Adapted Cooking for DMD

Articles

https://www.handicappedequipment.org/tag/adaptive-cooking-equipment/
https://www.thekitchn.com/cooking-with-a-physical-disability-171416
https://www.disabled-world.com/fitness/cooking/

Product Suggestions

- Rocker knife
- Built up utensils (non-weighted)
- Dycem Circle for placement (to avoid slipping)
- Cutting board that can fit on wheel chair
- Single-use plastic blender
- George Foreman Grill Broiler -(to make quesadillas, warm-toasted sandwiches, grilled chicken, salmon, shrimp kabobs (have aide pre-skewer)

Menu Ideas

- Grilled salmon (marinate in lime juice, pepper, cilantro- grill on Foreman Grill); top with chopped mango (ask aide to pre-cut); microwave broccoli (pre-cut) in dish with water, cover with paper towel.
- Grilled chicken, grilled peppers (put both on Foreman Grill), brown rice (TJ’s frozen-cooks 3 mins in microwave))
- Bean Soups/Stews/Chili-Aide to make slow cook chili or bean soups; cool and freeze in quart size freezer bags. Take out and cook on low in saucepan til thawed.
- Bean quesadillas ( “refried” beans-black or kidney (canned-low sodium), flavor with cumin and/or chili pepper flakes, chili powder, baby spinach, sautéed onions (buy pre-
chopped, saute in small fry pan). Spread beans on half of whole wheat tortilla or corn tortilla, cover with spinach and onions. Fold over quesadilla and press in Foreman Grill; top with salsa, non-fat Greek plain yogurt

- Smoothie- Simple: 1 banana, 6 oz milk (cow or alternative), ¼ cup frozen blueberries or ½ cup strawberries. “Super” Smoothie: add ½-1 tsp of flax or chia seeds, handful of fresh baby spinach or ½ cup frozen kale or spinach, ¼ cup pumpkin pureed/cooked carrots or winter squash, ¼ avocado.
- Salad with grilled chicken (buy pre-made salad mixes, pre-cut/sliced/shredded veggies; grilled chicken strips) or Salad Kits
- Make ahead quiche-heat up slice in microwave; side salad
- Pre-made muffin turkey loafs-bag up 2-3, freeze; frozen green beans, cherry tomatoes
- Soups-Say YES! To soups-good options that are fairly low sodium; combine with whole grain crackers
- Pre-made chicken salad with slivered almonds, chopped apples or apricots, currants, no added sugar cranberries; serve in lettuce cups (i.e. Boston bib, Butter; have aid pre-wash)

*Aim for chest-level food prep*