

Cooking for Wellness

August 2023



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Slow Cooker Apple Oatmeal

Makes 6 to 7, ¾ cup servings

Ingredients

2 apples, peeled, cored, cut into 1/2-inch pieces (2-1/2 to 3 cups chopped)

1-1/2 cups fat-free milk (or substitute non-dairy alternative like almond milk)

1-1/2 cups water

1 cup uncooked steel-cut oats (note: if using old-fashioned oats reduce water to 1 cup)

2 tablespoons brown sugar (or substitute maple syrup or other desired sweetener)

1-1/2 tablespoons butter, cut into 5-6 pieces (optional, 1 Tbsp. Olive Oil may be substituted)

1/2 teaspoon cinnamon

1 tablespoon ground flax seed

1/4 teaspoon salt

Optional garnishes: chopped nuts, raisins, maple syrup, additional milk or butter

Directions

Coat inside of 3-1/2 quart (or larger) slow cooker with cooking spray. Add all ingredients (except optional toppings) to slow cooker. Stir, cover, and cook on low for approx. 7 hours (slow cooker times can vary). Spoon oatmeal into bowls; add optional toppings, if desired. Store leftovers in refrigerator. Freezes well.

To reheat single servings: Put 1-cup cooked oatmeal in microwave proof bowl. Add 1/3 cup fat-free milk. Microwave on high for 1 minute; stir. Continue cooking for another minute, or until hot.

Nutritional Info (per 3/4 cup serving): 149 calories, 3.6g fat, 27.3g carbs, 3.9g fiber, 4.9g protein.



Black Bean and Quinoa Bowl

Makes 4 Servings

Bowl Ingredients:

- 1 1/2C cooked quinoa or quinoa-grain blend
- 1 bell pepper, diced
- 1/4C red onion (or green onion)
- 1/2C fresh parsley, chopped
- 1 (14 oz.) can black beans, drain & rinse (about 2Cups)
- 1 cup sweet corn (about 1 cob)
- ½ cup cherry or grape tomatoes, halved
- 3/4 cup crumbled Feta Cheese (optional)

Dressing Ingredients:

- 2 Tbsp orange or lemon juice
- 2 Tbsp. balsamic vinegar (or rice wine vinegar)
- 2 Tbsp. Olive Oil
- 1 tsp. cumin
- 1/4 tsp. salt
- 1/2 to 1 Tbsp. fresh minced garlic (as desired)
- Fresh ground black pepper to taste

Optional Add-in Ingredients:

- 1/2 to 1C diced vegetables: cucumber, tomato, zucchini, or other
- 1/4C sliced black or kalamata olives
- 1/4C dried cherries or cranberries
- 1/4 to 1/2C toasted nuts (pine nuts, slivered almonds, walnuts, etc.)
- Diced avocado for garnish

Directions:

1. Cook quinoa according to package directions. Time saver tip: Use a quick microwavable quinoa blend. Set aside to cool slightly.
2. Prepare/Cut vegetables and any optional ingredients.
3. Rinse and drain black beans. Add to quinoa along with cut vegetables, feta cheese and optional ingredients, tossing gently to mix well.
4. Prepare dressing: In a small bowl whisk together juice, vinegar, oil, cumin and salt. Pour over quinoa mix, toss gently. Season with black pepper to taste.
5. Enjoy warm or cold.

Nutrition Information (per serving): 250 Calories, 9g Fat, 0mg Cholesterol, 280mg Sodium, 29g Carbohydrate, 7g Fiber, 10g Protein.



Black Bean and Quinoa Bowl Zucchini boats

Ingredients:

1 1/2 cups prepared Black Bean and Quino Bowl recipe

2 medium zucchini

1/2 cup shredded cheddar or crumbled queso cheese (Optional)

Directions:

1. Preheat the oven to 350°F. Slice the top and bottom ends off each zucchini squash, and half lengthwise. Use a spoon to scoop out the center seeds of each squash, creating a crevice that will hold the filling. Arrange the squash halves, cut-side-up, on a large baking sheet and bake them at 350°F until very tender, about 20 minutes.
2. Place about 1 1/2 cups of prepared Black Bean Quinoa Bowl ingredients into medium pan and heat over medium-low heat until just warmed through.
3. Turn off the heat and let the quinoa bowl mix sit in the warm pan until the zucchini has finished cooking.
4. Fill each cooked zucchini half with a generous amount (about 3/4 cup) of the quinoa bowl mixture to assemble the zucchini boats. If desired, sprinkle lightly with shredded cheese or queso cheese. Return the zucchini to the oven until the cheese is warm, about 5 more minutes.
5. Serve the zucchini boats warm, with freshly chopped cilantro or parsley on top. Leftovers can be stored in an airtight container in the fridge for up to 5 days.

