the soup to a high-speed blender and blend until it's thick and creamy.

Step 6

Once the soup is blended, return it to the pot and stir generously. Finally, add in the spinach and stir until it's wilted.

Step 7

Once the soup is done, transfer it into bowls. Garnish it with fresh chopped parsley, if desired, serve with crusty bread, and enjoy!





SPRING MINISTRONE WITH KALE AND PASTA



SUBMITTED BY:
DR. LAUREN BRUEHL, CVC OPTOMETRIST

Ingredients:

¼ cup extra-virgin olive oil
2 large shallots or 1 small onion, thinly sliced
2 celery stalks, thinly sliced
Kosher salt and black pepper
2 tablespoons minced fresh ginger (optional)
2 tablespoons minced garlic
2 quarts low-sodium chicken or vegetable stock
1 cup ditalini or other small shaped pasta (about 5 ounces)
8 ounces asparagus, trimmed and sliced into ½-inch pieces (1½ cups), thinly sliced
zucchini or chopped broccoli
1 cup fresh or frozen peas
5 ounces baby kale, baby spinach or torn spinach (about 4 cups)
Pesto and grated Parmesan, for serving

Directions:

Step 1

In a heavy soup pot or Dutch oven, heat the oil over medium. Add shallots and celery and season with salt and pepper. Cook, stirring occasionally, until softened, about 5 minutes.

Step 2

Add the ginger, if using, and garlic and stir until very fragrant, about 2 minutes. Add stock and bring to a simmer.

Step 3

Stir in pasta and cook according to package instructions until al dente. Stir in asparagus and peas and cook until vegetables and pasta are tender, about 3 minutes longer. Stir in kale and season with salt and pepper.

Step 4

Divide soup among bowls. Swirl in some pesto and top with Parmesan.





SAUSAGE BUTTERNUT SQUASH SKILLET



SUBMITTED BY: CVC

Ingredients:

16 oz (4) italian sausages
2 c butternut squash, cubed
1 apple, cubed
8 oz broth
1 Tbs olive oil
1 sm red onion, diced
2 cloves garlic, minced or pressed
1 Tbsp tomato paste
½ tsp paprika
Salt and pepper to taste
Fresh sage

Directions:

Step 1

Heat oil in a skillet. Add sausage crumbled (casing removed) and saute to brown (8-10 minutes). Add onion, garlic, tomato paste and seasoning. Stir well.

Step 2

Next add in the butternut squash and broth. The squash must be somewhat submerged in broth but not necessarily all the way submerged. Cover, turn heat down to medium low and let it simmer for about 12 minutes or the butternut squash has softened.

Step 3

About 3 minutes before squash is done, add in the diced apple. Cover and let it simmer.

Step 4

When done remove from heat. Garnish with fresh sage and serve.



ROASTED SALMON WITH MANGO SALSA



SUBMITTED BY:
SHERRI KELLY, CVC ADMINISTRATOR

Ingredients:

Salmon

4 wild Alaskan salmon fillets (frozen or fresh)
1 Tbsp olive oil
½ c brown sugar, packed
Salt and pepper

Melon Salsa

1 c mango, cantaloupe, peaches or papaya (cut into 1/4-inch cubes)
*Use whichever is your favorite or combine more than one!
1/2 red pepper (cut in 1/4-inch cubes)
1 green onion, chopped finely
1 Tbsp fresh cilantro, chopped
salt and pepper
juice and zest of 1 lime
1 Tbsp olive oil



Directions:

Pre-heat oven broiler to 400 F

Step 1 - Prepare salmon

Line a cooking sheet with aluminum foil. Place fish fillets on the cooking sheet and brush with olive oil. Sprinkle a little salt and pepper on each fillet. Place in oven for 5-10 minutes, or until brown on the top and cooked throughout.

Step 2 - While salmon is cooking, prepare salsa

Mix together gently the cantaloupe, green onion, red pepper and cilantro. Season with a little salt and pepper. In a small bowl, whisk together the olive oil, lime zest and lime juice. Pour dressing over salsa and mix to combine.

Step 3

When salmon is ready, place one fillet on each plate and spoon one quarter of the salsa on top. Serve with a green salad and brown or white rice.





