



## Adapted Cooking for DMD

### Articles

<https://www.handicappedequipment.org/tag/adaptive-cooking-equipment/>

<https://www.thekitchn.com/cooking-with-a-physical-disability-171416>

<https://spoonuniversity.com/lifestyle/why-people-with-disabilities-dont-cook-but-should>

<https://www.disabled-world.com/fitness/cooking/>

<https://www.npr.org/sections/thesalt/2015/10/21/448971281/cooking-with-disabilities-an-exercise-in-creative-problem-solving>

### Product Suggestions

- Rocker knife
- Built up utensils (non-weighted)
- Dycem Circle for placement (to avoid slipping)
- Cutting board that can fit on wheel chair
- <https://www.wrightstuff.biz/long-stove-knob-turner.html>
- <https://www.alices.kitchen/cookware/best-lightweight-pans-for-disabled/>
- 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***