

COOKING FOR WELLNESS

September 2021 Recipes



CANCER SUPPORT
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GREATER ANN ARBOR

Roasted Gnocchi & Brussels Sprouts with Meyer Lemon Vinaigrette

★★★★★

In this quick vegetarian dinner recipe, you can skip boiling the gnocchi—they'll cook through while roasting on the sheet pan with the rest of the ingredients. If you can't find Meyer lemons, use 1 small regular lemon in Step 2 and use 4 teaspoons lemon juice and 2 teaspoons orange juice in Step 4.

Carolyn Casner

Total: 35 mins

Servings: 4



Ingredients

2 Meyer lemons (see Tip)

1 pound Brussels sprouts, trimmed and quartered

1 (16 ounce) package shelf-stable gnocchi

1 cup thickly sliced shallots

4 tablespoons extra-virgin olive oil, divided

½ teaspoon ground pepper, divided

¼ teaspoon salt, divided

¼ cup slivered oil-packed sun-dried tomatoes

Directions

Step 1

Preheat oven to 450 degrees F.

Step 2

Slice and seed 1 lemon. Toss in a large bowl with Brussels sprouts, gnocchi, shallots, 2 tablespoons oil, 1/4 teaspoon pepper and 1/8 teaspoon salt. Transfer to a large rimmed baking sheet.

Step 3

Roast, stirring once or twice, until the gnocchi are plump and the Brussels sprouts are tender, 18 to 20 minutes.

Step 4

Squeeze juice from the remaining lemon. Return the gnocchi mixture to the bowl and toss with sun-dried tomatoes, the lemon juice and the remaining 2 tablespoons oil, 1/4 teaspoon pepper and 1/8 teaspoon salt.

Tips

Tips: Sunny yellow Meyer lemons have a distinctive sweet-tart floral taste. Find them in late winter and early spring in well-stocked markets. You can substitute for the juice with 2 parts lemon juice and 1 part orange juice.

Tips

Organic lemons are less likely to have traces of fungicides commonly used on citrus. So choose organic when cooking with lemon peel and zest.

Nutrition Facts

Serving Size: 1 1/4 Cups Each **Per Serving:** 424 calories; protein 10.6g; carbohydrates 64.5g; dietary fiber 7g; sugars 6.3g; fat 15.8g; saturated fat 2.2g; vitamin a iu 862IU; vitamin c 108.8mg; folate 80.5mcg; calcium 68.2mg; iron 2.1mg; magnesium 38.8mg; potassium 676.5mg; sodium 550.5mg; thiamin 0.2mg.

Exchanges: 3 Starch, 3 1/2 Vegetable, 3 Fat



SPINACH & ARTICHOKE BAKED PASTA Q V

Active **25 min.** | Total **30 min.**

- 12 oz short pasta, such as orecchiette or mezzi rigatoni
- 1 Tbsp olive oil
- 1 large onion, finely chopped
- Kosher salt and pepper
- 4 cloves garlic, finely chopped
- $\frac{3}{4}$ cup low-fat sour cream
- 4 oz reduced-fat cream cheese, at room temp
- 2 oz Parmesan, grated ($\frac{1}{2}$ cup)
- 2 tsp grated lemon zest plus 1 Tbsp lemon juice
- 1 10-oz pkg. frozen leaf spinach, thawed and squeezed of excess moisture
- 1 13.5-oz can artichoke hearts, rinsed, squeezed of excess moisture and chopped
- 4 oz mozzarella cheese, shredded (about 1 cup), divided

1. Cook pasta per pkg. directions. Reserve $\frac{1}{2}$ cup cooking water.

(about 1 cup), divided

1. Cook pasta per pkg. directions. Reserve $\frac{1}{2}$ cup cooking water, then drain pasta.
2. Meanwhile, heat oil in large skillet on medium. Add onion and $\frac{1}{2}$ tsp each salt and pepper and cook, covered, stirring occasionally, until tender, 8 to 10 min. Add garlic and cook, stirring, 1 min.
3. Heat broiler. In large bowl, combine sour cream, cream cheese, Parmesan, lemon zest and lemon juice; stir in onion mixture.
4. Add pasta to bowl and toss to coat. Stir in spinach, artichokes and $\frac{1}{4}$ cup pasta cooking water (adding more if pasta seems dry). Fold in $\frac{1}{2}$ cup mozzarella.
5. Transfer pasta mixture to broiler-proof $2\frac{1}{2}$ - to 3-qt casserole dish. Sprinkle with remaining $\frac{1}{2}$ cup mozzarella and broil until golden brown, 3 to 5 min.

SERVES 8 About 330 cal, 11 g fat (6 g sat), 16 g pro, 510 mg sodium, 42 g carb, 3 g fiber

CHINESE PORK AND NOODLES

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4



- 3 tablespoons honey
- 3 tablespoons hoisin sauce
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon minced peeled fresh ginger
- $\frac{1}{4}$ teaspoon Chinese five-spice powder
- 1 pork tenderloin (1 to $1\frac{1}{4}$ pounds)
- Kosher salt and freshly ground pepper
- 4 heads baby bok choy (about 12 ounces), leaves separated
- 8 ounces dried Chinese egg noodles
- 1 tablespoon toasted sesame oil
- Sliced scallions, for topping

1. Position a rack in the upper third of the oven; preheat to 475°. Set a wire rack on a foil-lined baking sheet; set aside. Mix the honey, hoisin sauce, soy sauce, oyster sauce, ginger and five-spice powder in a small bowl. Cut the pork in half crosswise and prick all over with a fork; rub with 2 tablespoons of the honey-hoisin marinade, $\frac{1}{4}$ teaspoon salt and a few grinds of pepper. Place on the wire rack.

2. Roast the pork until the surface looks dry, about 10 minutes. Remove 3 more tablespoons of the marinade to a separate bowl and brush all over the pork (save the remaining marinade for topping). Return to the oven and cook until a thermometer inserted into the center registers 145°, 16 to 18 more minutes. Transfer to a cutting board and let rest 5 minutes.

3. Meanwhile, bring a large pot of salted water to a boil. Add the bok choy and boil until crisp-tender, 30 to 45 seconds. Remove with a slotted spoon to a paper towel-lined plate. Add the noodles to the boiling water and cook as the label directs. Drain thoroughly, then toss with the sesame oil and season with salt.

4. Slice the pork. Divide the noodles among shallow bowls. Top with the pork and bok choy. Drizzle with the reserved honey-hoisin marinade and top with scallions.

Per serving: Calories 460; Fat 9 g (Saturated 3 g); Cholesterol 117 mg; Sodium 906 mg; Carbohydrate 62 g; Fiber 4 g; Sugars 17 g; Protein 32 g