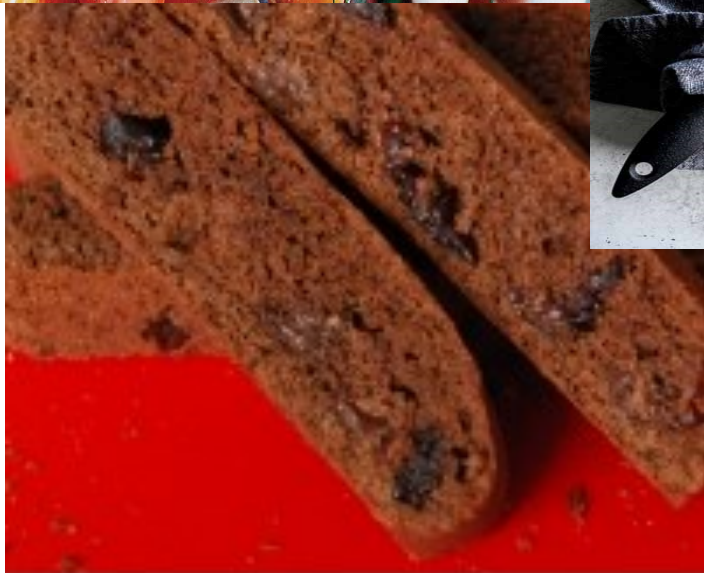


# COOKING FOR WELLNESS

## February 2022 Recipes



CANCER SUPPORT  
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GREATER ANN ARBOR



# Gingered Winter Fruit Ambrosia

By Martha Rose Shulman

**YIELD** Serves 6 to 8

**TIME** About 1 hour

The lime, honey and ginger marinade is perfect for this grapefruit, pear and grape salad. The chia seeds not only contribute to the nutritional value of the dish; they also act as a natural thickener for the marinade.

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## INGREDIENTS

**¼ cup fresh lime juice**

**2 tablespoons mild honey or agave nectar**

**2 teaspoons finely minced or grated fresh ginger**

**2 pink grapefruit**

**2 ripe but firm pears**

**½ pound red grapes, cut in half**

**6 dates, pitted and halved or quartered**

**Seeds from 1 small pomegranate**

**1 tablespoon chia seeds (more to taste)**

**2 to 3 tablespoons finely grated coconut (to taste)**

## PREPARATION

### Step 1

Whisk together the lime juice, honey or agave nectar and ginger in a small bowl.

### Step 2

Cut away the peel and white pith from the grapefruit. The easiest way to do this is to cut the ends off, then stand on one end and cut away strips of skin and pith at the same time. Hold the grapefruit over your serving bowl and cut the sections away from the membranes that separate them. Place in the bowl.

### Step 3

Peel, core and dice the pears. Add to the grapefruit. Add the grapes, dates, pomegranate seeds and chia seeds. Stir the lime-ginger marinade and toss with the fruit. Chill for 30 minutes or longer and toss again.

### Step 4

Sprinkle the coconut over the top and serve.

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## Tips

*Advance preparation: You can make this several hours before serving and keep in the refrigerator.*

*For a lower-calorie version of this fruit ambrosia, omit the dates and reduce the number of grapes by half.*





## Healthy Homemade Pizza (Making a Family Favourite Healthier)

★★★★★  
5 from 29 reviews

Author: Leanne Prep Time: 15 minutes Cook Time: 30 minutes Total Time: 45 minutes

Yield: 6-8 slices Category: Dinner, Lunch Method: Bake Cuisine: American, Canadian

### Description

Healthy Homemade Pizza is baked up thin and crispy with seasoned ground turkey, fresh mozzarella and lots of herbs and veggies. The recipe also includes ways to make pizza healthier while still enjoying the comforts of a family favourite!

### Ingredients

#### For the seasoned ground turkey:

- 1 pound extra lean ground turkey
- 3 cloves garlic, chopped or minced
- 2 tablespoons chopped fresh oregano
- 1/2 teaspoon kosher salt

#### For the pizza:

- 1 pound whole wheat pizza dough (Store-bought or I use this [recipe](#) and use whole wheat flour)
- 1/2 cup no-salt added tomato sauce
- 1 tablespoon hemp seeds
- 1/2 tablespoon nutritional yeast
- 8–10 fresh basil leaves
- 2 tablespoons chopped fresh oregano
- 1 clove garlic, chopped or minced
- 1 cup seasoned ground turkey, cooked (see above)
- 1/2 large red bell pepper, seeded and thinly sliced
- 1/2 large green bell pepper, seeded and thinly sliced
- 1/2 large red onion, thinly sliced
- 1/2 large beefsteak tomato, thinly sliced
- 1 cup grated fresh mozzarella
- 1/4 teaspoon crushed red pepper flakes

### Instructions

- Cook turkey:** In a greased skillet, add the turkey, garlic, oregano and salt. Break turkey into crumbles and cook on medium-high for 7-10 minutes, or until the turkey is no longer pink and a meat thermometer indicates the internal temperature has reached 165F. Set aside one cup for the pizza and freeze the remainder for future pizzas.
- Assemble pizza:** Pre-heat oven to 400F and grease a 12-inch cast iron skillet or pizza pan. Spread dough out in the skillet or pan, making sure to press around the edges to create a crust. Spread on the tomato sauce and sprinkle on the hemp seeds, nutritional yeast and garlic. Layer on the basil, oregano, ground turkey, peppers, onion and tomatoes. Top with cheese and crushed red pepper flakes. Bake for 25-30 minutes, or until the edges of the pizza are crispy and the toppings are cooked.
- Serve pizza:** Let rest in pan for a few minutes before cutting into 6-8 slices and serving with a side salad.




