

COOKING FOR WELLNESS

February 2023 Recipes



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

slow-roasted salmon

with baby potatoes and goddess sauce

PREP 15 MINUTES

COOK 35 MINUTES

TOTAL 50 MINUTES

SERVES 4



In the dead of winter, I gravitate toward all those cozy pasta and pizza and short rib and roast chicken recipes I love so much. Sometime midseason, I realize I am cooking the same dishes over and over again. And that's when I think about what I haven't made in a while. To get out of the rut, more times than not I turn to this slow-roasted salmon. It's just the right combination of light and healthy, but still super cozy. Slow-roasting the salmon really locks in its flavor and turns out a luscious, buttery fillet that flakes perfectly every time. You can use skin-on or skinless salmon—I personally love the additional healthy omega-3 fatty acids and flavor in the skin. I roast some baby potatoes right alongside, and then serve everything with Goddess Sauce, an herby avocado-yogurt sauce that you'll want to scoop up into every bite.

1 pound baby potatoes, halved if large
½ cup plus 2 tablespoons extra-virgin olive oil
Fine pink Himalayan salt and freshly ground black pepper
Juice of 2 lemons
1 tablespoon raw honey
2 teaspoons smoked paprika
2 teaspoons ground cumin

1 to 2 teaspoons crushed red pepper flakes
1 (2-pound) salmon fillet
3 Persian cucumbers, chopped
4 ounces feta cheese, cubed or crumbled
Goddess Sauce (page 153) or store-bought green goddess dressing
Roughly chopped fresh dill and fresh basil leaves, for serving

1. Preheat the oven to 425°F.
2. On a rimmed baking sheet, toss the potatoes with 2 tablespoons of the olive oil. Season with salt and pepper. Roast until tender, about 25 minutes.
3. Meanwhile, in a small bowl, combine the remaining ½ cup olive oil with the lemon juice, honey, paprika, cumin, red pepper flakes, and a pinch each of salt and pepper.
4. Remove the potatoes from the oven and reduce the oven temperature to 300°F. Push the potatoes to one side of the baking sheet and add the salmon (skin-side down if leaving the skin on) to the other side. Pour the olive oil sauce all over the salmon. Bake until the salmon reaches your desired doneness, 10 to 20 minutes more.
5. To serve, arrange the potatoes, salmon, cucumbers, and feta on plates. Drizzle any oil left in the pan over the top. Dollop the goddess sauce onto the potatoes and salmon. Sprinkle with the dill and basil and serve.

brown sugar tahini shortbread

PREP 15 MINUTES

COOK 15 MINUTES

TOTAL 30 MINUTES, PLUS CHILLING
TIME

MAKES 24 COOKIES



These cookies are DELICIOUS. And I really mean *delicious*. The tahini is the special ingredient that MAKES them. It's not that you really even know it's there, but it adds a richness that's truly something special. Also, dark brown sugar. Trust me. It works very well with the tahini and vanilla and makes a perfectly sweet, slightly maple-y cookie that is roll-your-eyes-back good. They're as buttery as a classic shortbread, but with a nice amount of nuttiness and crunch from the sesame seeds on the edge. And the chocolate, well, to me it seals the deal, but you can also leave it out if you'd rather focus on all that buttery, nutty deliciousness. Hard to beat these! And the best part? Once the dough log is in the fridge, it can hang out in there for days (up to 5, to be specific, and sliced cookies will keep for a couple of months in the freezer; see Notes). That means you can make the dough on, say, a Sunday, and then have warm baked tahini cookies in just minutes any day of the week.

$\frac{1}{2}$ cup plus 2 tablespoons (1 $\frac{1}{4}$ sticks)
salted butter, at room temperature

$\frac{1}{2}$ cup packed dark brown sugar

1 cup tahini

2 teaspoons pure vanilla extract

$\frac{1}{4}$ cup all-purpose flour, plus more
as needed

$\frac{1}{4}$ cup whole-wheat pastry flour

4 ounces dark chocolate, chopped
(optional)

1 large egg, beaten

$\frac{1}{4}$ cup turbinado or demerara sugar

2 tablespoons sesame seeds
(optional)

