

COOKING FOR WELLNESS

November 2022 Recipes



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

easier italian wedding soup

PREP 10 MINUTES

COOK 25 MINUTES

TOTAL 35 MINUTES

SERVES 6 TO 8

SE

Despite what you may think, Italian wedding soup isn't served at weddings. Rather, the name comes from the fact that the flavors in it—broth, meat, and green vegetables—*marry* so well together. But like most good marriages, this soup traditionally takes a lo-o-ong time to make, with homemade stock and a million tiny meatballs. My version has a bit of a shortcut. I season ground chicken with lots of herbs and spices and then brown it. You get all the same flavors and textures as the meatballs without as much work (and without the bread crumbs), and the soup is still made silky and rich by eggs stirred in at the end that cook into yummy wisps. Some marriages happen fast!

¼ cup extra-virgin olive oil
1 pound ground chicken or turkey
1 medium yellow onion, chopped
¼ cup fresh parsley, chopped
1 tablespoon dried basil
1 tablespoon dried oregano
2 teaspoons smoked paprika
1 teaspoon fennel seeds
½ cup grated Parmesan cheese, plus
more shaved Parmesan for serving
Crushed red pepper flakes

Fine pink Himalayan salt and freshly
ground black pepper
6 medium carrots, chopped
4 celery stalks, chopped
4 garlic cloves, finely chopped or
grated
8 cups low-sodium chicken broth
6 cups baby spinach
10 ounces fresh cheese tortellini
Juice of 2 lemons
2 large eggs
Fresh parsley or basil leaves, for
serving

1. In a large Dutch oven, combine the olive oil, chicken, onion, parsley, basil, oregano, paprika, fennel seeds, ¼ cup of the Parmesan, and a pinch each of red pepper flakes, salt, and pepper. Place the pot over medium-high heat and cook, breaking up the meat with a wooden spoon, until the meat is browned and the onion is soft and translucent, 5 to 8 minutes.
2. Add the carrots, celery, and garlic. Cook, stirring occasionally, until slightly softened, 5 minutes. Add the broth and season with salt and pepper. Bring to a simmer over medium heat and cook until the flavors are married, 10 to 15 minutes. Stir in the spinach, tortellini, and lemon juice. Cook until the spinach is wilted and the tortellini is al dente, 5 minutes more.
3. In a small bowl, whisk together the eggs and the remaining ¼ cup Parmesan. Slowly drizzle the egg mixture into the broth, stirring the soup constantly and gently to form thin strands of cooked egg, about 30 seconds. Taste the soup and adjust the seasoning as needed.
4. Ladle the soup into bowls and serve immediately, topped with shaved Parmesan and fresh parsley or basil leaves.

spinach and pesto-stuffed butternut squash

PREP 20 MINUTES

COOK 40 MINUTES

TOTAL 1 HOUR

SERVES 4 AS A MAIN OR 6 TO 8 AS A SIDE DISH



One of my favorite autumn vegetables is butternut squash. A lot of the time you'll see it pureed into soup, but my favorite way to enjoy it is to roast it. Most of the time, I will cube it and toss it with a little cinnamon and chili powder. But when I want to make it into more of a meal, I make this version: stuffed and cheesy; it's super filling and satisfying. I view it as a more veg-centric take on white spinach lasagna. The spinach mixture is similar, but roasted squash takes the place of noodles. You can serve this as a main dish with a side salad, or as a side dish along with pretty much anything. Either way, I think everyone at your table will love it!

