

# COOKING FOR WELLNESS

## October 2021 Recipes



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

# Fall Chopped Salad with Spinach, Butternut Squash, Apples & Cheddar



Who says spinach salads are only for spring? Use autumn's tender crop of fresh spinach and other seasonal vegetables to make this fall salad with roasted butternut squash, apples, cheddar and pecans. This colorful and healthy salad would be a wonderful addition to your Thanksgiving menu, but there's no reason to save it for holidays—serve it along with chicken or pork for a healthy weeknight dinner, or turn it into a main course by adding some chickpeas or chopped chicken or turkey.

Carolyn Casner

**Active:** 30 mins

**Total:** 40 mins

**Servings:** 8



## Ingredients

1 small (1 1/2 pounds) butternut squash, peeled and cut into 1/2-inch dice (about 4 cups)

2 cloves garlic, minced

3 tablespoons extra-virgin olive oil, divided

1/2 teaspoon salt, divided

1/2 teaspoon ground pepper, divided

2 tablespoons balsamic vinegar

1 teaspoon maple syrup

2 teaspoons Dijon mustard

8 cups packed baby spinach, roughly chopped

## Directions

### Step 1

Stir squash, garlic, 1 tablespoon oil, 1/4 teaspoon salt and 1/4 teaspoon pepper together in a large bowl. Spread on a large rimmed baking sheet and roast, stirring once, until tender, about 20 minutes.

### Step 2

Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, maple syrup, mustard and the remaining 1/4 teaspoon each salt and pepper in the large bowl. Add spinach, the roasted squash, apples, cheese and pecans. Toss to coat.

## Nutrition Facts

**Serving Size:** 1 1/4 Cups **Per Serving:** 185 calories; protein 4.5g; carbohydrates 16g; dietary fiber 4g; sugars 5.3g; fat 12.5g; saturated fat 2.5g; cholesterol 7mg; vitamin a iu 11195.1IU; vitamin c 32.1mg; folate 23mcg; calcium 147.5mg; iron 2.6mg; magnesium 76.2mg; potassium 315.3mg; sodium 254.9mg; thiamin 0.1mg; added sugar 1g. **Exchanges:** 2 Fat, 1/2 High-Fat Protein, 1/2 Starch, 1/2 Vegetable

1 medium Honeycrisp apple,  
diced

½ cup diced sharp Cheddar  
cheese

½ cup toasted chopped pecans

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# Apple Pie Energy Balls

These no-bake Apple Pie Energy Balls come together easily and will give your body the energy it needs to power through the afternoon.

**Active:** 15 mins

**Total:** 30 mins

**Servings:** 6



Andrea Mathis

## Ingredients

$\frac{3}{4}$  cup Medjool dates, pitted and chopped  
 $\frac{1}{2}$  cup rolled oats  
 $\frac{1}{2}$  cup chopped dried apples  
 $\frac{1}{2}$  cup unsweetened almond butter  
 $\frac{1}{4}$  cup chopped pecans, toasted  
1 tablespoon ground cinnamon

## Directions

### Step 1

Soak dates in a small bowl of hot water until softened, 5 to 10 minutes. Drain.

### Step 2

Combine oats, dried apples, almond butter, pecans, cinnamon and the soaked dates in a food processor; process until very finely chopped.

### Step 3

Roll the mixture into 12 balls (about 2 tablespoons each). Refrigerate for at least 15 minutes or up to 1 week.

## To make ahead

Refrigerate airtight for up to 1 week.

## Nutrition Facts

**Serving Size:** 2 Energy Balls **Per Serving:** 260 calories; fat 16g; sodium 55mg; carbohydrates 29g; dietary fiber 6g; protein 6g; sugars 18g; niacin equivalents 1mg; saturated fat 2g; vitamin a iu 8IU; potassium 362mg.