ROASTED VEGETABLE BUTTERNUT SQUASH LASAGNA



SUBMITTED BY:
SHERRI KELLY, CVC ADMINISTRATOR

Ingredients:

Roasted Veggies

1 red bell pepper, julienned or cut into chunks

1 yellow or orange bell pepper, julienned or cut into chunks

1 red onion, thinly sliced • 8 ounces baby bella mushrooms, sliced

8 ounces baby bella mushrooms, sliced

2 medium zucchini, sliced and quartered

1/2 teaspoon garlic powder

Freshly ground salt and pepper

2 tablespoons olive oil

Ricotta Mixture

1 (15-ounce) container ricotta

1 egg

1/2 teaspoon salt

Freshly ground black pepper

Butternut Squash Layer

1 large butternut squash (at least 3 pounds)

2/3 cup milk (I like unsweetened almond milk, but any milk will work)

1 tablespoon brown sugar

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ginger

1/2 teaspoon salt

Freshly ground black pepper

For the Layers

3 cups shredded mozzarella cheese, divided (approximately 12 ounces)

1/2 cup grated parmesan cheese, divided



Directions:

Pre-heat oven to 400 F

Step 1

Add all of the veggies for roasting to a large baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with garlic powder, salt and pepper. Toss the veggies together, then spread them out in an even layer. Set aside.

Step 2

Use your knife to cut the butternut squash vertically down the middle. Use a spoon to scoop out the seeds of the cut butternut squash. Place the squash halves flesh side down on a separate medium baking sheet lined with parchment paper.

Step 3

Place both veggies and squash in the oven on two different racks. Roast the veggies for 30 minutes or until they are slightly golden, then remove to cool down. The squash will take slightly longer; about 1 hour total or until the squash is very fork-tender. Set aside to cool for a little bit before scooping out the flesh. Keep heat in the oven.

Step 4 - Make the Butternut Squash Sauce

Transfer the flesh of the butternut squash to a high-powered blender or the bowl of a food processor. Add in milk, brown sugar, and sauce spices. Blend until 23 smooth and set aside.

Step 5

Bring a large pot of water to a boil. Cook the lasagna noodles for 5-6 minutes, then drain. Immediately lay the noodles flat on an oiled baking sheet or cutting board so you can easily assemble the lasagna when ready.

Step 6

In the small bowl, add the ricotta, egg, salt and pepper. Mix until well combined. Set aside.

Step 7 - Assemble the Lasagna

Spread 3/4 cup of butternut squash mixture over the bottom of a 9x13-inch baking dish. Place the cooked lasagna noodles on top in an even layer. Spread half of the ricotta cheese mixture on top of the noodles, followed by half of the roasted veggies, then top with 3/4 cup shredded mozzarella. Next, add 1 heaping cup of the butternut squash mixture on top of the mozzarella and then sprinkle with 1/4 cup of parmesan cheese.

Step 8

Repeat layers once more.

Step 9

Cover with foil and bake for 25 minutes. Remove foil and bake another 15-20 minutes until cheese starts to brown just a bit. Garnish with extra parmesan and either chopped basil or parsley. Cool for 15-20 minutes before cutting and serving.





FRESH SALMON QUINOA BOWLS WITH HONEY LIME DRESSING



SUBMITTED BY:
DR. LAUREN BRUEHL, CVC OPTOMETRIST

Ingredients:

Salmon

4 6oz salmon fillets
1/2 tsp salt
fresh ground pepper
2 Tbsp olive oil or avocado oil
1 cup quinoa uncooked
1 3/4 cups chicken broth or vegetable broth
4 cups arugula
1 green apple diced
2 med sweet potatoes peeled, diced
12 oz brussels sprouts stems removed and halved

Honey Lime Dressing

1/2 cup olive oil
3 tbsp honey
1/4 cup fresh lime juice
2 tsp dijon mustard
1/2 tsp salt
1 tsp garlic powder
1/2 tsp crushed red pepper

Optional Add-ins

Red onion
Cherry tomatoes
Kalamata olives
Broccoli

Directions:

Pre-heat oven broiler to 400 F

Step 1

Line a baking sheet with parchment paper for easy cleanup.

Step 2

Add sweet potatoes and brussels sprouts to the pan and drizzle with 1 Tbsp of the olive oil. Sprinkle with salt and pepper. Toss to coat, then make sure the brussels sprouts are cut-side down. Bake for 30 min.

Step 3

Meanwhile, add the quinoa and water (or chicken broth) to a pot and cover and bring to a boil. Reduce heat to low and let it cook for 15 min. Fluff with a fork and set aside.

Step 4

Heat the remaining 1 Tbsp olive oil in a lg 12-inch cast iron skillet over med-high heat until shimmering.

Step 5

Sprinkle the 1/2 tsp salt and fresh ground pepper on the salmon fillets. Add the salmon to the pan, skin side up, and cook for 4 min until golden and crispy.

Step 6

Carefully flip, then continue cooking until done to your liking, 4-5 min more.

Step 7

Add all of the dressing ingredients except the olive oil into a blender. Blend on low while pouring in the oil. (Note: This step can be made up to 2 days ahead of time if needed.)

