

COOKING FOR WELLNESS

March 2022 Recipes



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Breakfast Brownies

★★★★☆

This is a hearty breakfast brownie, quick to fix, and yummy. My kids loved it! It's also gluten-free and dairy-free.

By DARIEN1

Prep: 15 mins

Cook: 20 mins

Additional: 5 mins

Total: 40 mins

Servings: 12

Yield: 1 dozen brownies



Ingredients

1 ½ cups quick-cooking oats
¾ cup brown sugar
¾ cup flax seed meal
½ cup gluten-free all purpose baking flour
1 teaspoon baking powder
½ teaspoon ground cinnamon
¼ teaspoon salt
1 banana, mashed
¼ cup rice milk
1 egg
1 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x10-inch baking pan.

Mix oats, brown sugar, flax seed meal, flour, baking powder, cinnamon, and salt together in a bowl. Mix banana, rice milk, egg, and vanilla extract together in a separate bowl. Pour banana mixture into flour mixture; stir to combine. Pour batter into the prepared baking pan.

Bake brownies in the preheated oven until a toothpick inserted in the center comes out clean, about 20 minutes. Cover pan with a towel to hold in moisture and cool brownies for at least 5 minutes before serving.

Nutrition Facts

Per Serving: 129 calories; protein 3.3g; carbohydrates 20.9g; fat 4.1g; cholesterol 15.5mg; sodium 102.1mg.

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EatingWell

Lemon-Blueberry Yogurt Toast

★★★★★

Here's the latest and greatest addition to your morning breakfast ritual. (Thank you, TikTok!) The yogurt mixed with the egg becomes custard-y—almost like a cheese Danish—when baked, and the protein from both will give you an energy boost to tackle your day.

Active: 5 mins**Total:** 20 mins**Servings:** 2

Photographer /
Frederick Hardy II,
Food Stylist /
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Christina Daley

Ingredients

- 1 large egg
- 3 tablespoons plain whole-milk strained yogurt (such as Greek-style)
- 1 tablespoon pure maple syrup
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- Pinch of salt
- 2 slices whole-wheat bread, 1/2 inch thick
- ¼ cup fresh blueberries

Directions

Preheat oven to 375°F. Line a baking sheet with parchment paper. Whisk together egg, yogurt, maple syrup, lemon zest, lemon juice and salt in a small bowl.

Place bread on the prepared baking sheet. Using your fingers or the back of a spoon, press down on the center of each slice, making a large indentation and leaving a 1/2-inch border between the indentation and the crust. Spoon the yogurt mixture into the indentation and spread evenly. Top with blueberries. Bake until the yogurt mixture is set and the blueberries have started to burst, 8 to 10 minutes. Let cool slightly, about 5 minutes.

Air-Fryer Instructions:

Step 1: Place a piece of foil on the bottom and 2 inches up both sides of the air-fryer basket (the sides will act as handles when removing toast). Preheat the air fryer to 360°F for 5 minutes.

Tips

Step 2: While the air fryer preheats, whisk together egg, yogurt, maple syrup, lemon zest, lemon juice and salt in a small bowl. Using your fingers or the back of a spoon, press down on the centers of each bread slice, making a large indentation and leaving a 1/2-inch border between the indentation and the crust. Spoon the yogurt mixture into the indentation and spread evenly. Top with blueberries.

Tips

Step 3: Remove the basket from the air fryer and carefully place the bread on top of the foil. Place the basket back in the air fryer and cook until the yogurt mixture is set and the blueberries have started to burst, 6 to 8 minutes. Remove the basket and use the foil sides to carefully lift the toasts out. Let cool slightly, about 5 minutes.

Nutrition Facts

Serving Size: 1 piece of toast

Per Serving: 167 calories; protein 9g; carbohydrates 23g; dietary fiber 2g; sugars 10g; added sugar 1g; fat 5g; saturated fat 2g; mono fat 2g; poly fat 1g; cholesterol 96mg; vitamin a iu 150IU; vitamin b3 niacin 2mg; vitamin c 4mg; vitamin d iu 21IU; vitamin e iu 1mg; folate 26mcg; vitamin k 6mcg; sodium 245mg; calcium 96mg; chromium 1mcg; iron 1mg; magnesium 30mg; phosphorus 144mg; potassium 179mg; zinc 1mg; omega 3 fatty acid 1g; omega 6 fatty acid 1g; exchange other carbs 10g; niacin equivalents 2mg.