# Roasted Vegetable & Black Bean Tacos



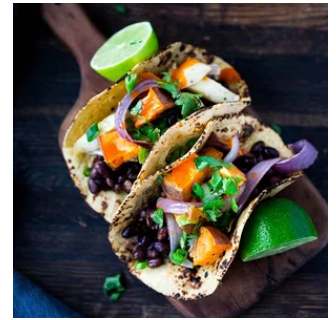
These hearty vegan tacos are quick and easy to make, perfect for busy weeknights. They are so tasty no one will miss the meat or dairy.

Sylvia Fountaine

**Active:** 15 mins

**Total:** 15 mins

**Servings:** 2



## Ingredients

1 cup roasted root vegetables  
(see associated recipe)

½ cup cooked or canned black  
beans, rinsed

2 teaspoons extra-virgin olive  
oil

1 teaspoon ground cumin

1 teaspoon chili powder

½ teaspoon ground coriander

¼ teaspoon kosher salt

¼ teaspoon ground pepper

4 corn tortillas, lightly toasted  
or warmed

½ avocado, cut into 8 slices

1 lime, cut into wedges

Chopped fresh cilantro & salsa  
for garnish

## Directions

### Step 1

Combine roasted root vegetables, beans, oil, cumin, chili powder, coriander, salt and pepper in a saucepan. Cover and cook over medium-low heat until heated through, 6 to 8 minutes.

### Step 2

Divide the mixture among the tortillas. Top with avocado. Serve with lime wedges. Garnish with cilantro and/or salsa, if desired.

## Associated Recipes

Sheet-Pan Roasted Root Vegetables

## Nutrition Facts

**Serving Size:** 2 Tacos **Per Serving:** 343 calories; protein 7.9g; carbohydrates 44.4g; dietary fiber 12.1g; sugars 5.7g; fat 16.8g; saturated fat 2.4g; vitamin a iu 3364.9IU; vitamin c 12.9mg; folate 100.6mcg; calcium 97.3mg; iron 2.7mg; magnesium 64mg; potassium 700.8mg; sodium 352.4mg. **Exchanges:** 2 1/2 Fat, 2 1/1 Starch, 1/2 Veg

# Sheet-Pan Roasted Root Vegetables



One pan is all you need for a heaping pile of nutritious, tender and colorful root vegetables. Whip up this large-batch recipe at the beginning of the week to use in easy, healthy dinners all week long.

Sylvia Fountaine

**Active:** 20 mins

**Total:** 50 mins

**Servings:** 8



## Ingredients

- 2 large carrots
- 2 medium parsnips, peeled
- 2 medium beets, peeled
- 1 medium red onion
- 1 medium sweet potato
- 3 tablespoons extra-virgin olive oil
- 1 ½ tablespoons apple cider vinegar or balsamic vinegar
- 1 tablespoon fresh herbs, such as thyme, rosemary or sage
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper

## Directions

### Step 1

Position racks in upper and lower thirds of oven; preheat to 425 degrees F. Line 2 large baking sheets with parchment paper.

### Step 2

Cut carrots and parsnips into 1/2-inch-thick slices on a diagonal, then cut into half moons. Cut beets and onion into 1/2-inch-thick wedges. Cut sweet potato into 3/4-inch cubes. You should have about 12 cups raw vegetables.

### Step 3

Toss the vegetables with oil, vinegar, herbs, salt and pepper in a large bowl until well coated. Divide between the prepared baking sheets, spreading into a single layer.

### Step 4

Roast the vegetables, rotating the pans top to bottom halfway through, until fork-tender, 30 to 40 minutes.

## Tips

To make ahead: Refrigerate roasted vegetables in an airtight container for up to 5 days.

## Tips

Equipment: Parchment paper

## Nutrition Facts

**Serving Size:** 1 Cup **Per Serving:** 112 calories; protein 1.5g; carbohydrates 15.2g; dietary fiber 3.4g; sugars 5.7g; fat 5.5g; saturated fat 0.8g; vitamin a iu 5767.3IU; vitamin c 11.6mg;

folate 52.6mcg; calcium 34.1mg; iron 0.6mg; magnesium 24.3mg; potassium 361.6mg; sodium 202.5mg. **Exchanges:**  
1 Fat, 1 Vegetable, 1/2 Starch

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