NO CHURN EASY FRUIT SORBET (FOUR FLAVOURS PLUS MAKE YOUR OWN!)

PREP TIME: 15MINUTES MINUTES, TOTAL TIME: 15MINUTES MINUTES

SERVINGS: 4 SERVINGS OF SORBET (1 FROM EACH FRUIT) (or 4x the amount of fruit for 4 serving of the same flavor).

AUTHOR: DINI FROM THE FLAVOR BENDER

INGREDIENTS

RASPBERRY SORBET

- 8 oz Raspberry (by weight)
- 3 - 4 tbsp sugar syrup or agave nectar, maple syrup (to keep it refined sugar free) or orange juice (if you prefer less sweet)
- lemon juice optional

PINEAPPLE SORBET

- 8 oz pineapple nose removed, cut into ½ inch cubes (fresh or frozen), by weight
- 3-4 tbsp sugar syrup or agave nectar, maple syrup to keep it refined sugar free or orange juice (if you prefer less sweet)

PEACH SORBET

- 8 oz Peaches peeled, fresh or frozen, cut into ½ inch cubes, by weight
- 3-4 tbsp sugar syrup or agave nectar, maple syrup - to keep it refined sugar free or orange juice (if you prefer less sweet)
- lemon juice

HONEYDEW MELON SORBET

- 8 oz honeydew melon flesh only, cut into cubes, by weight
- 3-4 tbsp sugar syrup or agave nectar, maple syrup - to keep it refined sugar free or orange juice (if you prefer less sweet)
- lemon juice

SUGAR SYRUP (IF YOU'RE NOT USING MAPLE SYRUP)

- 8 oz white sugar
- 2 cups water

INSTRUCTIONS

FRUIT SORBET

1. Cut up whole fruits into ½ inch cubes (except raspberries - these can be frozen whole).
2. Lay out the fruits in a single layer on parchment paper lined baking trays (it's OK if the fruits touch).
3. Freeze the fruits completely and store them in freezer bags.
4. Roughly weigh out 8 oz of the frozen fruit and place it in a small food processor or ice crushing blender.
5. Pulse to crush the fruits into small pieces and add the simple syrup, a tablespoon at a time (while pulsing) to create a smooth sorbet-like paste. Please see notes.
6. Add a squeeze of lemon juice and run the blender for a few seconds to mix.
7. Spoon it into a bowl and serve immediately - or store in the freezer until you're ready.

SUGAR SYRUP

1. Combine the sugar and water in a saucepan and heat until the sugar dissolves. Simmer for a further 15-20 minutes until you get a sugar syrup. Pour into a glass jar/bottle. Let it cool completely and for best results, chill in the fridge until you need it.

NOTES

Note 1 - When using the blender, it's best to use it in short bursts as the blades heat up and this could melt your sorbet. The smaller the fruit pieces the faster it will puree. Just keep an eye on it to make sure it doesn't melt. **Note 2** - Adjust the sweetness/sugar level by adding more or less sugar syrup. If you don't like sweeteners, you can substitute it with just water, or orange juice (or any kind of fruit juice).

NUTRITION

Calories: 150kcal | Carbohydrates: 37g | Protein: 1g | Sodium: 11mg | Potassium: 396mg | Fiber: 5g | Sugar: 30g | Vitamin A: 230IU | Vitamin C: 34.5mg | Calcium: 28mg | Iron: 0.8mg

Recipe from The Flavor Bender by Dini Kodippili

Source: <https://www.theflavorbender.com/easy-fruit-sorbet-only-3-ingredients-and-so-many-flavors/>