Flaky sea salt

1. In a large bowl, using an electric mixer, beat together the butter and brown sugar on medium speed until fluffy, scraping down the sides as needed, about 2 minutes. Add the tahini and vanilla and beat on low for about 1 minute, then increase the speed to high and continue beating until combined, 2 minutes more. Add both flours and mix until completely combined, scraping down the sides of the bowl as needed, 1 to 2 minutes. If the dough seems too sticky, add more all-purpose flour as needed, 1 tablespoon at a time, up to $\frac{1}{4}$ cup. Fold in the chocolate (if using).
2. Turn out the dough on a large piece of parchment paper or plastic wrap. Using your hands, shape it into a log about 12 inches long and about 2 inches in diameter. Wrap the dough up in the parchment and refrigerate for at least 4 hours or up to 5 days.
3. Preheat the oven to 350°F. Line two baking sheets with parchment paper.
4. Unwrap the chilled dough and brush with the beaten egg. In a small bowl, stir together the turbinado sugar and sesame seeds (if using). Sprinkle the mixture all over the dough, turning to coat and pressing to adhere. Cut the dough into $\frac{1}{2}$ -inch-thick slices (see Notes). Arrange the cookies on the prepared baking sheets, spacing them 1 inch apart. Bake until the edges of the cookies are golden brown, 12 to 14 minutes.
5. Remove the cookies from the oven and immediately sprinkle with sea salt. Let cool on the baking sheet for about 10 minutes. Enjoy or let cool completely, and then store at room temperature in an airtight container for up to 4 days.

NOTES

A very sharp chef's knife is the best choice for slicing this dough. It is important to cut in a quick forward motion rather than sawing back and forth. If the dough cracks, just push the rounds back together. The cookies will be okay—I promise!

These are perfect make-ahead cookies to have on hand when you need something sweet in a pinch. After you slice the cookies, you can rewrap them in parchment and freeze in an airtight container for up to 3 months. When you're ready to bake, let the cookies thaw on the baking sheet for 5 to 10 minutes, then bake as directed, adding an additional minute or two if needed.



Red Vegetable Soup (Vegan)

☆☆☆☆☆

This delicious red vegetable soup is incredibly nutritious, gluten free, vegan and ready in just over 30 minutes.

Course Lunch, Soup
Cuisine gluten free, vegan

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 6 servings

Calories 127kcal

Author [Monika Dabrowski](#)

Ingredients

- 1 medium red bell pepper deseeded, roughly chopped
- 1 small/medium sweet potato peeled, chopped
- 1 medium carrot peeled, chopped
- 1 large tomato chopped
- 1 red onion chopped
- 1/3 cup red split lentils rinsed
- 1-2 garlic cloves finely chopped
- 1 bay leaf
- 2 tablespoons olive oil
- 2 1/8 cups vegetable stock hot, adjust the amount to your taste
- Pepper to taste

Instructions

1. In a large pot heat up the oil, add the bay leaf, garlic, onion and lentils, stir and cook gently for a couple of minutes stirring often.
2. Add the carrot, sweet potato, pepper, tomato, stir and cook for 2-3 more minutes stirring often. Add the hot vegetable stock, stir, cover and bring to the boil then lower the heat to a simmer and cook, covered, for about 20 minutes.
3. Remove from the heat, discard the bay leaf and puree the soup. Add a splash of water and adjust the seasoning if necessary and serve.

Notes

- **Thickness:** If the soup is too thick just add a bit more water after you've pureed it.
- **Seasoning:** Do not add any salt until the soup has been pureed (you may not need to add any).

- **Serving suggestions:** Use freshly chopped cilantro/parsley, sunflower or pumpkin seeds to create a bit of contrast, add freshness and crunch to this soup (though it's delicious on its own too). Serve with a knob of butter, dollop of yogurt or splash of cream (if you don't need it to be vegan). Enjoy with croutons.
- **Storing:** Leftovers can be refrigerated for up to 4 days. If the soup thickens add a drop of water.
- Freeze individual portions for up to 3 months.

Nutrition

Serving: 1 serving | Calories: 127kcal | Carbohydrates: 17g | Protein: 4g | Fat: 5g | Saturated Fat: 1g | Sodium: 356mg | Potassium: 334mg | Fiber: 5g | Sugar: 4g | Vitamin A: 5742IU | Vitamin C: 31mg | Calcium: 23mg | Iron: 1mg

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