2 small butternut or honeynut squash
¼ cup milk of choice or heavy cream
¼ cup basil pesto
1 teaspoon dried sage
1 teaspoon dried thyme
8 ounces frozen chopped spinach, thawed and squeezed dried
4 garlic cloves, finely chopped or grated

¼ cup whole-milk ricotta cheese
¼ to ½ teaspoon crushed red pepper flakes
Fine pink Himalayan salt and freshly ground black pepper
1 cup shredded fontina cheese
Fresh thyme, for serving
Flaky sea salt, for serving

1. Preheat the oven to 425°F.
2. Using the tines of a fork, prick the squash skin all over. Microwave the squash for 2 to 3 minutes to soften slightly. Let cool slightly, then cut in half lengthwise and scoop out and discard the seeds.
3. Meanwhile, in a medium bowl, stir together the milk, pesto, sage, thyme, spinach, garlic, ricotta, and red pepper flakes. Season with salt and pepper. Stir in ¼ cup of the fontina cheese.
4. Place the squash in a baking dish and season the cut sides with salt and pepper. Scoop the spinach mixture into the squash cavities, dividing evenly. Sprinkle the remaining ¾ cup fontina cheese over the top.
5. Cover the dish with foil and bake for 20 minutes. Remove the foil and continue baking until the squash is tender and the cheese on top is golden, 15 to 20 minutes more. (The filling will seem a little soupy; this is okay.)
6. Let the squash sit for about 5 minutes, then top with fresh thyme and sprinkle with flaky salt before serving.

sweet potato nachos

with the works

PREP 15 MINUTES

COOK 45 MINUTES

TOTAL 1 HOUR

SERVES 6



When I was growing up, my dad would often make nachos on the weekends, especially in the fall, because nachos and football go hand in hand. We'd go for a family hike in the Cleveland metro parks—the weather was usually cold and rainy, but his nachos were something to look forward to afterward. He piled them high with cheddar cheese and, um, more cheddar cheese. I'm sure there were other toppings, too, but all I remember is A LOT of cheese. Well, I love his nachos, but I also love reinventing an old favorite. So what I did here was replace the tortilla chips with roasted sweet potato slices. They're definitely different but delicious and much healthier than fried tortilla chips. The potatoes are topped with, yes, cheese, but lots of other bright favorites, plus a homemade spicy jalapeño ranch to finish it all off. Serve these up right out of the pan so everyone can dig in and go to town. They're fun for family dinner, game night with friends, or watching football, of course!

2 pounds sweet potatoes
(4 to 5 sweet potatoes), cut
lengthwise into wedges
2 tablespoons extra-virgin olive oil
Fine pink Himalayan salt
2 teaspoons onion powder
2 teaspoons smoked paprika
1 to 2 teaspoons chipotle chile
powder
1 teaspoon ground cumin
1 teaspoon garlic powder
½ teaspoon dried oregano
¼ teaspoon crushed red pepper
flakes
1 (15.5-ounce) can black beans,
drained and rinsed

¼ cup shredded sharp cheddar
cheese
½ cup shredded pepper Jack cheese
1 large avocado
Juice of 1 lime
2 tablespoons chopped fresh cilantro,
plus more for serving

FOR SERVING

Quick Greek Yogurt Ranch
(page 113) or store-bought ranch
dressing (optional)
Sliced green onion (optional)
Crumbled feta cheese (optional)

1. Preheat the oven to 425°F.
2. On a baking sheet or in a cast-iron skillet, toss together the sweet potatoes and 1 tablespoon of the olive oil. Season with salt. Arrange the sweet potatoes in a single layer, being sure not to crowd the baking sheet. Bake until the potatoes are slightly softened, 15 to 20 minutes.
3. Meanwhile, in a small bowl, stir together the remaining 1 tablespoon olive oil with the onion powder, paprika, chipotle powder, cumin, garlic powder, oregano, and red pepper flakes. Drizzle the spice mix over the potatoes and toss to coat. Continue baking until the sweet potatoes are crisp on the outside and tender, 15 to 20 minutes. Remove the baking sheet from the oven, leaving the oven on.
4. Scatter the black beans over the sweet potatoes, then cover with the shredded cheeses. Return the baking sheet to the oven and bake until the cheese is melted and bubbly, 5 to 10 minutes.
5. In a small bowl, combine the avocado, lime juice, and cilantro. Mix well, mashing up the avocado. Taste and add salt as desired. Top the nachos with the avocado mixture. Top with the dressing, green onion, and crumbled feta as desired. Sprinkle with more cilantro before serving.