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Blueberry Lemon Breakfast Quinoa



Sweet blueberries and tart lemon pair well in this alternative to oatmeal. High in protein and fiber, quinoa is a great start to your day! I made this up one morning when I had a craving for quinoa and was looking for a change from the usual. Top with extra milk for a thinner consistency. Also good with a sprinkle of cinnamon or nutmeg.

By France C

Prep: 5 mins

Cook: 25 mins

Total: 30 mins

Servings: 2

Yield: 2 servings



Ingredients

- 1 cup quinoa
- 2 cups nonfat milk
- 1 pinch salt
- 3 tablespoons maple syrup
- ½ lemon, zested
- 1 cup blueberries
- 2 teaspoons flax seed

Directions

Rinse quinoa in a fine strainer with cold water to remove bitterness until water runs clear and is no longer frothy.

Heat milk in a saucepan over medium heat until warm, 2 to 3 minutes. Stir quinoa and salt into the milk; simmer over medium-low heat until much of the liquid has been absorbed, about 20 minutes. Remove saucepan from heat. Stir maple syrup and lemon zest into the quinoa mixture. Gently fold blueberries into the mixture.

Divide quinoa mixture between 2 bowls; top each with 1 teaspoon flax seed to serve.

Nutrition Facts

Per Serving: 538 calories; protein 21.5g; carbohydrates 98.7g; fat 7.3g; cholesterol 4.9mg; sodium 111.9mg.

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EatingWell

Spinach & Mushroom Quiche

★★★★★

This healthy vegetarian quiche recipe is as simple as it gets. It's a quiche without the fussy crust! It's filled with sweet wild mushrooms and savory Gruyère cheese. Enjoy it for breakfast or brunch, or serve it with a light salad for lunch.

Julia Levy

Active: 25 mins**Total:** 1 hr 5 mins**Servings:** 6

Ingredients

2 tablespoons extra-virgin olive oil

8 ounces sliced fresh mixed wild mushrooms such as cremini, shiitake, button and/or oyster mushrooms

1 ½ cups thinly sliced sweet onion

1 tablespoon thinly sliced garlic

5 ounces fresh baby spinach (about 8 cups), coarsely chopped

6 large eggs

¼ cup whole milk

¼ cup half-and-half

1 tablespoon Dijon mustard

1 tablespoon fresh thyme leaves, plus more for garnish

¼ teaspoon salt

¼ teaspoon ground pepper

Directions

Preheat oven to 375 degrees F. Coat a 9-inch pie pan with cooking spray; set aside.

Heat oil in a large nonstick skillet over medium-high heat; swirl to coat the pan. Add mushrooms; cook, stirring occasionally, until browned and tender, about 8 minutes.

Add onion and garlic; cook, stirring often, until softened and tender, about 5 minutes.

Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.

Whisk eggs, milk, half-and-half, mustard, thyme, salt and pepper in a medium bowl.

Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan.

Bake until set and golden brown, about 30 minutes.

Let stand for 10 minutes; slice. Garnish with thyme and serve.

1 ½ cups shredded Gruyère
cheese

Nutrition Facts

Serving Size: 1 slice

Per Serving: 277 calories; protein 17.1g; carbohydrates 6.8g; dietary fiber 1.5g; sugars 3.2g; fat 20g; saturated fat 8.2g; cholesterol 220.2mg; vitamin a iu 2126.7IU; vitamin c 10.8mg; folate 39.1mcg; calcium 357.8mg; iron 2mg; magnesium 41.8mg; potassium 289.1mg; sodium 442.5mg; thiamin 0.1mg.

Exchanges: 1 1/2 fat, 1 high-fat protein, 1 medium-fat protein, 1 vegetable

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