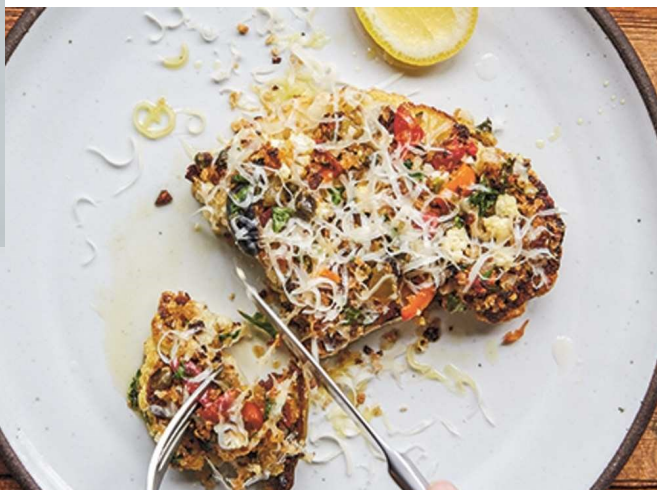


COOKING FOR WELLNESS

July 2022 Recipes



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Cauliflower Steak with Provolone and Pickled Peppers

This is a novel, and flavor-packed, way to use cauliflower. It's also a great dinner party dish because it can be prepared ahead: Cook the cauliflower "steaks," pat on the topping, arrange them on a baking sheet, and refrigerate until just few minutes before serving. Then slide them into the oven, keeping in mind that the final cooking will take a little longer if they are cold.

Serves 2 to 4... or maybe 6, depending on the shape of your cauliflower and whether you serve a whole steak or a half per person

1 large head cauliflower
(1½ to 1¾ pounds)

Extra-virgin olive oil

Kosher salt and freshly
ground black pepper

1½ cups dried
breadcrumbs
(page 30)

1 cup grated (on large
holes of a grater) aged
provolone (3 ounces),
plus ¼ cup finely grated
aged provolone for
dusting

½ cup chopped pickled
sweet hot peppers
(Mama Lil's is a great
brand)

½ cup chopped mixed
pitted olives

¼ cup capers

¾ cup lightly packed
roughly chopped flat-
leaf parsley

1 teaspoon finely grated
lemon zest

Heat the oven to 450°F.

Trim the bottom of the cauliflower so that it sits steadily on the cutting board. Trim off about ½ inch from two opposite sides (to flatten them), then cut the cauliflower into 3 or 4 thick slabs—the number will be determined by the shape of your cauliflower. Brush both sides of each slab with olive oil and season generously with salt and black pepper. Chop and crumble the trimmings and set aside.

Figure out whether you need one or two baking sheets to fit the cauliflower steaks without crowding them, then heat the sheets in the oven for 10 minutes (this preheating will make the underside of the slabs nicely golden brown). Carefully lay the slabs on the sheet(s) and return to the oven quickly. Roast the cauliflower until it's tender all the way through, but not falling apart, 18 to 20 minutes.

While the cauliflower is roasting, make the topping by mixing together the breadcrumbs, large-grated provolone, pickled peppers, olives, capers, parsley, lemon zest, and crumbled cauliflower trimmings. Moisten with a small glug of olive oil, just to help the filling hold together. Taste and season generously with salt and black pepper until it's so delicious, you want to eat it all.

Take out the baking sheet(s) again and distribute the topping among all the slabs. Press and pat to make a thick layer. Return the cauliflower to the oven and roast until the topping is lightly browned and starting to crisp, and the cheese is starting to melt, 10 to 15 minutes.

With as wide a spatula as you have, transfer the slabs (they're delicate) to plates and top with a dusting of the finely grated provolone.



Squash and “Tuna Melt” Casserole

Let's all just acknowledge that we love tuna melts, shall we? Here we capture the tuna-cheese flavor combo that is so good, and apply it to summer squash as a way to make a tuna melt more nutritious . . . and summer squash more flavorful!

» Serves 4

1½ pounds firm
small summer squash
(aim for different shapes
and colors)

Kosher salt and freshly
ground black pepper

Extra-virgin olive oil

4 bunches scallions,
trimmed (including
½ inch off the green
tops), thinly sliced

1 teaspoon fresh
thyme leaves

¼ teaspoon dried
chile flakes

Two 5-ounce cans
oil-packed tuna

1½ cups shredded
good-quality extra-
sharp cheddar cheese

Trim off the ends of the squash and halve lengthwise (with round or pattypan squash, cut through the “equator”). Salt the squash on their cut faces with 2 teaspoons salt and leave to drain for at least 1 hour or up to 24 hours (if for more than 2 hours, transfer to the refrigerator).

Heat a big glug of olive oil in a skillet over medium heat. Add the scallions, thyme, chile flakes, ½ teaspoon salt, and several twists of black pepper. Cook until the scallions are soft and fragrant but not actually browned, 3 to 4 minutes. Take them off the heat, and when cool enough to taste, adjust the seasoning with more of any of the spices or the thyme.

Heat the oven to 450°F.

Spread the squash cut side down on a rimmed baking sheet (or two, if needed, to avoid crowding). Roast until slightly shrunk and browned on the cut sides, on the way to tender, but not at all mushy. Cooking time will depend on the size and shape of your squash, but for a typical slender 6-inch zucchini, this should take about 15 minutes. (Leave the oven on.)

Arrange the squash pieces in a baking dish that will fit them all snugly in one layer, this time cut side up. Distribute the scallions over the surfaces. Flake and crumble the tuna in an even layer over the scallions and then top evenly with the cheddar.

Return to the oven and bake until the cheese is nicely melted and beginning to bubble and brown, 10 to 15 minutes.

Let cool for about 5 minutes before serving.

YIELD: 4

Strawberry Cheesecake Nice Cream

Nice Cream made from frozen bananas is the perfect healthier recipe to fix your sweet craving. Simple ingredients and easy to make!

PREP TIME

10 minutes

FREEZING TIME

2 hours

TOTAL TIME

2 hours 10 minutes



Ingredients

- 3 ripe bananas, sliced and frozen
- 2 tablespoons milk of your choice, (almond milk, soy milk, coconut milk, bananamilk, etc)
- 2 tablespoons cream cheese of your choice (*greek cream cheese, light cream cheese, or vegan cream cheese*)
- 1 cup strawberries, diced into large chunks
- Crushed graham crackers, for topping

Instructions

1. In a food processor or blender, blend together frozen bananas, milk, and cream cheese until smooth. Scrape down in between blending as needed to ensure all banana chunks are incorporated.
2. Add in strawberries and pulse until just dispersed throughout, with some strawberry chunks still remaining.
3. For soft serve consistency: top with crushed graham crackers and enjoy right away after blending. For a harder ice cream consistency: pour mixture into a large bowl or 9x9 baking pan and freeze for at least 4 hours. Scoop out and top with crushed graham crackers before enjoying.
4. Store leftover ice cream in a tightly covered container for up to 3 months. It will harden over time, so you may need to let it sit out for about 10 minutes before scooping.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 153 TOTAL FAT: 4g SATURATED FAT: 2g TRANS FAT: 0g
UNSATURATED FAT: 2g CHOLESTEROL: 7mg SODIUM: 62mg CARBOHYDRATES: 30g FIBER: 3g SUGAR: 15g
PROTEIN: 2g

The information shown is an estimate provided by an online nutrition calculator. Nutrition vary depending on ingredients used. It should not be considered a substitute for a professional registered dietitian nutritionist's advice.

Did you make this recipe?

Mention @cheerfulchoices or tag #cheerfulchoices

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