




DR JESSICA'S



**BRACES
FRIENDLY**

COOK BOOK

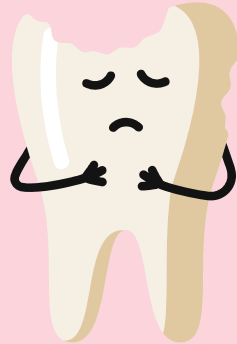


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FINDING FOODS TO EAT WHILE WEARING BRACES ISN'T ALWAYS EASY.



HOWEVER, YOU DON'T HAVE TO GO HUNGRY OR STICK TO BORING OR BLAND FOODS. HERE ARE SOME HEALTHY RECIPES AND DELICIOUS OPTIONS YOU CAN EXPECT TO ENJOY WHILE UNDERGOING TREATMENT FOR A STRAIGHTER SMILE.



TOMATO AVOCADO SALAD

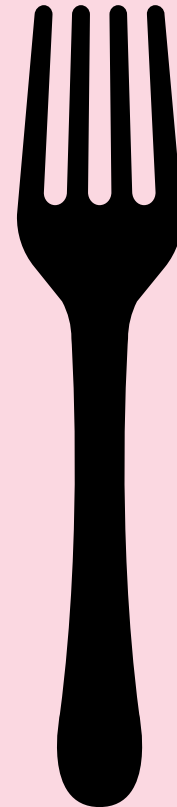


INGREDIENTS:

- 2 CUPS CHOPPED TOMATOES
- 2 RIPE AVOCADOS (CUBED)
- 1/4 SMALL RED ONION (SLICED)
- 1/4 CUP MINCED CILANTRO OR PARSLEY
- JUICE OF 1 LIME
- 2 TBSP. EXTRA VIRGIN OLIVE OIL
- 1/2 TEASPOON RED PEPPER FLAKES
- SALT AND BLACK PEPPER TO TASTE

ADDITIONAL OPTIONAL ADD INS:

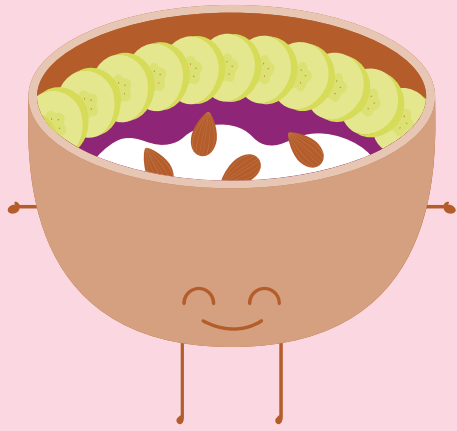
- 1 SMALL CUCUMBER SLICED
- 1/2 CUP CHICKPEAS
- 1/2 CUP FETA OR CUBED MOZZARELLA



INSTRUCTIONS:

- IN A LARGE SALAD BOWL, PLACE THE TOMATOES, AVOCADO, AND CILANTRO
- DRIZZLE WITH OLIVE OIL, LIME JUICE, PEPPER FLAKES AND SALT & PEPPER. GENTLY TOSS
- SERVE IMMEDIATELY OR COVER WITH PLASTIC WRAP IN FRIDGE FOR UP TO 2 HOURS

RECIPE FROM: GIMMEDELICIOUS.COM



ACAI BOWL

INGREDIENTS:

- 1 FROZEN BANANA (SLICED)
- 1/2 CUP FROZEN BLUEBERRIES
- 1/2 CUP FROZEN STRAWBERRIES
- 3/4 CUP MILK (DAIRY, SOY, ALMOND, ETC.) OR JUICE (RECOMMENDED APPLE OR GRAPE)
- 1/2 CUP PLAIN YOGURT
- 200 GRAMS (2 PACKETS) PURE UNSWEETENED FROZEN ACAI PUREE (TRADER JOES HAS A GREAT ONE!)
- FRESH FRUIT, COCONUT, HONEY OR AGAVE AS CHOICES FOR TOPPINGS

INSTRUCTIONS:

- FREEZE YOUR FRUIT (STORE-BOUGHT FROZEN FRUIT WILL WORK JUST AS WELL)
- ONCE FROZEN, ADD THE MILK AND YOGURT TO A BLENDER. ADD THE FROZEN FRUIT AND BROKEN UP ACAI AND BLEND ON LOW
- ASSEMBLE! DIVIDE THE SMOOTHIE INTO TWO BOWLS AND TOP WITH YOUR FAVORITE TOPPINGS!