Step 8

Now it's time to create your bowls! Divide the arugula, apple, cooked sweet potato, brussels sprouts, avocado, and cooked quinoa between 4 bowls. Serve the salmon on top with some of the goat cheese and pumpkin seeds, then drizzle with some of the honey lime vinaigrette and enjoy.





SHEET PAN HOT HONEY CHICKEN BOWLS



SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN

Ingredients:

Chicken

1.5 pounds boneless, skinless chicken thighs
1 tablespoon olive oil
2 tablespoons hot honey
1 tablespoon balsamic vinegar
1 1/2 teaspoons kosher salt
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon smoked paprika

Sweet Potatoes

1 large garnet sweet potato, diced (around 1 pound)
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon paprika
1/2 teaspoon chili powder
1/2 tablespoon olive oil

Kale Slaw

1/4 cup greek yogurt
2 tablespoons mayonnaise
1 teaspoon dijon mustard
2 tablespoons apple cider vinegar
Salt and pepper to taste
4 cups shredded kale
1 cup shredded carrot
1 cup shredded red cabbage

Hot Honey Mustard Dressing

1 1/4 cup olive oil
3 tablespoons dijon mustard
3 tablespoons hot honey
1 tablespoon apple cider vinegar
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 teaspoon crushed red pepper

Directions:

Pre-heat oven to 425 F

Step 1 – Make the Hot Honey Mustard Dressing:

Add all of the dressing ingredients to a mixing bowl or blender. Whisk or blend until the dressing is smooth and emulsified. Set aside until it's time to serve.

Step 2 – Make the Kale Slaw:

Add the greek yogurt, mayonnaise, mustard, apple cider vinegar, salt, and pepper to a mixing bowl. Whisk together. Next, add the kale, carrot, and red cabbage. Toss until everything is well combined. Set aside in the fridge until it's time to serve.

Step 3

Add the chicken thighs, oil, honey, balsamic vinegar, salt, and spices to a large mixing bowl. Toss until the chicken is evenly coated.

Step 4

Add the diced sweet potatoes, salt, spices, and olive to a mixing bowl. Toss until the sweet potatoes are evenly coated in the spices and oil.

Step 5 – Make the Chicken and Sweet Potatoes

Place the chicken thighs on one side of the lined sheet pan and place the sweet potatoes on the opposite side in an even layer. Bake the chicken and sweet potatoes for 25-30 minutes or until the sweet potatoes are tender, tossing the potatoes as needed to ensure they don't burn.

Once the sweet potatoes are tender, remove them from the sheet pan and set aside. Next, spread the chicken thighs out on the sheet pan. Turn the oven to broil and then place the chicken thighs back in the oven to broil for 2-3 minutes for a bit more color.

Step 6 – Assemble the Bowls

Start with a base of cooked rice or quinoa, and add the chicken, sweet potatoes, and kale slaw. Finish with a drizzle of hot honey mustard dressing, and green onion or chives.



THAI COCONUT RED CURRY VEGETABLES



SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN

Ingredients:

1 cup zucchini, diced
1 cup yellow squash, diced
1/2 cup yellow or red bell pepper
diced
1 cup fresh pineapple, diced
½ cup spinach
1 cup shelled edamame

Coconut Sauce

14 oz can light coconut milk
1 cup water
2 tbsp low-sodium soy sauce
2 tbsp turbinado sugar
3 tbsp freshly squeezed lime juice
1/4 cup Thai red curry paste

Directions:

Step 1

In a large bowl, toss together the zucchini, squash, bell peppers, pineapple, spinach, and edamame. In a medium bowl, mix together all the ingredients for the Coconut Sauce. Set it aside.

Step 2

In a large sauté pan, sauté the red curry paste over low heat until slightly caramelized. Add the vegetable mixture and sauté until the vegetables are slightly cooked. Increase the heat to high and add the Coconut Sauce. Bring to a boil, reduce to a simmer, and continue simmering until reduced by half.

Step 3

Place 1/3 cup of white or brown rice in the bottom of each of the bowls. Evenly divide the vegetables and sauce among the bowls.

Try adding chicken for extra protein or
salmon for eye healthy omega-3s!





EYE-FRIENDLY SWEET POTATO FUDGE BROWNIES



SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN

Ingredients:

1 cup mashed cooked sweet potato (very smooth)
1/4 cup peanut butter or almond butter
3 Tbsp maple syrup or honey (or preferred sweetener)
1/4 cup unsweetened cocoa powder
1/3 cup almond flour or oat flour
1 Tbsp ground flaxseed
1 tsp vanilla extract
1/4 tsp salt
2–4 Tbsp almond milk (as needed for batter consistency)
Optional: 1–2 Tbsp dark chocolate chips
Optional: 1/4 c blended spinach or carrot puree for extra nutrients

Directions:

Step 1

Preheat oven to 350°F (175°C) and line a small baking dish with parchment paper.

