

Recipes and Tips from Huntington’s Disease Family Kitchens

The recipes and tips in this document may or may not be appropriate for your loved one living with HD. Please consult with your speech-language pathologist, dietician, or physician before serving any new food or preparation to your loved one.

This document is a changing document. We will post it to the HDSA Tennessee webpage: www.hdsa.org/tn. Your suggestions will help add to it. If you have a recipe or tip to contribute, please share it with other HD families by emailing it to hdsa-tn@hotmail.com or mailing it to HDSA-Tennessee Chapter, P.O. Box 62, Brentwood, TN 37024. Thank you for helping your HD community.

Maintaining or increasing weight:

First, make sure the foods you offer are those the person likes.

Some good foods for maintaining or increasing weight include

- Italian, including pastas
- Mexican
- Pot pies
- Ice cream

Boost VHC (Very High Calorie) is available from Amazon www.amazon.com or Nestle Health Science <http://www.nestlenutritionstore.com/products/Shop-By-Brand/BOOST-VERY-HIGH-CALORIE.html#.W23fifZFyas>. When we checked prices, Amazon was less expensive. Boost VHC appears to be available only in the Very Vanilla flavor. Calorie and nutritional information per 8 oz. serving of Boost VHC compared to an 8 oz. serving of Boost Plus is:



	<u>Boost VHC</u>	<u>Boost Plus</u>
Calories	530	360
Protein	22 grams	14 grams
Fat	30 grams	14 grams

Boost also makes a high calorie pudding, *Boost Nutritional Pudding*, available in Very Vanilla and Chocolate flavors. A five-ounce serving of Boost Nutritional Pudding has 230 calories, 8 grams of fat, and 7 grams of protein.

http://www.nestlenutritionstore.com/products/Swallowing-Difficulties/BOOST-NUTRITIONAL-PUDDING.html#.W23mz_ZFyas.

When we reviewed prices, Boost Nutritional Pudding was substantially less expensive from Amazon.



High calorie recipes for shakes, smoothies, and puddings that are healthy and easy to make even when time is short (you may want to substitute sugar for Stevia or sauces with sugar for sugar-free sauces):

- Yogurt and fruit – Combine 1 – 2 cups of yogurt with fresh or dried fruit. You can also add nuts, seeds, honey, granola, or coconut flakes.
- Chocolate peanut butter pudding – Mix 1 – 2 cups of yogurt with 100% cocoa powder, peanut, or any nut butter and a sweetener such as stevia. You can also add a scoop of whey for more protein.
- Yogurt parfait – Combine 1 – 2 cups of yogurt with granola and mixed berries in layers to create a tasty and well-balanced breakfast or healthy snack.
- Smoothies – Yogurt is an excellent addition to virtually any smoothie to increase the protein content and give it a more creamy, milkshake-like thickness.
- Caramel apple shake – Combine 1 sliced apple, 1 cup (237 ml) of natural yogurt, 1 scoop of caramel- or vanilla-flavored whey protein and 1 tablespoon (15 ml) of sugar-free caramel sauce or flavoring.
- Vanilla blueberry shake – Combine 1 cup (237 ml) of fresh or frozen blueberries, 1 scoop of vanilla whey protein, 1 cup (237 ml) of vanilla yogurt and sweetener if needed.
- Super green shake - Combine 1 cup (237 ml) of spinach, 1 avocado, 1 banana, 1 cup (237 ml) of pineapple, and 1 scoop of unflavored or vanilla whey protein.
- Chocolate banana nut shake – Combine 1 banana, 1 scoop of chocolate whey protein, and 1 tablespoon (15 ml) of peanut or another nut butter.
- Vanilla berry shake – Combine 1 cup (237 ml) of fresh or frozen mixed berries, ice, 1 cup (237 ml) of high-protein natural yogurt, and 1 scoop of vanilla whey protein.
- Chocolate hazelnut shake – Combine 15 ounces (444 ml) of chocolate milk with 1 scoop of chocolate whey protein, 1 tablespoon (15 ml) of hazelnut butter, and 1 avocado.

Making foods easier to swallow:

Place the food, such as Mexican foods – tamales/burritos – or Italian foods in the food processor with some milk or taco sauce or tomato sauce. After it is all blended, heat and use sour cream with each bite to help the person with HD swallow it. With Mexican, you might use guacamole instead of sour cream.

