

COOKING FOR WELLNESS

December 2023



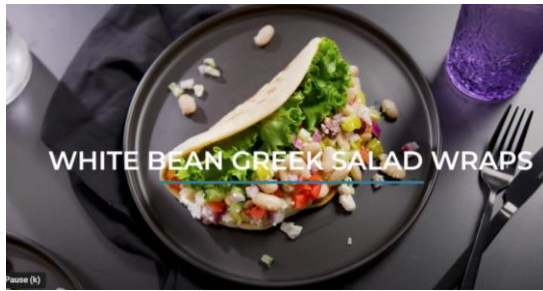
WHITE BEAN CREEK SALAD WRAPS



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White Bean Greek Salad Wraps

Source: Michigan Bean, www.MichiganBean.com



Makes 4 servings.

INGREDIENTS:

- 1 (15 oz. can) Michigan White Beans (Cannellini or Navy), rinsed and drained
- 1 cup chopped cucumber
- 1/4 cup roughly chopped pepperoncini peppers
- 1/4 cup sliced kalamata olives
- 1 teaspoon chopped oregano
- 1/2 cup crumbled feta cheese
- 1/4 cup minced red onion
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 2 thinly sliced Roma tomatoes
- Leaf lettuce
- 4 pita wraps

For the garlic sauce:

- 1/2 cup plain Greek yogurt
- 2 tablespoons mayonnaise
- 1 teaspoon garlic powder
- Zest of one lemon
- 1 tablespoons lemon juice
- Salt and pepper

DIRECTIONS:

1. Combine all ingredients for the garlic sauce and set aside.
2. Combine Michigan White Beans, cucumber, pepperoncini, olives, oregano, feta, red onion, olive oil, lemon juice, salt and pepper in a medium bowl and toss gently to coat.
3. Spread a generous amount of garlic sauce down the center of the pita wrap. Spoon in 1/4 of the bean salad, top with tomato and lettuce. Repeat with remaining ingredients to make 4 wraps.

Warm White Bean Spinach & Artichoke Dip

Serves 8-10

Source: www.Michiganbean.com/recipes

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 (subs: vegan cream cheese or silken tofu)
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



Cooking Instructions

1. Preheat oven to 350°F.
2. Prepare an 8-inch loaf pan by spraying it with cooking spray.
3. Heat 2 tablespoons olive oil in a large skillet, add garlic and cook just until fragrant, 2 minutes over medium heat.
4. Add spinach to remaining oil and sauté just until wilted.
5. To a food processor, add beans, cream cheese, red pepper flakes, black pepper, salt, onion powder, smoked paprika and puree until completely smooth.
6. Add artichoke hearts and pulse 2 times, add spinach and pulse 2 more times or until desired consistency is reached.
7. Stir in 3/4 cup shredded mozzarella cheese.
8. Pour into baking dish, sprinkle with remaining 1/4 cup shredded mozzarella cheese and pine nuts.
9. Bake for 20 minutes.
10. Serve with fresh vegetables and pita chips.

[Recipe by: Chef Amanda Leatherman](#)

Vegan Jalapeño Poppers

Source: Minimalist Baker <https://minimalistbaker.com/vegan-jalapeno-poppers/>



Ingredients

- 3/4 cup raw cashews, (soaked for 4-6 hours or overnight, then drained)
- 1/2 medium white or yellow onion (diced)
- 2 cloves garlic (minced)
- 2 Tbsp **nutritional yeast**
- 1 tsp cumin
- 1/2 cup **vegetable broth** (plus more as needed)
- 1 4-ounce can green chilies (*optional*)
- salt to taste
- 10 medium jalapeños (halved and seeds/stem removed)
- Olive oil
- **For Garnish (*optional*):** 1/2 cup crushed toasted tortilla chips and/or Red pepper flakes

Instructions

1. Preheat oven to 400 degrees F (204 C) and prep your jalapeños, splitting in half, removing the tops, and then spritzing or brushing them with a bit of olive oil. Place in rows facing up.
2. If you're using crushed tortilla chips as a topper (recommended), toast them while prepping your cheese sauce by spritzing them with olive oil and baking them for 8-10 minutes or until golden brown, watching closely as they can burn fast.
3. To a small saucepan over medium heat, add the onion and garlic with a bit of olive oil and cook until just softened and fragrant – about 5 minutes. Set aside.
4. Add soaked cashews, garlic, onion, nutritional yeast, cumin, vegetable broth and green chilies in a high-speed blender and blend until creamy and smooth, using the “liquify” or “puree” option if you have it. If the sauce is too thick, thin with more vegetable broth. If too thin, add a handful of raw cashews and blend again. Taste and adjust seasoning, adding salt to taste, nutritional yeast for more cheesiness, or cumin for smokiness.
5. Spoon or pipe the cheese mixture into the jalapeños, generously filling. You'll have leftovers, which you can reserve for nachos or just dip. Top with crushed, toasted tortilla chip crumbs and bake for 15 minutes or until the jalapeños are soft and the cheese has deepened in color.
6. Place the pan on the top rack and broil for the last 1-2 minutes to intensify color/flavor.
7. Serve immediately, sprinkling with a bit of red pepper flake for garnish (*optional*). Store leftovers covered in the fridge for up to a few days, reheating in the microwave or a 350-degree F (176 C) oven until warmed through (though best when fresh).

