Fall in the air

Rachel Whitmer and Lawrence Kushi, both from the Kaiser Permanente Division of Research in Oakland, California, just commented on several studies that examined the impact of a Mediterranean Diet adherence and the risk of cognitive impairment as Alzheimer, Parkinson, and depression. The epidemiologic studies were done looking at large groups of populations that were followed for as long as 15 years. Although there is no general consensus on the findings, there is increasing indication that Mediterranean diet patterns may indeed protect from cognitive decline. It is unclear whether the overall diet is important, or some specific food components, or other aspects of the Mediterranean lifestyle. It seems, however, that the Mediterranean cuisine and traditions may allow us to enjoy these pleasures longer into the fall season of life!


Cream of zucchini with quadrucci

Ingredients:

1 carrot
1 onion
1 stalk of celery
bouquet garni: (stalks of parsley, 1 bay leaf, 1 sprig of thyme)
800 g zucchini
3 potatoes
120 g of fresh small size pasta (quadrucci)
60 g of grated Parmigiano cheese
extra virgin olive oil
chopped parsley
salt and pepper

Prepare a vegetable broth with water (2.5 l) carrot, onion, celery and bouquet garni.
Add salt and boil for about 30 minutes.
Clean, wash and cook the zucchini and potatoes in vegetable broth for 15-20 minutes, remove from broth and puree the vegetables using the mill.
Combine the mashed potatoes and zucchini in the vegetable broth and add the quadrucci, cook for a few minutes and serve with freshly grated Parmigiano cheese, a little olive oil, freshly ground pepper and parsley.