Recipes for foods with limited finishing prep for an HD person living independently (that a family member or caregiver can prepare in advance for the person with HD to re-heat):

Salsa Chicken Rice Casserole

Ingredients

- 1 1/3 cups uncooked white rice (instant follow directions on package)
- 2 cans chicken (drained)
- 2 cups shredded Monterey Jack cheese
- 2 cups shredded cheddar cheese
- 1 (10.75 oz) condensed cream of mushroom soup
- 1 (10.75 oz) condensed cream of mushroom soup
- 1 onion chopped
- 1 1/2 cup mild salsa

Directions

Prep: 20 minutes

Cook: One hour

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish,
2. Prepare the rice per package.
3. In a medium bowl, combine Monterey Jack and Cheddar cheeses. In a separate bowl, mix together cream of chicken soup, cream of mushroom soup, onion, and salsa. Layer 1/2 of the rice, 1/2 of the chicken, 1/2 of the soup and salsa mixture, and 1/2 of the cheese mixture in prepared dish. Repeat layers, ending with cheese.
4. Bake in preheated oven for about 40 minutes, or until bubbly.

Hamburger Cheese Bake Casserole

Ingredients

1 (16 oz.) package of pasta
1 pound lean ground beef
½ chopped onion
2 (8oz) cans tomato sauce
1 tsp white sugar
¾ tsp salt
Garlic, according to your taste
¼ tsp ground black pepper
1 (8oz) container cottage cheese
¼ cup sour cream
1 (8 oz) package cream cheese, softened
¼ cup grated Parmesan cheese
Chopped green onion, according to your taste
Chopped green bell pepper, according to your taste

Directions

In a large pot with boiling salted water, cook pasta until al dente. Drain.

Meanwhile, in a large skillet over medium heat, cook ground beef and chopped onions until brown. Stir in tomato sauce, sugar, salt, garlic, and pepper. Remove from heat.

In a large bowl, combine the cottage cheese, sour cream, softened cream cheese, green onion, and green bell pepper.

To assemble, in a greased 11x7x1 ½ inch baking dish, spread half of the cooked and drained pasta. Top with half of the meat mixture. Cover with cheese mixture and remaining noodles and meat sauce. Sprinkle with grated Parmesan cheese.

Bake in a preheated 350 degrees F (175 degrees C) oven for 30 minutes. Let stand 10 minutes before serving.

Bow Tie Pasta

Ingredients

1 pkg smoked sausage
½ package pepperoni slices
3 cups bow tie pasta
1 can spaghetti sauce
1 Tbsp olive oil
1 tsp salt
½ tsp garlic powder
1 tsp Italian seasoning
¾ cups mozzarella cheese
½ cup sour cream

Directions

Brown smoked sausage.

Prepare pasta by directions on box.

Place cooked pasta in a lightly sprayed 9 x 13 casserole dish.

Place smoked sausage and pepperoni on top of pasta.

Mix and pour spaghetti sauce, sour cream, salt, pepper, and Italian seasoning and then cover with mozzarella cheese.

Bake in oven at 350 degrees until cheese is bubbly on top.

Ham and Cheese Tater Tot Casserole

Ingredients

2 cups shredded cheddar cheese
8 oz pkg diced ham
32 oz bag of tater tots
1 cup sour cream
1 (10oz) can cream of chicken soup
3 tsp yellow mustard
½ tsp garlic powder
1 tsp black pepper
½ tsp salt

Directions

Place tater tots in lightly greased 9 x 13 casserole dish.
Mix remaining ingredients (except ½ cup of cheese) and mix in with the tater tots.
Sprinkle remaining cheese on top.
Bake at 425 degrees for 30 minutes or until potatoes are done.

Best Tuna Casserole

Ingredients

1 (12 oz) pkg of egg noodles
¼ cup chopped onions
2 cups shredded cheddar cheese
1 can mixed veggies, drained
2 (5oz) cans tuna, drained
2 (10.75 oz) cans condensed cream of mushroom soup
1 cup crushed crackers

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente. Drain.

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, mixed veggies, tuna, soup, and mushrooms. Transfer to a 9x13 inch baking dish, and top with cracker crumbs and remaining 1 cup cheese.

Bake for 15 to 20 minutes in the preheated oven, or until cheese is bubbly.

Improving the mealtime experience:



Liftware Level is a utensil with a computerized handle that stabilizes a soup spoon or fork attachment, keeping it level to make eating easier. <https://www.liftware.com/level/> . The starter kit includes the handle, soup spoon attachment, recharger, strap, and travel pouch and costs \$195 on the Liftware website. A separate fork attachment costs \$39.95. Liftware is also available from Amazon. According to the website,

Veteran's Benefits and private insurance may assist with the purchase of Liftware, but Medicare does not. Note: Liftware Steady is a different product that is intended for people with tremors (Parkinson's or Essential Tremor, for example), not people with chorea.

Use *Camelbak cups or mugs* for drinking.

When *eating out*, request that the kitchen cut foods before the meal is served to avoid the person with HD feeling singled out.