RECIPE FROM: THEFORKEDSPOON.COM





HOMEMADE MAC AND CHEESE

INGREDIENTS:

- 16 OZ BOX ELBOW MACARONI NOODLES
- 1/2 CUP + 2 TBSP BUTTER, DIVIDED
- 1/3 CUP FLOUR
- 3 CUPS MILK
- 12 OZ CHEESE
- 3/4 TSP SALT
- 1/4 TSP PEPPER

INSTRUCTIONS:

- COOK MACARONI NOODLES AND DRAIN
- PREHEAT OVEN TO 375 DEGREES
- IN A SAUCEPAN, MELT 1/2 CUP (1 STICK) BUTTER OVER MEDIUM HEAT. STIR IN FLOUR. SLOWLY ADD MILK, STIRRING.
- BRING TO A BOIL AND STIR FOR 2 MINUTES, THEN TURN OFF THE BURNER AND ADD THE CHEESE, SALT, AND PEPPER, STIRRING UNTIL CHEESE IS MELTED.
- ADD MACARONI NOODLES AND MIX WELL
- TURN INTO A 9X13' PAN OR CASSEROLE DISH
- BAKE FOR 30 MINUTES

RECIPE FROM: LIVINGWELLMOM.COM



PORK AND PINEAPPLE TACOS



INGREDIENTS:

- 1 20-OUNCE CAN PINEAPPLE CHUNKS
- 1 TBSP CHILI POWDER
- 1 POUND PORK TENDERLOIN CUT INTO 1/2-INCH SLICES
- 2 JALAPENOS, THINLY SLICED
- 1/2 TSP KOSHER SALT
- 2 TBSP CANOLA OIL
- 1/2 CUP CRUMBLLED COTIJA, RICOTTA SALATA, OR FETA (4 OUNCES)
- 12 CORN OR FLOUR TORTILLAS, WARMED
- LIME WEDGES, FOR SERVING
- 1/2 RED ONION, SLICED
- 1/4 CUP FRESH CILANTRO

INSTRUCTIONS:

- COMBINE 1/2 CUP PINEAPPLE JUICE, CHILI POWDER, PORK AND HALF THE JALAPENOS IN A LARGE PLASTIC BAG - REFRIGERATE FOR 1-4 HOURS
- REMOVE PORK FROM MARINADE, SHAKE OFF EXCESS LIQUID, SEASON WITH SALT
- HEAT 1 TBSP OF THE OIL IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT. COOK PORK IN BATCHES UNTIL COOKED, 3-4 MINS PER SIDE, ADDING REMAINING TBSP OF OIL BETWEEN BATCHES
- THINLY SLICE
- TOP TORTILLAS WITH PORK, PINEAPPLE CHUNKS, ONION, CILANTRO, CHEESE, AND THE REMAINING JALAPENO
- SERVE WITH THE LIME WEDGES

RECIPE FROM: REALSIMPLE.COM

CHICKEN NOODLE SOUP

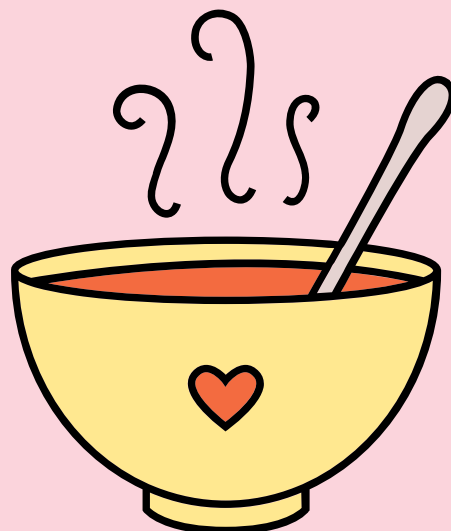
INGREDIENTS:

