

COOKING FOR WELLNESS

August 2021 Recipes



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Zoodle Pad Thai with Shrimp

Prep: 10 minutes • Cook: 6 minutes • Serves: 4

- 1 tablespoon avocado oil
- 2 large eggs
- 1 pound raw 31-40 count peeled and deveined shrimp, thawed if necessary
- ½ medium red bell pepper, thinly sliced
- 3½ tablespoons garlic & green onion teriyaki sauce
- 2 packages (10 ounces each) zucchini noodles
- 1 green onion, sliced
- ⅓ cup chopped roasted unsalted peanuts
- 2 tablespoons fresh cilantro leaves

Bean sprouts, lime wedges and crushed red pepper for garnish (optional)

1. In large skillet, heat oil over medium-high heat. Add eggs; cook and stir 30 seconds. Add shrimp and pepper; cook and stir 3 minutes. Stir in sauce; cook and stir 1 minute. Stir in noodles; cook and stir 1 minute or until heated through. Makes about 5½ cups.

2. Serve Pad Thai sprinkled with onion, peanuts and cilantro; garnish with bean sprouts, lime wedges and crushed red pepper, if desired.

Approximate nutritional values per serving:

309 Calories, 15g Fat (2g Saturated), 288mg Cholesterol,
574mg Sodium, 13g Carbohydrates, 3g Fiber, 33g Protein



MIXED VEGETABLE SALAD WITH LIME DRESSING

ACTIVE: 30 min **TOTAL:** 30 min

Using potatoes and green beans gives this gorgeous salad a salade niçoise feel, but you can use whatever suits your fancy.

If you steam any of the vegetables, don't overcook them—if they're mushy they'll fall apart when you toss them with the dressing. For our handy guide to steaming times, go to eatingwell.com/steamedveg.

¼ cup canola oil

¼ cup extra-virgin olive oil

3 tablespoons lime juice

**1½ tablespoons finely chopped fresh
cilantro**

½ teaspoon salt

½ teaspoon ground pepper

**2 cups mixed vegetables (steamed:
sliced small red potatoes, carrots or
beets, green beans, peas; raw: sliced
radishes, cucumbers or tomatoes)**

6 leaves romaine or leaf lettuce

1 small bunch watercress, large stems removed

1 hard-boiled large egg, sliced

1 thick slice red onion, broken into rings

Crumbled Mexican queso fresco, feta or farmer's cheese for garnish


1. Whisk canola and olive oils, lime juice, cilantro, salt and pepper in a medium bowl until thoroughly blended. Add mixed vegetables and toss to coat.

2. Line a large serving platter with lettuce. Scoop the dressed vegetables onto the platter. Surround with watercress and top with egg, onion and cheese, if desired.

SERVES 6: 1½ cups each

CAL 214 / FAT 20G (SAT 2G) / CHOL 31MG / CARBS 8G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 3G / FIBER 2G / SODIUM 217MG / POTASSIUM 304MG.

Romaine and Charred Corn Salad with Avocado Dressing

 Total **35 min**; Serves **6**

Smashing ripe avocado with olive oil, lemon juice, honey and garlic creates a fantastic, creamy dressing for a hearty salad like the one here, from Molly Chester of Apricot Lane Farms.

2½ cups fresh corn kernels
(from 3 to 4 large ears)

⅓ cup extra-virgin olive oil

3 Tbsp. fresh lemon juice

2 tsp. honey

½ tsp. minced garlic

**½ Hass avocado, peeled and
cut into ¼-inch dice**

Kosher salt and pepper

**Three 6- to 8-oz. romaine hearts,
torn into bite-size pieces**

½ cup very thinly sliced red onion

**½ cup shredded pecorino cheese,
plus more for garnish**

1. Preheat the broiler. Spread the corn kernels on a large rimmed baking sheet. Broil 6 inches from the heat for about 5 minutes, until lightly charred. Let the corn kernels cool completely.

2. In a medium bowl, whisk the olive oil with the lemon juice, honey and garlic. Add the avocado and, using a fork, lightly smash it against the side of the bowl and mix it in to form a chunky dressing. Season with salt and pepper.

3. In a large bowl, toss the cooled corn with the romaine pieces, sliced onion and the $\frac{1}{2}$ cup of pecorino cheese. Add the dressing, season with salt and pepper and toss well. Garnish the salad with shredded cheese and serve right away.