

COOKING FOR WELLNESS

October 2023



CANCER SUPPORT
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Microwave Apple Pie

Recipe and Photo Source: Joy Bauer, Joybauer.com

Makes: 2 Servings

Ingredients:

1 apple finely diced, skin on

1/4 teaspoon ground cinnamon

(and/or 1/4 teaspoon Apple pie spice)

1 tablespoon firmly packed brown sugar

2 tablespoons water

2 teaspoons corn starch or arrowroot flour

4 cinnamon graham cracker squares (2 full sheets)

(or 1/2 cup granola)

Whipped topping (Optional)

Directions:

Finely chop apple (skin on) and add to a bowl with cinnamon and brown sugar.

In a small bowl make a slurry by dissolving corn starch into water. Add slurry to the bowl with chopped apples and mix until everything is well combined.

Microwave for one minute, then remove bowl from microwave and mix well. Microwave for another minute. The mixture should now be thick and gooey. Add crumbled graham cracker squares, mix throughout, and divide between two ramekins. Garnish with an optional squirt of whipped topping and dash of cinnamon or apple pie spice on top.

Nutrition Information (per serving):

Calories: 140

Protein: 1 g

Total Fat: 1.5 g (Unsaturated Fat: 1.5 g, Saturated Fat: 0 g, Cholesterol: 0 mg)

Total Carbohydrate: 33 g

Dietary Fiber: 2 g

Total Sugar: 20 g (Added Sugar 7g)

Sodium: 70 mg



Source: <https://www.lentils.org/recipe/lentil-stuffed-peppers/>

Lentil Stuffed Peppers

Ingredients

- 4 colored bell peppers
- 1 Tbsp. Olive Oil
- 1/2 cup diced white onion
- 1 tsp. minced garlic (1-2 cloves)
- 1 tsp. dried oregano (and 1/2 tsp. dried thyme, if desired)
- 1/4 tsp. red pepper flakes (Optional)
- 1 cup brown rice, cooked
- 1/2-pound whole red lentils, cooked
- 1 cup marinara sauce
- 1 cup pepper jack cheese, grated



Total time: 40 Minutes

Servings: 20

Directions

1. Preheat oven to 350°F (180°C).
2. Cut the tops off the bell peppers and hollow them out by removing the ribs and seeds. Arrange in a full 4-inch deep hotel pan, in an off-set grid of 4 x 5.
3. In a large heavy-bottomed rondeau or large skillet, heat oil and add onions and garlic and sauté until aromatic and translucent. Add oregano, red pepper flakes, rice, and lentils.
4. Cook until everything is heated through, then place in a large bowl and add the marinara sauce and 3 cups (750 mL) of cheese. Fold to incorporate.
5. Fill each pepper with the mix and top with the remaining 1 cup (250 mL) of cheese.
6. Pour roughly ¼-inch of water into the bottom of the pan and cover with foil.
7. Bake for 30 minutes covered, then uncovered for an additional 15 minutes.
8. Serve hot.

Nutritional Information

Serving Size: 1 pepper + 1 cup (250 mL) stuffing

Per serving:

Calories 280

Total Fat 10 g

Saturated Fat 4.5 g

Cholesterol 20 mg

Carbohydrates 34 g

Dietary Fibre 7 g

Sugar 9 g

Protein 12 g

Sodium 590 mg

Potassium 664 mg

Folate 147 mcg

Recipe Source: <https://www.lentils.org/recipe/ginger-pumpkin-loaf/>

Ginger Pumpkin Loaf

Prep Time: 25 Minutes	Total time: 1 Hour 25 Minutes	Servings: 16
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Ingredients

- ¼ cup (60 mL) split red lentils
- 2½ cups (625 mL) all-purpose flour
- 1 cup (250 mL) packed brown sugar
- 1 tsp (5 mL) cinnamon
- 1 tsp (5 mL) ground ginger
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) baking soda
- ¼ tsp (1 mL) salt
- 1-14 oz (398 mL) can pumpkin purée