- 1 TBSP BUTTER
- 1/2 CUP CHOPPED ONION
- 1/2 CUP CHOPPED CELERY
- 4 (14.5 OUNCE) CANS CHICKEN BROTH
- 1 (14.5 OUNCE) CAN VEGETABLE BROTH
- 1/2 LBS CHOPPED COOKED CHICKEN BREAST
- 1 1/2 CUP EGG NOODLES
- 1 CUP SLICED CARROTS
- 1/2 TEASPOON DRIED BASIL
- SALT AND GROUND BLACK PEPPER TO TASTE

INSTRUCTIONS:

- MELT BUTTER IN A LARGE POT OVER MEDIUM HEAT
- ADD ONION AND CELERY AND COOK UNTIL JUST TENDER, ABOUT 5 MINUTES
- ADD CHICKEN BROTH, VEGETABLE BROTH, CHICKEN, EGG NOODLES, CARROTS, BASIL, OREGANO, SALT AND PEPPER. STIR TO COMBINE AND BRING TO A BOIL
- REDUCE HEAT AND SIMMER FOR 20 MINUTES
- SERVE AND ENJOY!

RECIPE FROM: ALLRECIPES.COM





BANANA BREAD

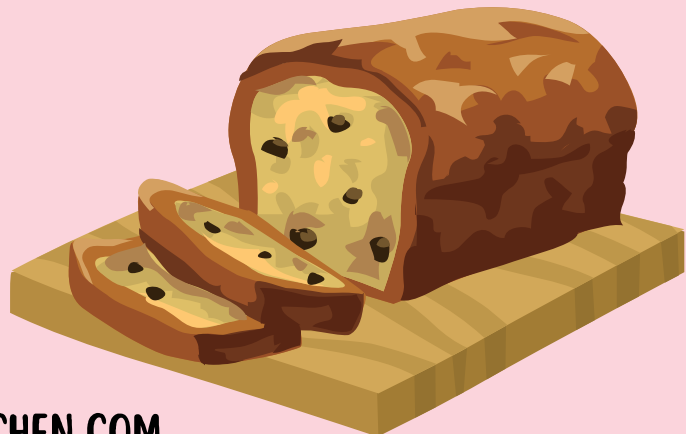


INGREDIENTS:

- 3 VERY RIPE BANANAS (MEDIUM/LARGE)
- 1/2 CUP UNSALTED BUTTER (8 TBSP) AT ROOM TEMPERATURE
- 3/4 CUP GRANULATED SUGAR
- 2 LARGE EGGS, LIGHTLY BEATEN
- 1 1/2 CUPS ALL PURPOSE FLOUR
- 1 TSP BAKING SODA
- 1/2 TSP SALT
- 1/2 TSP VANILLA EXTRACT

INSTRUCTIONS:

- PREHEAT OVEN TO 350 F, GREASE AND FLOUR A BREAD LOAF PAN (9.25 X 5.25)
- IN A MIXING BOWL, CREAM TOGETHER 8 TBSP SOFTENED BUTTER AND 3/4 CUP SUGAR
- MASH BANANAS WITH FORK AND ADD THEM TO BATTER ALONG WITH 2 EGGS, MIX UNTIL BLENDED
- IN SEPARATE BOWL, WHISK TOGETHER 1 1/2 CUPS FLOUR, 1 TSP BAKING SODA AND 1/2 TSP SALT
ADD TO BATTER
- ADD 1/2 TSP OF VANILLA EXTRACT
- BAKE AT 350 F FOR 55-60 MIN
- LET REST FOR 10 MINS



RECIPE FROM: [NATASHASKITCHEN.COM](https://www.natashaskitchen.com)



**THE SMILE IS THE MOST BEAUTIFUL
CURVE ON THE BODY!**





WITH LOVE,
THE DJC TEAM