Nutrition

Serving: 1 popper, Calories: 68Carbohydrates: 8 gProtein: 2.2 gFat: 3.7 gSaturated Fat: 0.7 gTrans Fat: 0 gCholesterol: 0 mgSodium: 25 mgFiber: 2.5 gSugar: 3 g

Sticky Bun-Inspired Energy Balls

This energy ball is packed with just the right amount of sugar and spice. To really emulate a sticky bun, we added a caramel pecan topping for a nice extra crunch. You can substitute any nut butter for the cashew butter if you prefer.

By [Amanda Holstein](#)

Published on October 24, 2023

Tested by [Craig Ruff](#)

Reviewed by Dietitian [Emily Lachtrupp, M.S., RD](#)

Active Time:

30 mins

Total Time:

30 mins

Nutrition Profile:

[Sesame-Free](#) [Soy-Free](#) [Vegetarian](#) [Egg-Free](#) [Gluten-Free](#)



Ingredients

- 1 cup old-fashioned rolled oats
- 1/2 cup pecan halves plus 1 tablespoon, divided
- 1/2 cup cashew butter
- 3 tablespoons pure maple syrup
- 2 1/8 teaspoons ground cinnamon, divided
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 2 tablespoons caramel syrup

Directions

1. Combine oats, 1/2 cup pecans, cashew butter, maple syrup, 2 teaspoons cinnamon, vanilla and salt in a food processor. Process until fully combined and a thick paste forms, 1 to 2 minutes, stopping to scrape down the sides as needed.
2. Line a large rimmed baking sheet with parchment paper. Using a 1-tablespoon cookie scoop or measuring spoon, scoop 16 portions of the oat mixture onto the prepared baking sheet. With clean hands, roll each portion into a ball.
3. Finely chop the remaining 1 tablespoon pecans; transfer to a small bowl. Stir in caramel syrup and the remaining 1/8 teaspoon cinnamon. Spoon 1/4 teaspoon of the caramel mixture over each energy ball.

To make ahead

Cover and refrigerate for up to 3 days.

Equipment

Parchment paper

EatingWell.com, October 2023

Nutrition Facts

Serving Size 1 energy ball

calories98

total carbohydrate 10g

dietary fiber 1g

total sugars 5g

protein 2g

total fat 6g

saturated fat 1g

cholesterol 0mg

vitamin a 0 μ g

vitamin c 0mg

vitamin d 0 μ g

vitamin e 0mg

folate 6 μ g

vitamin k 3 μ g

sodium 66mg

calcium 17mg

iron 1mg

magnesium 27mg

potassium 73mg

zinc 1mg

vitamin b12 0 μ g

omega 3 0g

Cranberry Flax Pumpkin Bread

Source: <https://www.aicr.org/cancer-prevention/recipes/cranberry-flax-pumpkin-bread/>

Ingredients

Canola oil spray
1/2 cup whole-wheat pastry flour
1/2 cup unbleached all-purpose flour
1/2 cup ground flaxseed
2/3 cup packed light brown sugar
1 tsp. baking soda
1/2 tsp. salt
2 large eggs
1 cup canned pumpkin
1/4 cup canola oil
1/2 cup unsweetened applesauce
1/4 cup 100 percent apple juice
1/2 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground nutmeg
1 cup dried cranberries



Makes 12 servings (1 slice). Per serving: 200 calories, 7 g total fat (0.5 g saturated fat, 0 g trans fat), 30 mg cholesterol, 32 g carbohydrates, 3 g protein, 3 g dietary fiber, 220 mg sodium, 21 g sugar, 12 g added sugar.

Directions

1. Preheat oven to 350 degrees F. Lightly coat 8 x 4-inch loaf pan with canola oil spray and set aside.
2. In large bowl, combine whole-wheat pastry flour, all-purpose flour, flaxseed, sugar, baking soda and salt and set aside. In a medium bowl, lightly beat eggs. Whisk in pumpkin, canola oil, applesauce, apple juice, cinnamon, ginger and nutmeg. Stir in dried cranberries. Add wet ingredients to dry ingredients, mixing until all dry ingredients are incorporated into batter. Do not beat or overmix. Pour batter into prepared pan.
3. Bake for 50-60 minutes, until wooden toothpick inserted into center comes out clean. Cool in pan on wire rack for 10 minutes. Remove bread from pan and continue cooling on rack.