

COOKING FOR WELLNESS

SEPTEMBER 2023



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Tomato Cheese Ravioli Soup

Ingredients

- 2 Tbls. Olive Oil
- 1/2 cup chopped sweet onion.
- 1/4 cup diced celery.
- 1/4 cup diced carrots.
- 2 cloves garlic, minced.
- 2 (14.5 ounce) cans diced tomatoes (Italian Seasoned)
- 4 cups vegetable broth
- 1 tsp. dried Italian seasoning
- 3 cups frozen mini cheese ravioli (about 12 ounces) or cheese tortellini
- 1 zucchini, chopped into bite size pieces.
- 2-3 cups baby spinach or baby kale
- 1/4 tsp. freshly ground pepper
- 1/4 tsp. salt



Instructions

1. Heat olive oil in a large pot over medium heat. Add onion and season with salt and pepper cooking until just tender. Add celery and carrots cooking until just tender, about 3 minutes. Add minced garlic and cook an additional 1 minute.
2. Combine tomatoes, broth, and Italian seasoning in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
3. Add ravioli, zucchini, salt and pepper; bring to a boil. Cover, reduce heart, and simmer 5 minutes or until pasta and zucchini are tender.
4. Add baby spinach or kale; simmer an additional 2 minutes until wilted.
5. Sprinkle with Parmesan cheese, if desired.

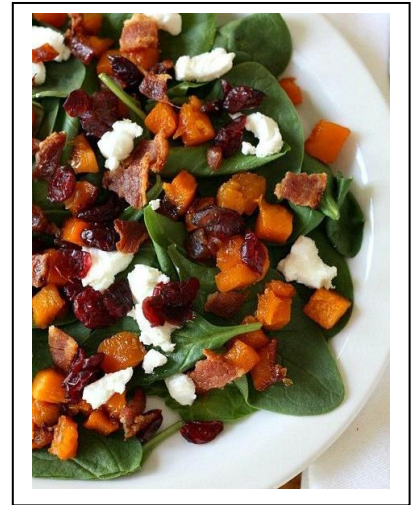
Nutrition Facts_Per Serving (1 cup)

Calories 179, Fat 3g, Saturated Fat 1g, Sodium 341mg, Carbohydrates 28g, Fiber 3g, Protein 9g

Roasted Butternut Squash Salad with Apple Cider Vinaigrette

Serves 4

- 1 (1 ½ lb.) butternut squash, peeled, diced
- 2 tbsp. olive oil
- 1Tbsp. Pure Maple Syrup
- 1/4 tsp. salt, 1/2 tsp. pepper (salt & pepper to taste)
- 1 clove minced garlic
- 3 Tbsp. dried cranberries or dried cherries
- 1/4 cup toasted walnuts or pecans (2 Tbsp. pumpkin seeds can be substituted for nuts)
- 4 oz. spinach blend
- 1/3 cup crumbled gorgonzola cheese
- 2 hard-cooked eggs, peeled and cut into quarters. (Optional)



Apple Cider Vinaigrette

- 2/3 cup fresh apple cider
- 1/4 cup apple cider vinegar
- 1/4 tsp. salt
- 1/2 tsp. cracked black pepper
- Dash of ground clove
- 1/4 tsp. cinnamon
- 1 Tbsp. sugar
- 1/2 cup extra virgin olive oil

Directions:

Dressing: Mix all ingredients together (except oil), until sugar is dissolved. Whisk in oil. Dressing can be refrigerated for up to one week.

Salad:

1. Preheat oven to 400°F. In a medium mixing bowl toss cubed butternut squash with olive oil, maple syrup, garlic, salt and pepper.
2. Place the butternut squash on a sheet pan (line with foil or parchment paper for easy clean up). Roast the squash for 15 to 20 minutes, turning once, until tender. Add the cranberries (or cherries) to the pan for the last 5 minutes.
3. Place spinach blend in a large salad bowl, add the roasted squash and top with gorgonzola cheese. Drizzle vinaigrette over the salad to moisten and toss well.
4. Divide salad evenly onto 4 plates and garnish each with 2 hard cooked egg quarter slices.

Nutrition Information (per serving): Calories 297, Fat 6g, Cholesterol 1 mg, Sodium 240 mg, Carbohydrate 49g, Fiber 6g, Protein 11g.

Recipe by: Tina Miller, MS RDN FAND

Pumpkin Cream Cheese Dip

Ingredients

8 ounces cream cheese, softened.

1 cup pure pumpkin puree

1/4 cup brown sugar

1 teaspoon pumpkin pie spice

1/4 teaspoon cinnamon

1 teaspoon vanilla extract

1/2 cup powdered sugar



Serve with: Sliced Apples, Pears, graham crackers, ginger snaps, or vanilla wafers.

+9Instructions

Place cream cheese in a mixing bowl and beat with an electric mixer until smooth. Add in the pumpkin puree, brown sugar, pumpkin pie spice, and vanilla extract and mix until well blended. Gradually add in the powdered sugar and mix until incorporated.

Cover and chill for at least 30 minutes.

Nutrition Information

Serving Size 1/4 cup. 150 calories, 20g Carbohydrates, 2g Protein, 6g Fat, 90mg sodium.