

# COOKING FOR WELLNESS

## April 2022 Recipes



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

# CREAMY CAULIFLOWER FETTUCCINE WITH BROCCOLI

MAKES 6 SERVINGS

Cauliflower can be prepared in many different ways: creamed (page 254), as a stand-in for rice (page 255), or as in this recipe, where I use cauliflower to make a creamy Alfredo sauce. When adding vegetables, make sure to steam them separately, then toss them in at the end.



3-4 cups small broccoli florets

3 cups cauliflower florets

1 cup cashews

1 cup unsweetened nondairy milk  
(soy or almond)

½ teaspoon lemon juice

¼ cup nutritional yeast

1 teaspoon garlic powder

½ teaspoon salt

¼ teaspoon black pepper

16 ounces fettuccine, cooked

1. Steam broccoli in a saucepan over boiling water until tender, about 5 minutes. It should be green and crunchy. Drain and set aside.
2. Put cauliflower in same saucepan, cover with water, and simmer for 5-7 minutes, until soft. Drain.
3. In a food processor, blend cauliflower, cashews, milk, lemon, nutritional yeast, garlic powder, salt, and black pepper until smooth.
4. Pour sauce over fettuccine, then fold in steamed broccoli. Serve warm.

Taste of Home



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# Lemon-Roasted Asparagus

**TOTAL TIME:** Prep/Total Time: 20 min.**YIELD:** 8 servings.

*When it comes to fixing asparagus, I think it's hard to go wrong. The springy flavors in this easy recipe burst with every bite. —Jenn Tidwell, Fair Oaks, California*

## Ingredients

2 pounds fresh asparagus, trimmed

1/4 cup olive oil

4 teaspoons grated lemon zest

2 garlic cloves, minced

1/2 teaspoon salt

1/2 teaspoon pepper

## Directions

1. Preheat oven to 425°. Place asparagus in a greased 15x10x1-in. baking pan. Mix remaining ingredients; drizzle over asparagus. Toss to coat. Roast until crisp-tender, 8-12 minutes.

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# Spring Essence Soup with Pistou

**TOTAL TIME:** Prep: 20 min. Cook: 25 min.

**YIELD:** 6 servings (1-1/2 quarts).

*I went outside the last part of April and picked what I had available in the garden. I found oregano, leeks, asparagus and rhubarb. This became the base for an essence-of-spring recipe. The rhubarb adds a citrus flavor; which is balanced by the nutty, earthy pistou. It is truly a layering of flavors. —Laurie Bock, Lynden, Washington*

## Ingredients

1 medium leek (white portion only), cut into 1/4-inch slices

1 large carrot, chopped

1 small sweet red pepper, chopped

1 tablespoon olive oil

2 garlic cloves, minced

4 cups chicken stock

10 baby red potatoes, quartered

6 fresh asparagus spears, cut into 1-inch pieces

1 cup chopped fresh rhubarb

1 teaspoon sugar

1/2 teaspoon salt

1/4 teaspoon pepper

### PISTOU:

1/2 cup loosely packed fresh oregano

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2 tablespoons chopped hazelnuts, toasted

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1-1/2 teaspoons olive oil

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1/2 teaspoon minced garlic

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1/8 teaspoon salt

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## Directions

1. In a large saucepan, saute the leek, carrot and red pepper in oil until crisp-tender. Add garlic; cook 1 minute longer. Stir in stock and potatoes. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Stir in the asparagus, rhubarb, sugar, salt and pepper; cover and simmer 4-6 minutes longer or until vegetables are tender.

2. Meanwhile, place the oregano, hazelnuts, oil, garlic and salt in a food processor; cover and pulse until blended. Serve with soup.

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# Kale Slaw Spring Salad

**TOTAL TIME:** Prep/Total Time: 25 min.

**YIELD:** 10 servings.

*My parents and in-laws are retired and like to spend winters in Florida. This tangy spring salad welcomes the snowbirds back for our Easter celebration! —Jennifer Gilbert, Brighton, Michigan*

## Ingredients

5 cups chopped fresh kale

3 cups torn romaine

1 package (14 ounces) coleslaw mix

1 medium fennel bulb, thinly sliced

1 cup chopped fresh broccoli

1/2 cup shredded red cabbage

1 cup crumbled feta cheese

1/4 cup sesame seeds, toasted

1/3 cup extra virgin olive oil

3 tablespoons sesame oil

2 tablespoons honey

2 tablespoons cider vinegar

2 tablespoons lemon juice

1/3 cup pureed strawberries

Sliced fresh strawberries

## Directions

1. Combine kale and romaine. Add coleslaw mix, fennel, broccoli and red cabbage; sprinkle with feta cheese and sesame seeds. Toss to combine.
2. Stir together olive oil and sesame oil. Whisk in honey, vinegar and lemon juice. Add pureed strawberries. Whisk until combined. Dress salad just before serving; top with sliced strawberries.

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