- ½ cup (125 mL) canola oil
- ½ cup (125 mL) buttermilk
- 3 large eggs

Directions

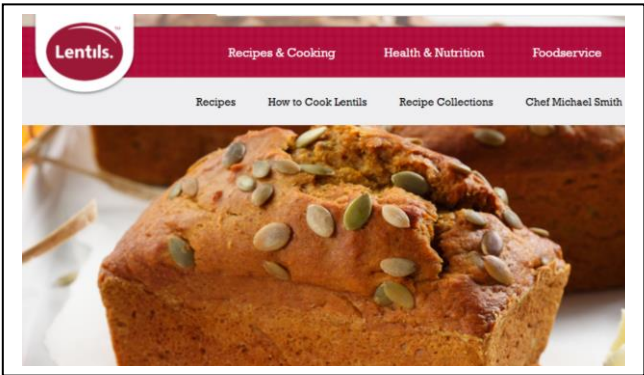
1. Preheat oven to 350°F (180°C). In a small saucepan, cover lentils with water by an inch or two and bring to a boil. Simmer for 10-15 minutes, or until very soft. Drain.
2. In a large bowl, stir together flour, brown sugar, cinnamon, ginger, baking powder, baking soda, and salt. In food processor bowl combine lentils, pumpkin, oil, buttermilk, eggs, ginger, and vanilla; pulse until well-blended and smooth.
3. Add wet ingredients to dry along with nuts and stir just until combined. Scrape into a greased large 9x5-inch (22x12.5x7.5-cm) loaf pan and bake for 1 hour, until the top is domed and springy to the touch. Cool on a wire rack.

- 3 large eggs
- 2 tsp (10 mL) freshly grated ginger
- 1 tsp (5 mL) vanilla extract
- ½ cup (125 mL) chopped walnuts, pecans, or green pumpkin seeds

Nutritional Information

Serving Size: 1 slice
Per serving:
Calories 240
Total Fat 11 g
Saturated Fat 1 g
Cholesterol 35 mg
Carbohydrates 32 g
Dietary Fibre 2 g
Sugar 15 g
Protein 5 g
Sodium 190 mg
Potassium 102 mg
Folate 8 mcg

Tags



Recipe Source: [EatingWell.com](https://www.eatingwell.com)

Butternut Squash & Black Bean Enchiladas

★★★★☆ 4.3 (9) | 7 REVIEWS

A crisp, citrusy slaw contrasts nicely with the enchiladas' creamy squash filling.

By [Adam Dolge](#) | Updated on September 19, 2023

Tested by [EatingWell Test Kitchen](#)

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Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 3 cups diced peeled butternut squash
- 2 medium poblano peppers, seeded and chopped
- 1 medium onion, chopped
- 1 (14 ounce) can no-salt-added black beans, rinsed
- 4 tablespoons chopped fresh cilantro, divided, plus more for serving
- 1 tablespoon ancho chile powder
- 8 corn tortillas, warmed
- 1 (10-ounce) can enchilada sauce (see Tip)
- ½ cup shredded Monterey Jack cheese
- 2 cups shredded cabbage
- 1 tablespoon lime juice

Directions

Step 1

Preheat oven to 425°F. Lightly coat a 7-by-11-inch baking dish with cooking spray.

Step 2

Heat 2 tablespoons oil in a large skillet over medium heat. Add squash and cook, covered, stirring occasionally, until tender and lightly browned, 8 to 10 minutes. Add peppers and onion and cook, uncovered, stirring occasionally, until tender, about 5 minutes. Remove from heat and stir in beans, 2 tablespoons cilantro and chile powder. Let cool for 5 minutes.

Step 3

Place about 1/2 cup of the squash mixture in each tortilla and roll. Place, seam-side down, in the prepared baking dish. Top with enchilada sauce. Sprinkle with cheese and cover with foil. Bake until bubbly, about 15 minutes. Remove foil and bake for another 5 minutes.

Step 4

Meanwhile, toss cabbage with lime juice, the remaining 1 tablespoon oil and 2 tablespoons cilantro. Serve the enchiladas topped with the slaw and more cilantro, if desired.

Tip:

Store-bought enchilada sauce is a fast and easy way to add a ton of flavor to a dish, but it can be high in sodium, so look for one that has less than 300 milligrams per serving.

Nutrition Facts (per serving)

428	17g	58g
Calories	Fat	Carbs

[Hide Full Nutrition Label](#)

Nutrition Facts

Servings Per Recipe: 4

Serving Size: 2 enchiladas & 1/2 cup slaw

Calories: 428

Total Carbohydrate: 58g

Dietary Fiber: 11g

Total Sugars: 6g

Protein: 13g

Total Fat: 17g

Saturated Fat: 4g

Cholesterol: 13mg

Sodium: 491mg

Potassium: 779mg