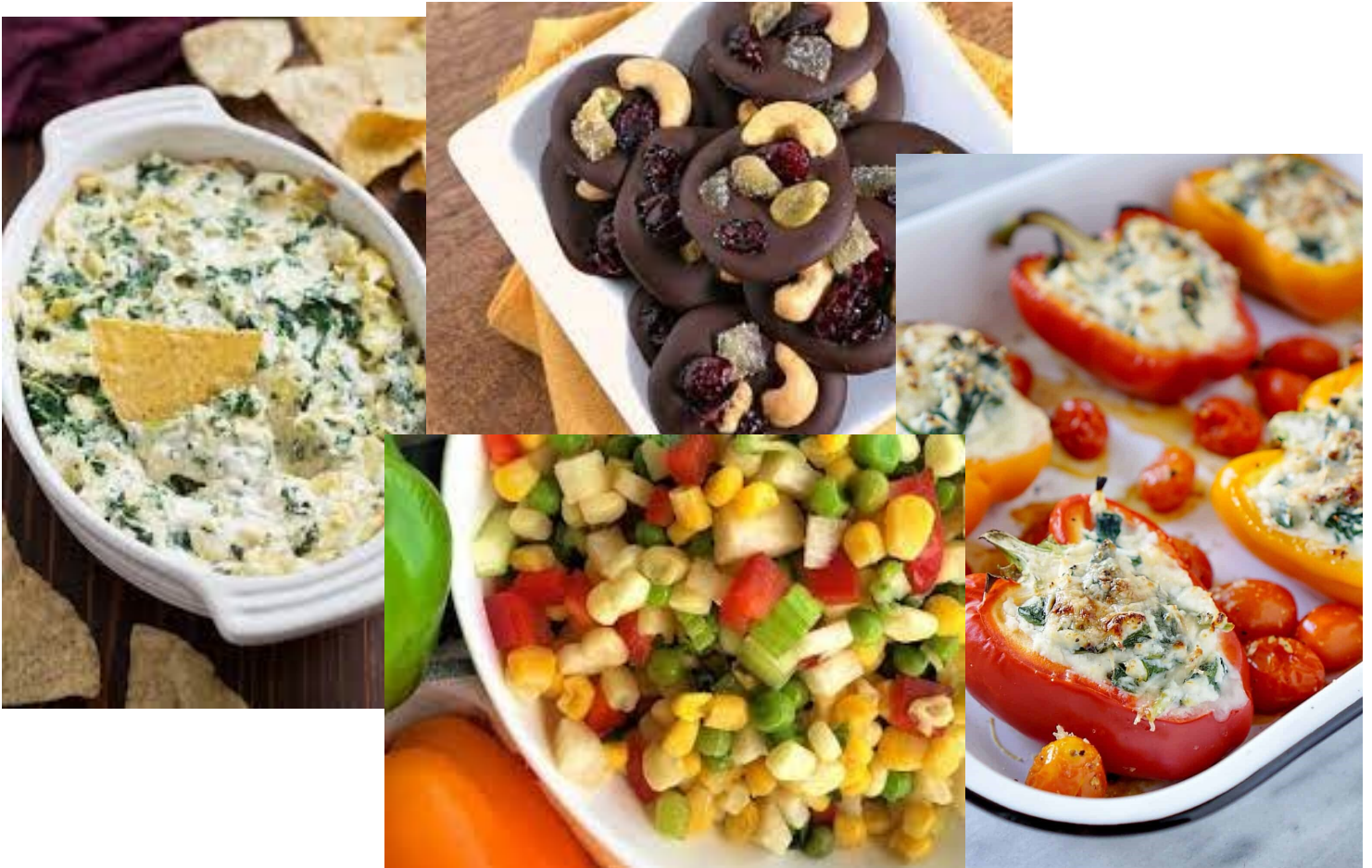


COOKING FOR WELLNESS

June 2023



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Easy Chocolate Buttons with Nuts and Dried Fruit

MAKES 16 BUTTONS

These are easy, elegant, and just decadent enough.

INGREDIENTS

- 9 ounces (255 g) chopped bittersweet chocolate
- ¼ packed cup (35 g) dried cherries
- ¼ packed cup (35 g) golden raisins
- ¼ cup (30 g) chopped roasted pistachios
- ¼ cup (40 g) sesame seeds

HOW TO MAKE IT

In a microwave-safe bowl, microwave the chocolate in 15-second bursts, stirring in between, until melted. Line a baking sheet with waxed or parchment paper and dab a tiny bit of chocolate underneath each corner of the paper to anchor it to the baking sheet.

Pour 16 scant tablespoon dollops onto the waxed paper. Use the bottom of a spoon or an offset spatula to gently spread the chocolate into 2½-inch (6-cm) rounds.

Mix the cherries, raisins, and pistachios in a small bowl and then sprinkle evenly over the chocolate. Follow with the sesame seeds, pouring evenly over each circle and covering any visible chocolate spots. Chill in the freezer 10 minutes before eating.

