

# COOKING AS SELF CARE

A Monthly Series by the Massachusetts Councils on Aging

## Diversity Eats

*Enjoy and live longer*

While we know it's important to eat a variety of fruits and vegetables (don't we?!), it's also important to do so from all food groups.



Eating a variety of foods

supports healthy aging by increasing the types and amounts of nutrients we ingest. A great way to do this is trying recipes from other cultures. By doing so, you may prevent disease and live longer. Several types of longevity diets exist from around the world. Some of these areas where many people live to be 100 years old, are documented in the Blue Zones project and include Ikaria (Greece), Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica) and Loma Linda (California). While diet is only one of the nine traits contributing to longer, happier lives, it is where we begin expanding our palates this month.

### Observances

Celebrate Diversity - Cancer Control - Garden Month - World Health Day (7)

### Seasonal Produce

Apricot, broccoli, cabbage, lettuce, mushroom, onion, leek, pea, rhubarb

### Food Safety

Check restaurants' food safety inspection ratings or reports before ordering

# Pulao with Crispy Cinnamon Chickpeas

*serves 2*

## Ingredients

- 1 can chickpeas
- 1 Tbsp + 1 tsp olive oil, divided
- 1 tsp cinnamon, divided
- ½ cup brown rice
- 1½ cups stock or broth
- ½ tsp cloves (about 10)
- 1 zucchini, diced
- 1 carrot, diced
- ¼ cup dried apricots, chopped
- 2 pinches cardamom, optional



## Directions

1. Preheat oven to 350°F.
2. Rinse and drain chickpeas. Coat with 2 tsp oil and ½ tsp cinnamon. Spread on baking sheet and cook for 45 minutes. Stir halfway through cooking time.
3. Combine rice, stock, cloves and 2 tsp oil in a pot. Bring to a boil, cover and simmer on low for 25 minutes.
4. Add zucchini, carrot, ½ tsp cinnamon and cardamom to the rice.
5. Simmer 20 minutes or until most of water is absorbed; adding apricots just before rice is done cooking.
6. Plate the pulao, top with chickpeas and enjoy!

## Resources

- Blue Zones® Meal Planner <http://meals.bluezones.com>
- <https://www.cdc.gov/foodsafety/communication/eatingout.html>
- Global Foods for a Healthy Plate  
<https://www.eatright.org/health/lifestyle/culture-and-traditions/global-foods-for-a-healthy-plate>



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Recipe from the BlueZones® Meal Planner. Project research in part by Olivia Batryn. For more information:  
[tara@mcoonline.com](mailto:tara@mcoonline.com) or 413-923-2160.