



8-week course <https://www.drdebkennedy.com/psych-food-mood>

MENTAL HEALTH SUPPORTIVE RECIPES



Seaweed Salad

Seaweed salad: Makes four servings

Ingredients

- Wakame 25 g dried, soak in hot (almost boiling) water for 10 minutes to hydrate, drain well (squeeze out any excess water), cut into thin strips
- Hijiki (optional) ¼ cup dried, soak in water to hydrate, drain
- Cilantro 2 tablespoons chopped
- Scallions 2 scallions thinly sliced
- Carrot 2 medium grated
- Rice wine vinegar 2 tablespoons
- Soy sauce 2 tablespoons
- Toasted sesame oil 1 tablespoon
- Ginger 1 teaspoon grated
- Garlic 1 clove minced
- Red pepper flakes (optional to taste)
- Toasted sesame seeds 2 teaspoons

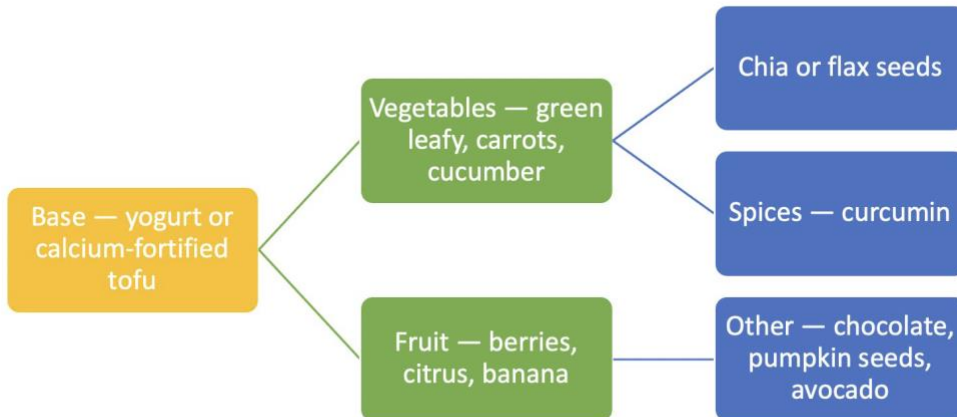
Instructions

1. Make the dressing by whisking the oil, vinegar, soy sauce, grated ginger, garlic, and red pepper flakes.
2. Add to the chopped seaweed, shredded carrots, and cilantro. Toss, and refrigerate for at least 30 minutes.
3. Serve with toasted sesame seeds.



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Build a Mental Health Supportive Smoothie



Build a Mental Health Supportive Salad

Prewashed Greens Spinach Kale Arugula Mesclun mix Watercress With — carrots, cucumber, berries, avocado	Omega-3 Canned or fresh salmon, trout, mackerel, sardines Chia seeds Flax seeds	Grains Cooked couscous Quinoa Barley Rice Other whole grain	Salad Dressing Vinaigrette made with plant-based oils, non-GMO soy, canola, olive	Legumes & Nuts Pumpkin seeds Almonds Cashews Beans Lentils