Store any extra buttons in an airtight container in the refrigerator for up to 1 week. Place in a single layer with parchment paper in between.

Prep Time: 15 minutes; Cook Time: 20 minutes; Total Time: 35 minutes | Makes 8 servings

INGREDIENTS:

3 tablespoons olive oil
2 cloves garlic, sliced
8 ounces fresh spinach
1 (15.5 ounce) can Michigan Great Northern Beans, drained and rinsed
2 ounces light cream cheese
1/4 teaspoon red pepper flakes
1/4 teaspoon black pepper
1 teaspoon salt
1/2 teaspoon onion powder
1/4 teaspoon smoked paprika
1 (12 ounce) jar marinated artichoke hearts, drained
3/4 cup shredded mozzarella, divided
2 tablespoons pine nuts

DIRECTIONS:

Preheat oven to 350°F. Prepare an 8-inch loaf pan by spraying it with cooking spray.

Heat 2 tablespoons olive oil in a large skillet, add garlic and cook just until fragrant, 2 minutes over medium heat. Add spinach to remaining oil and sauté just until wilted.

To a food processor add beans, cream cheese, red pepper flakes, black pepper, salt, onion powder, smoked paprika and puree until completely smooth.

Add artichoke hearts and pulse 2 times, add spinach and pulse 2 more times or until desired consistency is reached. Stir in 3/4 cup shredded mozzarella cheese.

Pour into baking dish, sprinkle with remaining 1/4 cup shredded mozzarella cheese and pine nuts.

Bake for 20 minutes.

Serve with fresh vegetables and pita chips.



White Corn and Baby Pea Salad

This crunchy combo is the most refreshing salad we've tested this year, and it's fat free.

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| 1 16-oz. pkg. frozen white whole kernel corn (shoe peg), thawed | 1/2 cup seasoned rice vinegar |
| 1 16-oz. pkg. frozen baby peas, thawed | 2 Tbsp. brown sugar |
| 1 cup chopped, peeled jicama | 1 Tbsp. snipped fresh parsley |
| 2/3 cup chopped celery | 1/2 tsp. salt |
| 1/2 cup thinly sliced green onion | 1/4 tsp. ground white pepper |
| 1/4 cup chopped red and/or orange sweet pepper | 1 Tbsp. snipped fresh mint |

In a large mixing bowl combine corn, peas, jicama, celery, green onion, and sweet pepper. For dressing, in a screw-top jar combine vinegar, brown sugar, parsley, salt, and white pepper. Cover and shake well. Pour over salad; toss gently to coat. Stir in fresh mint. Cover and chill up to 2 hours. Makes 10 to 12 servings.

Nutrition facts per serving: 90 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 151 mg sodium, 21 g carbo., 2 g fiber, and 4 g pro. Daily Values: 10% vit. A, 34% vit. C, 1% calcium, 9% iron.

Cheesy Mexican-Style Vegetarian Stuffed Peppers

These veggie stuffed peppers are a cinch to make and a flavorful main.

TOTAL: 50 MIN • SERVES: 4

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| 4 bell peppers (red, yellow or orange) | 1 can (4.5 oz.) diced tomatoes |
| 4 Tbsp. vegetable oil, divided | 1 cup frozen corn kernels |
| 1 onion (white or yellow), diced | 1 pkg. (8 oz.) ready-to-heat rice |
| 2 cloves garlic, minced | 1 cup shredded cheese (cheddar, monterey jack or mexican style blend) |
| 1 tsp. kosher salt | 1 lime, cut into wedges |
| 1 tsp. ground cumin | Sour cream (optional) |
| ½ tsp. dried oregano | |
| 1 can (15 oz.) black beans, drained and rinsed | |

1. Preheat oven to 425°F. Line rimmed baking sheet with parchment paper.
2. Cut peppers in half through stems. Remove seeds. Arrange peppers cut sides-down on prepared baking sheet, then lightly brush outsides evenly with 1 tablespoon oil. Roast 10 minutes. Carefully flip and roast an additional 10 minutes, until soft.
3. While peppers roast, make filling. In large, deep skillet over medium heat, heat remaining 3 tablespoons oil until shimmering. Sauté onion until softened, about 5 minutes.
4. Add garlic, salt, cumin and oregano; sauté 1 minute, until fragrant. Add beans, tomatoes, corn and rice; stir to combine. Sauté until heated through, about 3 minutes.
5. Remove peppers from oven; turn heat down to 350°F. Divide filling evenly among pepper halves. Top each with cheese and bake about 10 minutes, until cheese is melted.
6. Squeeze lime juice overtop peppers, then dollop each with sour cream, if desired. Serve immediately, refrigerating any leftovers.



PER SERVING: 490 Cal; 21 g Tot Fat; 5 g Sat Fat; 0 g Trans Fat; 15 mg Cholesterol; 1030 mg Sodium; 66 g Carb; 13 g Fiber; 9 g Sugar; 14 g Protein