

COOKING FOR WELLNESS

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CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Oven Roasted Root Vegetables

Recipe and photo source: <https://toriavey.com/oven-roasted-root-vegetables/> Tori Avey

Serves 6

Ingredients:

1-pound sweet potatoes (2-3 small to medium size)
3/4-pound red potatoes scrubbed clean, peel on
1/2-pound beets (red or golden), trimmed and scrubbed clean
1/2-pound large carrots peeled and halved lengthwise
1 parsnip (medium, 4-5 oz), peeled and halved lengthwise
1/2 red onion peeled
6 whole garlic cloves large sized
1/4 cup extra virgin olive oil divided
2 tablespoons fresh thyme leaves (or 2 tsp dried thyme)
5 sprigs fresh rosemary (or 3 tsp dried rosemary)
1 teaspoon ground cumin
1 teaspoon kosher salt or more to taste
1/4 teaspoon black pepper or more to taste



Directions:

1. Place a rack in the bottom of your oven and preheat oven to 400 degrees F. Slice all vegetables into chunks roughly 1 1/2 inches wide. The more similar the size of the vegetable pieces, the more evenly they will roast.
2. Place cut vegetables and garlic cloves into a large mixing bowl. Add 3 tbsp olive oil, fresh thyme leaves, ground cumin, kosher salt, and black pepper. Stir until all vegetables are evenly coated with oil, spice and herbs.
3. Brush large rimmed baking sheet with remaining 1 tbsp olive oil. Spread the vegetables out evenly on the baking sheet. Place the rosemary sprigs on top of the vegetables, evenly spaces across the sheet.
4. Roast the vegetables in the oven for 15 minutes. Stir the vegetables, bringing the chunks from the outside towards the center and the chunks in the center out towards the edges. Return baking sheet to oven and continue to roast until the largest chunks are tender and the edges are starting to turn golden/dark, another 15-25 minutes.
5. Remove the roasted rosemary sprigs and stir the vegetables (some leaves of rosemary will remain, this is good). Season with additional salt and pepper to taste, if desired. Vegetables can be served warm or at room temperature.

Nutrition Facts (per serving)

Calories: 272, Fat 10g, Saturated Fat 1g, Carbohydrate 45g, Fiber 8g, Sugar 7g, Added Sugar 0g, Protein 4g, Sodium 465 mg

Mashed Parsnips

Source: Love and Lemons, <https://www.loveandlemons.com/parsnip-puree/>

Serves 6 to 8 as a side; Prep Time: 10minutes mins, Total Time: 50minutes mins

Ingredients

- 5 medium parsnips (1 pound), peeled & chopped into 1-inch pieces
- 1 medium cauliflower (2 pounds), broken into pieces, including the cores
- 5 cloves Roasted Garlic
- 2 tablespoons extra-virgin olive oil, more for drizzling
- ½ tablespoon fresh lemon juice
- ½ to 1 teaspoon sea salt
- 1 heaping teaspoon minced rosemary
- Freshly ground black pepper, to taste



Instructions

Bring a large pot of salted water to a boil and boil the parsnips and cauliflower for 10 to 12 minutes or until fork tender. Transfer to a blender.

Add the roasted garlic to the blender along with the olive oil, lemon juice, ½ teaspoon of salt, and a pinch of pepper. Blend, using the blender baton to push down the contents, and blend to a smooth consistency. If necessary, add a bit of water or broth to get the blender moving, but do so sparingly so the puree doesn't become too thin. Taste and add the additional ½ teaspoon of salt, if desired.

Transfer to a serving bowl and stir in the rosemary while the mash is still warm. Add a drizzle of olive oil, more pepper, if desired, and serve hot.

Tip: roast the garlic in advance and store any extra cloves in the freezer.