Step 2

In a bowl, mix the mashed sweet potato, peanut butter (or almond butter), maple syrup, and vanilla until smooth. Stir in cocoa powder, almond or oat flour, flaxseed, and salt. Add almond milk one tablespoon at a time until a thick brownie batter forms. Fold in chocolate chips if using.

Step 3

Spread batter evenly into the prepared pan. Bake for 18–22 minutes until the center is just set.

Step 4

Let cool completely before cutting for the best fudgy texture.



APPLE CRISP

SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN



Ingredients:

TOPPING

½ cup flour
1 cup old fashioned oats
½ cup brown sugar, packed
½ cup butter, melted
½ tsp cinnamon, ground
¼ tsp salt

APPLE FILLING

4 cup apples, cored and sliced (5-7 Granny Smith)
2 Tbs brown sugar
2 Tbs lemon juice (from ~1/2 lemon)

Directions:

Pre-heat oven to 375 F

Step 1 - Apple Filling

Arrange apples in a greased 8" square baking dish or 1 1/2 qt. casserole. Sprinkle with 2 Tbs brown sugar and lemon juice; stir slightly to coat apples.

Step 2 - Topping

In a medium bowl, add the flour, oats, brown sugar, melted butter, cinnamon, and salt; stir well to blend.

Step 3

Sprinkle crisp topping evenly over fruit.

Step 4

Bake at 375 F for about 35 minutes or until fruit is tender and bubbling. Serve warm or cold. Delicious with a scoop of vanilla ice cream or dollop of whipped cream.

Need more fiber, Vitamin C, and Vitamin K1?

Swap apples for 6 c mixed berries (blueberries, blackberries, raspberries, and/or strawberries and ½ Tbs cornstarch)





PUMPKIN SPICE MUFFINS



SUBMITTED BY:
ROSIE GRAF, CVC OPTICIAN

Ingredients:

1 cup sugar
1/2 cup canola or avocado oil
1, 14-ounce can pumpkin puree (not pie filling)
2 cups buttermilk *make your own by adding 2 tbsp vinegar or lemon juice to 2 cups milk; let sit for 5 min
3 large eggs
2 cups whole wheat flour
1 1/2 cups all-purpose flour
4 tsp baking powder
1 tsp baking soda
1/4 tsp salt
4 tsp cinnamon
2 tsp ground ginger
1 tsp nutmeg
1/2 tsp cloves

Directions:

Pre-heat oven to 375 F

Step 1

In a medium bowl, mix sugar and oil together. Add eggs, mixing well after each addition. Add buttermilk and pumpkin. Mix well.

Step 2

Add whole wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon, ground ginger, nutmeg, cloves. Mix just until combined.

Step 3

Using a 1/4 cup measure, fill each muffin cup.

Step 4

Bake 18-22 minutes until puffed and golden.

Add a special ingredient!

Not only is pumpkin rich in carotenoids Betacarotene, Lutein, and Zeaxantin, but you are able to 'spice' up these muffins.

Choose to add a cup of raisins, chopped apples, chocolate chips, or pumpkin seeds.



BANANA BLUEBERRY POMEGRANATE SMOOTHIE

Ingredients:

1 banana
 1 cup blueberries
 2 cup pomegranate juice
 1 Tbs freshly squeezed lime juice

Directions:

Combine all the ingredients in a blender and purée until smooth, about 45 to 60 seconds.

Chill briefly if desired. Serve immediately.



CARROT APPLE KALE WAKE-UP SMOOTHIE

Ingredients:

¾ cup carrot juice
 ½ cup chopped kale (stems removed)
 ¾ cup green apple (peeled, cored, chopped)
 ½ cup frozen pineapple chunks

Directions:

Combine all the ingredients in a blender and purée until smooth and creamy. Taste and adjust consistency (add a splash of water or ice if needed).

Serve immediately.



VITALITY NUTRASMOOTHIE

Ingredients:

1/2 to 1 cup frozen spinach
 1/2 cup frozen kale
 A handful of fresh or frozen blueberries
 1/2 cup pitted, frozen cherries
 1/4 cup walnuts (a handful) (or chia seeds for a non-allergen option)
 1 to 1 1/2 cups unsweetened almond/coconut milk
 1 tablespoon cocoa powder

Directions:

Combine all the ingredients in a blender and purée until smooth and creamy. Taste and adjust consistency (add a splash of water or ice if needed).

Serve immediately.



Want a sweeter, creamier texture?

Add half of a frozen banana or avocado.



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We hope this cookbook becomes something you enjoy using and sharing. Thanks for being part of it.

— Crystal Vision Clinic



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