# Making Healthier Pizza

Once you get the hang of making pizza at home, you'll realize you can make a pie in about the same amount of time as it takes to have one delivered. Plus you can swap wheat dough for white and top it with lean protein and plenty of veggies to make it healthier. Start with the variations at right or experiment with your favorite toppings.

## Master Pizza Recipe

MAKES: 5 servings

ACTIVE TIME: 15 minutes | TOTAL: 35 minutes

 **Shopping Tip:** Look for balls of whole-wheat pizza dough at your supermarket, fresh or frozen and without any hydrogenated oils.

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons fine cornmeal
- All-purpose flour for dusting
- 1 pound Thin-Crust Whole-Wheat Pizza Dough (*right*) or other prepared dough (see *Shopping Tip*)
- Pizza Spread (see *Variations, opposite*)
- Topping (see *Variations*)
- Cheese (see *Variations*)
- Garnish (see *Variations*)

1. Position rack in lower third of oven; preheat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly.
2. Sprinkle flour over work surface. Roll out dough to the size of the baking sheet (see *How To*) and transfer to the baking sheet. Cover the dough with PIZZA SPREAD. Scatter with TOPPING and sprinkle with CHEESE. Bake until the crust is crispy and the cheese is melted and starting to brown, 15 to 20 minutes. Top with GARNISH, if using.

### How To

**Roll Out Pizza Dough** | Turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don't worry if it's not perfectly symmetrical. Then use a rolling pin to roll into the desired size. If your dough "resists" being rolled out, let it rest for about 15 minutes, then try rolling it out again.

## Thin-Crust Whole-Wheat Pizza Dough

MAKES: 1 pound, for 5 servings

ACTIVE TIME: 20 minutes | TOTAL: 1 hour 20 minutes

TO MAKE AHEAD: Prepare through Step 2, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap the unrisen dough in oiled plastic wrap and freeze for up to 3 months. Defrost the dough in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before using.

- $\frac{3}{4}$  cup plus 1 tablespoon lukewarm water (105-115°F)
- 1 package active dry yeast (2 $\frac{1}{4}$  teaspoons)
- 1 teaspoon sugar
- 1 cup whole-wheat pastry flour (see *Tip, page 485*)
- 1 cup bread flour or all-purpose flour
- $\frac{1}{2}$  teaspoon salt

1. Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and salt until the dough begins to come together.
2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (*Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball. Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 4 to 5 minutes more on low speed in a stand mixer.*) Place the dough in an oiled bowl and turn to coat.
3. Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour.

PER SERVING: 196 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 39 g carbohydrate; 1 g added sugars; 6 g protein; 4 g fiber; 235 mg sodium; 45 mg potassium.


NUTRITION BONUS: Folate (30% daily value).




# black forest biscotti

These admittedly rich and decadent biscotti can provide the perfect cover-up for a sweets lover. While you project the very picture of mature restraint dipping your dry biscotti into an elegant little cup of espresso, you can indulge your inner Cookie Monster.

Add  $\frac{1}{2}$  cup of chopped toasted almonds, if you dare.

 Yields about 20 biscotti  
Preparation time: 20 minutes  
Baking time: 35 to 40 minutes

 Preheat the oven to 350°. Lightly oil a baking sheet.

In a small saucepan, heat the cherries and water just to boiling, and then remove from the heat and set aside. In a bowl, cream together the butter and sugar until light and well combined. Blend in the eggs and almond and vanilla extracts. Fold in the chocolate chips. Drain the cherries, place them on a paper towel to absorb any extra moisture, and then stir them into the egg mixture.

In a separate bowl, sift together the flour, cocoa, salt, and baking powder. With a rubber spatula, fold in the wet ingredients until the dough is uniform and holds together when pressed with lightly floured hands.

Use the spatula and your floured hands to scoop the dough onto the oiled baking sheet. Form the dough into a 12-inch x 3-inch-diameter log shape; then press down on the log, flattening it to a thickness of about an inch. The length and width of the flattened log should be about 14 x 4 inches.

Bake on the top rack of the oven for 25 to 30 minutes, until the dough is firm and just slightly brown. Remove from the oven and transfer the log to a cutting board. When cool enough to handle, slice crosswise into  $\frac{3}{4}$ -inch pieces. Lay each biscotti cut side up on the baking sheet. Bake for about 5 minutes on each side, using tongs to flip them. Cool completely on a rack and then store in an airtight container for up to 2 weeks.

PER 1.75-OUNCE SERVING: 137 CALORIES, 2.6 G PROTEIN, 4.7 G FAT, 22.6 G CARBOHYDRATES, 2.6 G SATURATED FATTY ACIDS, 32.6 MG CHOLESTEROL, 116.4 MG SODIUM, 0.8 G TOTAL DIETARY FIBER