Roasted Garlic

Ingredients

- 1 whole garlic bulb
- Extra-virgin olive oil for drizzling
- Salt

Instructions

- Preheat the oven to 350°F.
- Trim the top ¼ inch off the top of the garlic bulb. Place the garlic cut-side up on a piece of foil, drizzle with olive oil, and sprinkle with salt. *Tip: I like to use a small baking dish or ramekin to help the garlic sit cut-side up.*
- Wrap the garlic in the foil and roast for 40 to 60 minutes or until the cloves are deeply golden brown and tender.
- Use in any recipe (like mashed potatoes or cauliflower mashed potatoes) that calls for roasted garlic. It also freezes well.



Sautéed Brussels Sprouts & Mushrooms with Creamy Pasta

Recipe adapted from Eatingwell.com

Serves 6

Ingredients:

10-12 oz. pasta noodles (fettuccine, spaghetti, fusilli, bow-tie)

2 Tbsp. Olive oil

1/2 cup diced onion.

8 oz. Sliced Mushrooms

4 cups Brussels sprouts, sliced thin.

2 cloves garlic, minced.

2 Tablespoons seasoned rice wine vinegar (white wine vinegar or sherry vinegar may be used; if using Sherry or another wine increase to 1/4 cup)

2 cups Regular Oat Milk (or dairy milk)

2 Tablespoons all-purpose flour

1/2 teaspoon salt

1/2 teaspoon pepper

1 cup finely shredded Italian blend cheese.

Directions:

1. Cook pasta according to package directions; keep warm.
2. Heat oil in a large skillet over medium heat, add onion and season with salt and pepper.
3. Add Brussels sprouts and mushrooms to pan and cook until tender (about 8 minutes).
4. Add garlic and vinegar to pan and sauté' and additional 1-2 minutes.
5. Whisk together milk and flour then add to the pot used to cook pasta. Add 1/2 tsp. salt and 1/2 tsp. pepper cooking over medium heat until milk is bubbly and slightly thickened. Stir in shredded cheese.
6. Add pasta to milk mixture, warming through. Stir in Brussels sprouts mix until just combined.

Nutrition Information (per serving): 375 Calories, 51g Carbohydrate, 7g Dietary fiber, 8g Protein, 11g fat, 413 mg Sodium.



3-Ingredient Chocolate Covered Date Nut Bars

Find it online: <https://www.fitmittenkitchen.com/3-ingredient-chocolate-date-nut-bars/>



Yield: 12 1x

Ingredients

- 11–12 **Medjool dates** (*1 cup packed*), pitted and soaked for 5 minutes, drained.
- 1 1/2 cups **mixed nuts**
- 1 cup **quality dark chocolate chips**, *about 6 ounces*

Instructions

1. **Line a 9x5 loaf pan** with parchment paper, or use a silicone pan and place on baking sheet, set aside. *You may also use an 8x8 square pan, your base will just be thinner.*
2. **Make mixture:** In a food processor add drained/pitted dates and nuts. Process until dates and nuts have broken down, and only small pieces of nuts can be seen. Mixture should be sticky. Transfer mixture to prepared pan, pressing evenly into all corners and press down flat. I like this roller.
3. **Melt chocolate:** Using stovetop and small saucepan over low heat, melt chocolate, stirring frequently until smooth. Pour over bars and spread evenly.
Chill: Place bars in freezer for 10 minutes to allow chocolate layer to set, or fridge for a about 30 minutes. Remove bars from pan and place on cutting mat for easier slicing. Using knife, gently slice into bars.

Notes

STORING – Bars can be kept at room temperature but best enjoyed within one week. If storing in fridge, enjoy within two weeks.

Nutrition approximate, based on 1/12. Feel free to cut into smaller portions for bite-sized treats.

Nutrition

- **Serving Size:** 1 bar
- **Calories:** 160 **Sugar:** 16 **Sodium:** 0 (?) **Fat:** 8 **Saturated Fat:** 8 **Unsaturated Fat:** 6 **Trans Fat:** 0 **Carbohydrates:** 24 **Fiber:** 2 **Protein:** 4 **Cholesterol:** 0mg